

**Cystic Fibrosis Foundation – Maryland Chapter**  
**2019 SPECIAL EVENTS**

Maryland Chapter Office: 10626 York Rd., Suite A, Cockeysville, MD 21030  
(410) 628-0795 | Maryland@cff.org | <https://www.cff.org/Maryland/>

Stay connected! Follow us on Facebook: <https://www.facebook.com/CFFMaryland>

## 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](https://www.greatstrides.cff.org)*

May 16, 2019—Baltimore

May 19, 2019—Bel Air

June 1, 2019—Annapolis

May 18, 2019—Hagerstown

May 19, 2019—Frederick

June 1, 2019—Howard County

May 19, 2019—Salisbury

## ENDURANCE EVENTS



**CF RUN FOR A CURE**

CYSTIC FIBROSIS FOUNDATION

October 19, 2019

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.

**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

## SPECIAL EVENTS

### SpringSwing

CYSTIC FIBROSIS FOUNDATION

Spring Swing  
Presented by  
BB&T

April 6, 2019  
Center Stage

Guests will enjoy a fabulous dinner reception, spectacular live and silent auctions, and entertainment by famed illusionist Apollo Robbins. A spectacular night.



CYSTIC FIBROSIS FOUNDATION

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.

A FOOD ADVENTURE FOR A CURE

### FEASTIVAL

CYSTIC FIBROSIS FOUNDATION

Feastival

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.

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.



### PASSION FOR FOOD AND WINE

CYSTIC FIBROSIS FOUNDATION

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.



CYSTIC FIBROSIS FOUNDATION

### TOMORROW'S LEADERS

MAKING A DIFFERENCE TODAY

CYSTIC FIBROSIS FOUNDATION

Tomorrow's Leaders

Tomorrow's Leaders is 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.



CYSTIC FIBROSIS FOUNDATION



CYSTIC FIBROSIS FOUNDATION

A FOOD ADVENTURE FOR A CURE

### FEASTIVAL

CYSTIC FIBROSIS FOUNDATION

## INDIVIDUAL GIVING



Cystic Fibrosis Foundation  
Annual Fund

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.