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 greatstrides.cff.org

5.18.19—Houston (Houston Zoo)  10.5.19—Corpus Christi (Cole Park)

ENDURANCE EVENTS

CF Climb for Life
September 21, 2019
BBVA Compass Stadium

The CF CLIMB at the BBVA Compass Stadium is a challenging and unique fitness event. Gather family, friends and co-workers to join you as you trek over 1,800 steps! After you cross the finish line, you celebrate your success with food, drinks, DJ and awards. And the fun doesn't stop there - all event participants are invited back that evening with a ticket to the Houston Dynamo game! This is an event for the whole family!
**SPECIAL EVENTS**

**Chevron Houston Marathon Run for a Reason**  
*January 20, 2019*  
*Houston, TX*  
Runners take on the challenging 13.1 or 26.2 miles of the Chevron Houston Marathon as part of the Marathon’s Run for a Reason charity program.  
Contact Hilary Smith—hismith@cff.org

**Kiss for a Cure**  
*February 9, 2019*  
*J.W. Marriott Houston Downtown*  
Celebrate Valentine’s Day at this evening gala at the J.W. Marriott Houston Downtown Hotel that includes cocktails, dinner, dancing and auctions.  
[https://kissforacure.eventscff.org/](https://kissforacure.eventscff.org/)

**65 Roses Golf Classic**  
*March 31—April 1, 2019*  
*Lakeside Country Club*  
This unique golf tournament is a festive experience with themed Party Holes featuring live bands and great food!  
[https://tx65rosesgolfclassic.eventscff.org/](https://tx65rosesgolfclassic.eventscff.org/)

**Crawin’ for the Cure**  
*May 11, 2019*  
*Pasadena Rodeo Fairgrounds—Campbell Hall*  
Come out and enjoy Coastal Flow Measurement Companies’ annual crawfish boil and cook-off. Your ticket includes all-you-can-eat crawfish, unlimited gumbo tastings, live band, auction and fun for the whole family. The fun starts with their Annual Great Strides walk before the cook-off.  
[https://crawinforthecure.eventscff.org/](https://crawinforthecure.eventscff.org/)

**WorleyParsons Breath of Life Golf Tournament**  
*May 3, 2019*  
*Blackhorse Golf Club*  
An annual golf tournament held at Blackhorse Golf Club. Golf is followed by dinner and awards.

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**Par Fore the Cure Pro-Am Golf Tournament**  
*May 13, 2019*  
*BraeBurn Country Club*  
A premier day of golf at BraeBurn Country Club where each foursome is paired with a pro. Golf is followed by an awards dinner and auction.  
[https://parforethecure.eventscff.org/](https://parforethecure.eventscff.org/)

**Fiesta for CF**  
*February 9, 2019*  
*J.W. Marriott Houston Downtown*  
Celebrate Valentine’s Day at this evening gala at the J.W. Marriott Houston Downtown Hotel that includes cocktails, dinner, dancing and auctions.  
[https://kissforacure.eventscff.org/](https://kissforacure.eventscff.org/)

**Cast for the Cure**  
*August 15-17, 2019*  
*Rockport, TX*  
A first class guided fishing tournament held in Rockport, Texas. The tournament includes two days of guided fishing in one of three divisions – artificial, live bait and fly-fishing and weekend hospitality.  
[https://events.cff.org/tgcastforthecure](https://events.cff.org/tgcastforthecure)

**INDIVIDUAL GIVING**

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.
SPECIAL EVENTS

**Shoot For the Cure**  
October 19, 2019  
Bayou Club of Houston  
A morning sporting clays tournament at the Greater Houston Gun Club is followed by a casual dinner gala around the pool at the private Bayou Club of Houston. Live and silent auctions are geared to the sporting enthusiast.  
https://gulfcoastshoot.eventscff.org/

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**Ben Johnson Memorial Cowboy Classic**  
November 6, 2019  
River Oaks Country Club  
A western theme dinner-dance and auction that was founded and until his death, attended by cowboy actor Ben Johnson.  
https://benjohnson.eventscff.org/

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**TOMORROW’S LEADERS**  
**CYSTIC FIBROSIS FOUNDATION**  
**MAKING A DIFFERENCE TODAY**

We’re excited to share that the Cystic Fibrosis Foundation has launched a new national program, **Tomorrow’s Leaders**, and we thought you might want to be a part of it! This program is designed to offer likeminded young professionals leadership skills and networking opportunities while they also make a difference in the lives of those with cystic fibrosis. This is a great opportunity for those with, or without a connection to someone with CF, to be more philanthropic, more social, work on their professional development and increase their own network of connections.

Contact Caitlin Sanders for more information: csanders@cff.org

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**Advocate With Us**

You have the power to inspire action and help shape public policy. Taking action on behalf of the CF community only takes a few seconds and can help make a difference. Check out the online actions and let decision makers know how they can help the CF community. Want to learn more about CF advocacy? Sign up to receive our emails and action alerts.  

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**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 an indoor Foundation-sponsored event at a specific time.