

Cystic Fibrosis Foundation – Central Ohio Chapter

2019 SPECIAL EVENTS

Chapter Office: 575 Copeland Mill Rd #1A Westerville, OH 43081
614.890.6565 | central-oh@cff.org | www.cff.org/CentralOhio

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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

5/5/2019 – Columbus

5/19/2019 – Champaign/Logan
– Mansfield

5/11/2019 – Washington Court House

9/15/2019 – Mercer/Lima

5/18/2019 – Delaware/Marion

ENDURANCE EVENTS



Cycle for Life

September 21, 2019 – Alum Creek State Park, The Beach

CF Cycle for Life is a fully-supported ride with route options of 20, 40 and 65 miles – perfect for beginners to advanced riders. You can enjoy fully stocked rest stops every 10-12 miles, bike mechanics for bicycle maintenance and repair, ride marshals to cheer you along the way and plenty of support vehicles to help you complete the ride.

CF Superheroes Running Program October 20, 2019

Join us for the 5th Annual CF Superheroes marathon training program and help fundraise to fulfill the mission of the Cystic Fibrosis Foundation. We've joined forces with the Columbus Running Company, who will provide your training program and host group runs as you prepare for your goal race. Train for your choice of 13.1 miles or 26.2 miles at the Columbus Marathon. The CF Foundation will be there to support you on race day!



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

NOSH Gala

February 16, 2019 – Ivory Room

NOSH is the premiere gala for the Central Ohio Chapter. The event will include a cocktail hour with unique CF inspired by-the-bite tastings from six (6) of Cameron Mitchell's top Chefs, a delicious sit down dinner, and exciting live and silent auction and much more.



Swing for CF Charity Golf Classic TBD

Fore Love is now Swing for CF Charity Golf Classic! We are excited to carry on with a golf outing benefiting the CF Foundation. Golfers will enjoy a delicious lunch followed by 18 holes of scramble style golf. A cocktail and hors d'oeuvres reception will follow.

Columbus' Finest March 14, 2019 – The Vue



Finest honors a select group of men and women from around central Ohio who are committed to professional growth through a guided fundraising and awareness campaign. The Finale event at the conclusion of the 16-week campaign will celebrate our honorees success in the community, philanthropy, and industry. Join us for food and drink tastings from local restaurants, music, a photo booth, and silent auction before announcing the Columbus' Finest Award winner!

Summer Sip TBD

Wild Crush refresh! New look, new vibe, new time of year, same great venue. Guests enjoy a robust wine tasting for both wine connoisseurs and casual wine drinkers alike. Also enjoy specialty craft beer samples. Spend the evening tasting wines from up to 20 wineries while sampling food from local Columbus eateries and bidding on a lively auction.



TOMORROW'S LEADERS



Tomorrow's Leaders offers monthly programs based on specific professional development and leadership topics. Interested 21 to 40 year-olds can gain leadership skills and networking opportunities while they make a difference in the lives of those with CF.

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.

ADVOCACY



Lend your voice to inspire action and help shape public policy to positively affect the CF Community. Text FIGHT to 52886 to sign up for action alerts.