

## Cystic Fibrosis Foundation – Sacramento Chapter

# 2018 SPECIAL EVENTS

Sacramento Chapter Office: 4202 Douglas Blvd Suite 600, Granite Bay, CA 95746  
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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!

Sacramento Great Strides 2018

June 2, 2018

The Barn, West Sacramento

For more information: visit [www.fightcf.cff.org/sacramento2018](http://www.fightcf.cff.org/sacramento2018)

## ENDURANCE EVENTS



### Xtreme Hike

September 14-16th | Yosemite National Park, Yosemite, CA

Xtreme Hike is about reaching new heights – physically and philanthropically. It's a journey of passion, determination and personal triumph, as much as it's an opportunity to make a difference in the lives of people with Cystic Fibrosis. In just one day, a dedicated team of Xtreme Hikers will hike 18 miles in beautiful Yosemite National Park to raise funds and awareness for the CF Foundation's mission to find a cure for cystic fibrosis.

For more information visit: [www.fightcf.cff.org/sacramentohike](http://www.fightcf.cff.org/sacramentohike)

### CF Cycle for Life

October 7th | Loomis Basin Brewing Company, Loomis, CA

CF Cycle for Life is a fully-supported ride with route options of 15, 30, or 62 miles. Whichever route you choose, you can cycle at your own pace! When you return from the ride, a post pedal party awaits you with delicious food, refreshing beer, and even better company! CF Cycle for Life provides a great opportunity for companies and groups of friends and family members to come together and ride in support of a worthy cause.

For more information visit: [www.fightcf.cff.org/sacramentocycle](http://www.fightcf.cff.org/sacramentocycle)



**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