

Cystic Fibrosis Foundation - Tennessee Chapter

2021 SPECIAL EVENTS

Knoxville Office: 5401 Kingston Pike, Suite 230, Knoxville, TN 37919

Nashville Office: 4538 Trousdale Drive, Nashville, TN 37204

865.583.0355 | 615.255.1167 | tennessee@cff.org | cff.org/tennessee

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ENDURANCE EVENTS



CF CYCLE FOR LIFE - SATURDAY, OCTOBER 30

Virtual and in-person options available

Cyclists of all levels are encouraged to ride and show their support for those with cystic fibrosis. This will be a one day bike tour with 15 and 30 mileage options. Cyclists can always participate as a radical rider by choosing their own route and mileage and working towards a goal on their own.

For more information visit: fightcf.cff.org/tennessee-cycle



XTREME HIKE - SUNDAY, SEPTEMBER 12

Prentice Cooper State Forest, Pot Point Loop

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 CF. Hikers will enjoy a supported 8-15 mile hike and fundraising support to reach their goals.

For more information visit: fightcf.cff.org/tennessee-hike

GOLF TOURNAMENTS

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.

FRIDAY, AUGUST 27

Egwani Farms Golf Course, Knoxville



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

FRIDAY, OCTOBER 22

Gaylord Springs Golf Links, Nashville



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

WINE ON THE WATER

WINE ON THE WATER - THURSDAY, SEPTEMBER 16

Volunteer Landing Waterfront

An evening of tasting great wine and delicious food on the Volunteer Landing waterfront. This 17th annual event will have Early Access Admission at 5:30pm and General Admission at 6:30pm. Mix and mingle with more than 800 event attendees and help further the mission of the CF Foundation. Wine novices and wine experts alike will enjoy sipping on a wide variety of domestic and international wines. Enjoy a variety of food options from some of East Tennessee's best restaurants and eateries. Live entertainment by the water will top off an evening you won't want to miss!

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



NATIONAL EVENTS

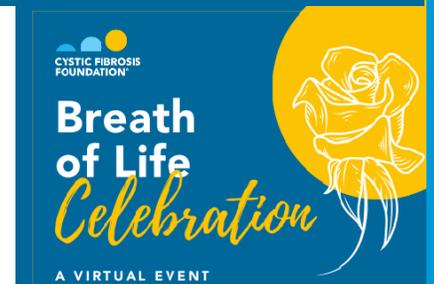
ROSE UP

TUESDAY, SEPTEMBER 17

ROSE UP is a virtual fundraising event that raises dollars and awareness through creative, meaningful acts to advance the CF Foundation's mission. Participants are encouraged to have fun and to choose an activity that is meaningful to them to accomplish on ROSE UP day.

<https://events.cff.org/ROSEUP/>

Over the past 65 years, the CF Foundation has achieved remarkable progress thanks to our incredible CF community. We hope you will join us virtually, for the second national Breath of Life Celebration, when we will take time to relax and connect with each other. We will also enjoy beloved entertainers as we raise funds to advance the Foundation's mission. <https://events.cff.org/nationalbreathoflife/>



**THURSDAY, OCTOBER 21
8:00 P.M. EST**

ATTENDANCE POLICY

Due to the COVID-19 pandemic, indoor events sponsored by the CF Foundation are strictly prohibited at this time. Scheduled outdoor events must adhere to strict requirements to minimize the risk of COVID-19 infection. Events may be subject to change at any time based on guidance from the Centers for Disease Control and Prevention and local health officials.

IMPORTANT NOTE ON ATTENDANCE AT OUTDOOR FOUNDATION EVENTS:

To minimize the risk of COVID-19 infection, attendees at CF Foundation events must adhere to the following requirements:

- Practice physical distancing and maintain at least a safe 6-foot distance from persons outside of their household at all times
- Face masks strongly encouraged and expected to be worn in accordance with local guidelines. (Note, children under two years of age should not wear masks due to safety concerns and therefore should not attend CF Foundation events where there is risk of interacting with someone outside of their household.)
- Follow basic infection, prevention and control practices by regularly washing hands with soap and water or with an alcohol-based hand gel, covering your cough or sneeze with a tissue or your inner elbow.

Persons with CF should consult their physician before participation in any in-person event as they may be at an increased risk for severe illness from COVID-19. People with CF should maintain a safe 6-foot distance from persons outside of their household at all times.