Cystic Fibrosis Foundation – Sacramento Chapter

2019 SPECIAL EVENTS

Sacramento Chapter Office: 1540 River Park Dr Suite 215, Sacramento, CA 95815
(916) 625-0500 | Sacramento@cff.org | www.cff.org/sacramento

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GREAT STRIDES

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 fightcf.cff.org/sacramento2019

Sacramento Great Strides 2019
May 4, 2019
Crocker Park, Sacramento

ENDURANCE EVENTS

Sacramento CF Cycle for Life: Sonoma County- June 15, 2019
Get your wheels in motion and join us for our annual bicycle event as we ride through some of the most picturesque and scenic terrain in Sonoma County. CF Cycle for Life is a fully-supported ride with route options of 20, 40, or 60 miles.

For more information visit: fightcf.cff.org/sacramentocycle

Xtreme Hike: Yosemite – October 11-13, 2019
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.

For more information visit: fightcf.cff.org/sacramentohike

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**

Taste for a Cure  
October 20th, 2019  
The Maples, Woodland, CA  
Website coming soon!

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**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/sacramento-anf ]

**65 Roses® Club**

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 ]

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**VOLUNTEER**

If you would like to volunteer at any of the Sacramento Chapter’s events, please email Sacramento@cff.org or call (916) 625-0500. Thank you!