

## Cystic Fibrosis Foundation – Greater New Jersey Chapter

# 2021 EVENT CALENDAR

Greater New Jersey Chapter Office: 111 Littleton Road Suite 221 Parsippany, New Jersey 07054  
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## VIRTUAL 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.

Website [Fightcf.cff.org](http://Fightcf.cff.org) to register for one of the walks below. For more information, contact Kathy Trethaway at [ktrethaway@cff.org](mailto:ktrethaway@cff.org)

### VIRTUAL Great Strides Weekend - May 15 - 16, 2021

Avon-by-the-Sea Franklin Township Morristown Paramus Point Pleasant Beach Verona

**IMPORTANT NOTE:** To protect the health and well-being of the cystic fibrosis community and CF Foundation staff during the COVID-19 outbreak, the cystic fibrosis community is finding new ways to come together through virtual experiences. Stay tuned to see how you can participate at our events this year!

## ENDURANCE EVENTS



CYSTIC FIBROSIS FOUNDATION

### VIRTUAL CF Climb at MetLife Stadium --- Saturday, June 5, 2021

Join us as we climb virtually for the New Jersey Chapter's third annual CF Climb event! CF Climb is a challenging and unique fitness event where participants climb stairs in a test of endurance. Whether climbing to improve timing or to simply complete our challenge, this event is a great way to continue your support in "Adding Tomorrows" for people with cystic fibrosis. For more information and to register contact Maggie O'Hara at [mohara@cff.org](mailto:mohara@cff.org)

### Cycle for Life --- Saturday, September 18, 2021

Ride through some of the most scenic parts of the Jersey Shore for the CF Cycle for Life! Cyclists have two route options: 30 or 63 miles. This event empowers participants to take action and demonstrate their fight in finding a cure in a tangible, emotional, and powerful way. For more information and to register contact Maggie O'Hara at [mohara@cff.org](mailto:mohara@cff.org).



### Xtreme Hike --- Saturday, September 25, 2021

The inspirational journey is a one-day 15 mile Xtreme Hike of passion, determination and personal triumph. Program includes a 3-month training program bringing together a love of the outdoors and a shared commitment to help find a cure for CF. For more information and to register contact Kathy Trethaway at [ktrethaway@cff.org](mailto:ktrethaway@cff.org).

## GOLF TOURNAMENT

### Robert & Own McKeever, Jr. Invitational Golf Tournament October 4, 2021

Join Robert & Owen McKeever, Jr. Invitational Golf Tournament at the Montclair Golf Club for an enjoyable afternoon of golf. For more information and to register contact Maggie O'Hara at [mohara@cff.org](mailto:mohara@cff.org).

ROBERT AND OWEN MCKEEVER, JR.



CYSTIC FIBROSIS FOUNDATION

## DINNER AUCTIONS

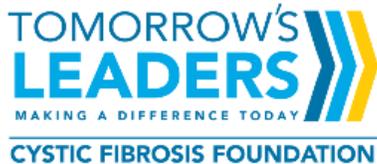


### Harvest of Hope October 21, 2021

Virtual Auction & Virtual Bid for a Cure

Join us for a virtual evening including inspiring stories and updates with a virtual auction and acknowledgment program journal.

## TOMORROW'S LEADERS



Join Tomorrow's Leaders Many Ways to Get Involved  
--<https://www.cff.org/Get-Involved/>

Tomorrow's Leaders is the Cystic Fibrosis Foundation's young professionals group, offering members the opportunity to connect with others, learn and grow personally and professionally, all while making a difference in the lives of those living with cystic fibrosis.

## CF CARES -- *Breathing Experience*



### *Breathing Experience -- Thursday, April 22 at 7 PM*

*Join us for an open dialogue between people with CF and caregivers after hearing from our featured speaker, Andy Lipman. Andy is a CF Warrior who has been a positive role model, an advocate, and author of "The CF Warrior Project: 65 Stories of Triumph against Cystic Fibrosis." Andy's message gives hope and inspiration for a better quality of life. RSVP to [nantonucci@cff.org](mailto:nantonucci@cff.org) or call 973-656-9200*

## INDIVIDUAL GIVING

### MILESTONES III *DRIVEN BY A DREAM*

"We are driven by a dream that every person with CF should have the chance to live a long, healthy life. With your support, we can invest our resources in research today while raising funds for tomorrow in order to reach the finish line. Major gifts of \$10,000+ and planned gifts of any amount will support the Milestones III Campaign: Driven by a Dream. Reach out to [skarlo@cff.org](mailto:skarlo@cff.org) or 862-286-0014 to learn more about the campaign and the Milestones III Club which offers special recognition to those making commitments of \$50,000 or 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.