GREAT STRIDES

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

May 16, 2019—Baltimore
May 19, 2019—Bel Air
May 18, 2019—Hagerstown
May 19, 2019—Frederick
May 19, 2019—Salisbury
June 1, 2019—Annapolis
June 1, 2019—Howard County

ENDURANCE EVENTS

Real progress toward a cure has been made, but the lives of young people are still cut far too short. Help add tomorrows to the lives of those living with cystic fibrosis — register to run or make a donation to one of our dedicated team members! Choose your challenge — participate in the marathon, half marathon, 5K, relay, or take on the BaltiMORON-a-Thon. We’ll provide an experienced running coach and more!

In 2019, we challenge our Tomorrow’s Leaders to up their fitness goals and gather your friends, colleagues and family! Make 2019 your fittest year yet, while you raise funds to cure CF.

October 19, 2019

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.
**Spring Swing**

**CYSTIC FIBROSIS FOUNDATION**

**Join fellow foodies for a Saturday afternoon worth savoring. Guests will feast on delectable bites by Baltimore’s hottest culinary talent and sip stylish cocktails and craft brews.**

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**Feastival**

**CYSTIC FIBROSIS FOUNDATION**

**June 8, 2019 The Sandlot**

Join fellow foodies for a Saturday afternoon worth savoring. Guests will feast on delectable bites by Baltimore’s hottest culinary talent and sip stylish cocktails and craft brews.

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**Grand National Steeplechase**

**April 20, 2019 Butler, MD**

Enjoy a beautiful day in Baltimore County’s horse country with a classic picnic buffet, signature “Southside” cocktails, live music by the Jody West Band, and the best view of the Grand National Steeplechase course.

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**Passion for Food and Wine**

**September 12, 2019 Four Seasons Hotel Baltimore**

Baltimore’s top chefs come together for an interactive dining experience to showcase their signature cuisine paired with fine wines from private cellars in an intimate and exclusive setting. With each table having a different chef, menu and décor, it truly is a beautiful and rare culinary experience.

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**Howard County Winemasters**

**September 21, 2019**

Held at a magnificent private Howard County estate, the perfect venue to enjoy exceptional wines, unique craft beers, outstanding food, live music and dance under the stars.

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**Indoor Golf**

**September 15, 2019**

Experience the ultimate indoor golf experience with state-of-the-art technology and a competitive atmosphere.

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**Tomorrow’s Leaders**

**A year-long program for young professionals. It is designed to offer them leadership skills and networking opportunities while they make a difference in the lives of those with cystic fibrosis. Our Tomorrow’s Leaders events include Maryland’s Finest, CF Run for a Cure and Feastival.**

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**Individual Giving**

**Become a member of Partners in Progress, the CF Foundation’s annual fund, with donations up to $10,000 and help fund lifesaving research and medical programs for people with CF.**