

Cystic Fibrosis Foundation – Minnesota/Dakotas Chapter

2019 SPECIAL EVENTS

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GREAT STRIDES

GREAT STRIDES CYSTIC FIBROSIS FOUNDATION



Great Strides is the CF Foundation's largest fundraising event. It provides opportunities for all people within a local community to get involved forming teams with friends, family and colleagues. Walk day is a fun celebration that includes a healthy walk and festivities that participants look forward to year after year.

For more information: visit greatstrides.cff.org

5.4.2019 - Minneapolis, MN

5.4.2019 - Rochester, MN

5.11.2019 - Fargo, ND

5.11.2019 - St. Peter, MN

5.18.2019 - St. Cloud, MN

5.19.2019 - St. Paul, MN

6.1.2019 - Brookings, SD

6.1.2019 - Sioux Falls, SD

6.8.2019 - Bismarck, ND

6.8.2019 - Rapid City, SD

ENDURANCE EVENTS



CYSTIC FIBROSIS FOUNDATION

Climb for a Cure

March 2, 2019

IDS Center | Minneapolis, MN

The Cystic Fibrosis Foundation, Minnesota Chapter is proud to announce its 38th year of going vertical to defeat cystic fibrosis. Help us 'add tomorrows' for those living with CF by recruiting your friends, family, colleagues and neighbors to join us at the 38th Annual IDS stair Climb for a Cure.

CF Cycle for Life

September 14, 2019 | Minnetrista, MN

Join us for the CF Foundation's premier cycling event, CF Cycle for Life. Our annual bicycle event will take you through some of the most scenic terrain in Minnetrista. CF Cycle for Life features well-stocked rest stops every 10-12 miles, bike mechanics along the route, support vehicles, great food and entertainment, and much more.



Important Note on Attendance at Foundation Events: To reduce the risk of getting and spreading germs at CF Foundation-sponsored events, we ask that everyone follow basic best practices by regularly cleaning your hands with soap and water or with an alcohol-based hand gel, covering your cough or sneeze with a tissue or your inner elbow and maintaining a safe 6-foot distance from anyone with a cold or infection.

Medical evidence shows that germs may spread among people with CF through direct and indirect contact as well as through droplets that travel short distances when a person coughs or sneezes. These germs can lead to worsening symptoms and speed decline in lung function. To further help reduce the risk of cross-infection, the Foundation's attendance policy recommends inviting only one person with CF to attend the indoor portion of a Foundation-sponsored event at a specific time. For the outdoor portion, the Foundation recommends that all people with CF maintain a safe 6-foot distance from each other at all times.

YOUNG PROFESSIONAL OPPORTUNITIES



Twin Cities Finest

Minneapolis, MN

Twin Cities Finest honorees are 25 of the city's most accomplished men and women. These outstanding young professionals are selected to be a Twin Cities Finest honoree based on their involvement in the community and their success as professionals.

Tomorrow's Leaders

Tomorrow's Leaders is the Cystic Fibrosis Foundation's young professional program, designed to offer like-minded professionals leadership skills and networking opportunities while they make a difference in the lives of those with cystic fibrosis.



SPECIAL EVENTS



Clipper Jim Golf Invitational

July 19, 2019 | Sioux Falls, SD

Named after local legend "Clipper" Jim Dresch, this tournament is a fun way to raise money for cystic fibrosis. Enjoy a fun day of golf followed by a banquet and silent auction.

Minnesota Brewer's Ball

March 30, 2019 | Minneapolis, MN

The Minnesota Brewers Ball is all about good people drinking good beer for a great cause. This event offers guests the opportunity to sample a variety of hand crafted beers, from more than 25 of the region's best craft breweries, while enjoying fabulous food.



Corks & Kegs for CF - Sioux Falls

October 12, 2019 | Sioux Falls, SD

Corks & Kegs for CF is the premier beer, wine, and food event of the fall! Sample hand crafted beers and wines from the region's best craft breweries and wineries!

Enjoy great food and music as we raise a glass to finding a cure for CF.

Corks & Kegs - Fargo

November 1, 2019 | Fargo, ND

Sample over 20 of the area's best hand crafted beer, wine and spirits, while also tasting delicious food from local restaurants. Invite your clients, colleagues, family and friends to raise a glass as we cheers for a great cause!



Breath of Life Gala

November 23, 2019 | Minneapolis, MN

The Breath of Life Gala is a formal affair not to be missed! The evening includes a silent and live auction, dinner, performance by a live band, dancing and much more! This evening brings together over 600 friends, professionals and supporters of the Cystic Fibrosis Foundation, all working together to raise funds to find a cure for cystic fibrosis. Don't miss out on this spectacular experience!

INDIVIDUAL GIVING



Annual Fund

Your gift of support to the Annual Fund provides important, unrestricted resources that help us advance our mission. It helps us develop new treatments and pursue every opportunity for promising research that can lead us to a cure.

Legacy Giving

The Foundation is dedicated to working with donors who are considering or who have made plans to leave a Legacy Gift in their will, trust, or by beneficiary designation. You'll add tomorrows and help us find an ultimate cure for cystic fibrosis.



LEGACY GIVING
YOUR GIFT ADDS TOMORROWS

VOLUNTEERING

As a volunteer, you'll join thousands of people across the country who are helping add tomorrows to the lives of people with cystic fibrosis. CF Foundation teamMATEs are volunteers who help "Make Adding Tomorrows Easier." Volunteer opportunities include volunteering with general office tasks (mailings, data entry, etc.), volunteering at an event, becoming an advocate, and sponsoring an event. Please contact minn@cff.org if you are interested!