

Cystic Fibrosis Foundation – Middle, East & Southeast Tennessee

2018 Calendar of Events

Nashville Chapter Office

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GREAT STRIDES

GREAT STRIDES[®]
CYSTIC FIBROSIS FOUNDATION



30 YEARS OF MOMENTUM

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: cff.org/greatstrides

March 24 - Cleveland

May 5 - Knoxville & Clarksville

April 28 - Murfreesboro

May 20 - Nashville

April 29 - Chattanooga

September 22 - Sumner County

ENDURANCE EVENTS



CYSTIC FIBROSIS FOUNDATION

A one day bike tour in which participants have their choice of a 15-mile, 35-mile, or a more challenging 65-mile route. The tour is a fully supported journey with stocked rest stops, support and gear (SAG) vehicles, onsite medical services, and much more.

For more information: fightcf.cff.org/TNCycle

September 29 - Tollgate Medical Plaza, Thompson Station, TN

GOLF TOURNAMENTS



CYSTIC FIBROSIS FOUNDATION

September 27
Willow Creek Golf Club

Tee up for a Cure! Participants in the Tournament of Roses Golf Classic will enjoy a day on the course - great for networking with other professionals, entertaining clients or potential clients, and team building with your co-workers.



CYSTIC FIBROSIS FOUNDATION

October 26
Gaylord Springs Golf Links

SPECIAL EVENTS



**MARTINIS &
MOVIES GALA**
HONORING THE RISING STARS OF KNOXVILLE

CYSTIC FIBROSIS FOUNDATION

February 17 - Crowne Plaza, Knoxville

This lively themed gala gives attendees the opportunity to wear their formal best and walk the red carpet runway complete with “paparazzi”. The evening will include entertainment, dinner, bar including signature martinis, beer and wine, silent and live auctions.

April 14 - The Sheraton, Nashville

Nashville’s Top 30 Under 30 event is one of the most unique events in Nashville. Thirty remarkable men and women are recognized for their professional accomplishments, their commitment to giving back, and their fundraising efforts for the CF Foundation.



CYSTIC FIBROSIS FOUNDATION



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September 14 - Volunteer Landing Park, Knoxville

Wine on the Water is an evening of tasting great wine and wonderful food on the Volunteer Landing waterfront. Mix and mingle with up to 1,000 event attendees and help further the mission of the CF Foundation.

November 16 - Stratton Hall, Chattanooga

We invite our guests to participate in the “Win A Cellar of Wine” competition! Guests bring two labels of the same wine. Wine will not be blinded, but displayed for a true tasting lead by some of the most knowledgeable wine vendors in the region. Each guest will have the opportunity to vote once at each varietal station and three winners will be selected to split the cellar of wine. Also enjoy dinner, a silent auction and live entertainment.



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.

ADDITIONAL OPPORTUNITIES



CF Foundation teamMATEs are volunteers who help "Make Adding Tomorrows Easier." You can choose volunteer opportunities that best match your interests and skills.

Opportunities include volunteering at your local office, volunteering at an event, becoming an advocate, and sponsoring an event.

For more information, please visit our [website](#) or contact your local chapter office.

- VOLUNTEER AT THE OFFICE
- VOLUNTEER AT AN EVENT
- BECOME AN ADVOCATE
- JOIN COMMUNITY VOICE

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.