

Cystic Fibrosis Foundation – San Diego and Imperial Counties Chapter

2019 SPECIAL EVENTS

San Diego and Imperial Counties Chapter
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GREAT STRIDES

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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

5/11/2019 - Hawaii Walk - Kapiolani Park, Honolulu, HI

5/19/2019 - Moonlight Beach Walk - Moonlight Beach, Encinitas, CA

6/01/2019 - San Diego Walk - NTC Park at Liberty Station, San Diego, CA

ENDURANCE EVENTS

CF Cycle for Life

October 26, 2019
Farmer & The Seahorse



Join us for our 10th Annual CF Cycle for Life through some of the most picturesque coastal terrain in San Diego including the Torrey Pines Challenge! The ride is fully supported with 35 and 65-mile route options, breakfast and a post-pedal party at Farmer & the Seahorse. It provides a great opportunity for you and your network to support a vital cause and help add tomorrows to the lives of those with cystic fibrosis today.

For more information visit: cycle.cff.org

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

65 ROSES LADIES LUNCHEON

CYSTIC FIBROSIS FOUNDATION

65 Roses Ladies Luncheon
Thursday, May 9, 2019
Fairmont Grand Del Mar

Join the Guild of San Diego in support of the Foundation's mission to cure cystic fibrosis. Let's celebrate and treat your mother, grandmother, daughter, sister, aunt, friend, or loved one to shopping and champagne before a beautiful plated lunch and program.

CHEF THROWDOWN

CYSTIC FIBROSIS FOUNDATION

Chef Throwdown
Friday, September 13, 2019
Hotel Del Coronado

You are invited to be a part of an unforgettable evening of epicurean splendor showcasing the talents of over 25 of the best chefs from San Diego and Baja at the annual Chef Throwdown at the iconic Hotel del Coronado, benefiting the Cystic Fibrosis Foundation. The progressive evening will bring together local fashionable foodies awarding a 'People's Choice' and a Culinary Council of celebrity top chefs and food critics, awarding the *Chef Flor Franco Awards for Culinary Excellence*.



Surf for CF
Saturday, September 7, 2019 | Pre-Party
Sunday, September 8, 2019 | Lessons & Competition
La Jolla Shores

The San Diego chapter of the Cystic Fibrosis Foundation will host the 4th annual Surf for CF event on September 8 to raise funds and awareness for cystic fibrosis.

The San Diego chapter and its volunteers created the country's first Surf for CF event in 2016 to celebrate the role surfers played in the development of hypertonic saline, an important treatment for people living with cystic fibrosis.

Hosted at La Jolla Shores, this two-part event features surf lessons for CF heroes (children and adults with CF) in addition to an open-registration team surf contest. There will be a pre-party on September 7 at Bird's Surf Shed with good eats, silent auction, awards, live music and more!

INDIVIDUAL GIVING

Annual Fund

Your gift of support to the Annual Fund provides important, unrestricted resources that help us accelerate our efforts to pursue a cure for cystic fibrosis, fund development of new therapies, and help all people with cystic fibrosis live longer, healthier lives.

fightcf.cff.org/sandiego-anf

65 ROSES® CLUB

CYSTIC FIBROSIS FOUNDATION

You're invited to join the **65 Roses® Club**, a special group of Cystic Fibrosis Foundation donors dedicated to finding a cure for cystic fibrosis. Members make a monthly gift which provides consistent, reliable support to the CF Foundation, that helps those living with CF lead longer, healthier lives by advancing high-quality care and innovative research. Whatever amount you choose to give, you will remain part of a strong community that supports people with cystic fibrosis.

www.cff.org/Give-Monthly