

Cystic Fibrosis Foundation – Washington Chapter

2019 SPECIAL EVENTS

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GREAT STRIDES

GREAT STRIDES 2019: A WALK TO CURE CYSTIC FIBROSIS

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: greatstrides.cff.org

- May 4 – Gig Harbor
- May 19 – Seattle
- May 19 – Wasilla, AK
- May 19 – Tri-Cities
- June 1 – Olympia
- June 1 – Poulsbo
- June 1 – Spokane
- July 13 – Tulalip

CORPORATE BREAKFAST

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April 29 - First Base Terrace Club

Enjoy a morning with the Cystic Fibrosis Foundation at the ballpark! Learn about opportunities to get involved and network with other corporate and community leaders, while enjoying a brief program and tour of T-Mobile Park.

7:00am Registration

7:30-8:30am Breakfast & Program

8:30-9:00am Tour of T-Mobile Park

ENDURANCE EVENTS



Ride through some of the most scenic area landscapes. Cyclists will have a few route options - a shorter 15-25 miles (site dependent) or 65 miles. This new and unique event empowers participants to take action and demonstrate their fight in finding a cure in a tangible, emotional and powerful way.

For more information: cycle.cff.org

- July 27 – Woodinville
- August 3 – Tri-Cities

November 21, 2019 – Seattle

56 floors ... 112 flights ... 1,120 steps straight up! This event is timed for individuals, teams, and relay competitors. After the races, participants and volunteers cool down at the "Happy Landings Party." This event is held in downtown Seattle at 1201 Third Avenue.

For more information: climb.cff.org



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. For outdoor events, the Foundation recommends that all people with CF maintain a safe 6-foot distance from each other at all times.

GOLF TOURNAMENT



CF-MARINERS CARE GOLF TOURNAMENT

May 15– Broadmoor Golf Club

Take a swing at CF! The CF-Mariners Care Golf Tournament promises to be a memorable day! Each year, this event brings the Mariners Baseball Club, local business professionals and community leaders together for a full day of entertainment.



DINNER AUCTIONS



June 7 & 8 –
Hotel Murano,
Tacoma

This event pairs
Tacoma's best

tennis pros with sponsored amateur players. The teams are auctioned off to the highest bidders. Owners receive prize packages based on their teams' performances in the Pro/Am Tournament held the next day.

The 36th Annual
BREATH of LIFE GALA
CYSTIC FIBROSIS FOUNDATION

November 9 –
Sheraton Grand
Seattle

Community & corporate leaders attend this annual, one of a kind, black-tie dinner and auction. The evening includes a gourmet dinner, entertainment and a raffle. The live and silent auctions feature many unique and exciting items.

WINE & ALE EVENTS

FREMONT TROLL STROLL



April 27 – Fremont
Neighborhood, Seattle
This year will mark the 17th
Anniversary of the Fremont
Troll Stroll. Join 900 friends
and tour some of the best
Fremont hot spots where
you will sample select

drinks & bites all while supporting the mission of the
Foundation.



October 5 - Red Mountain,
Benton City

This is a relaxed, yet lively,
event for hundreds of
novice to advanced wine
enthusiasts. Guests are
treated to two days of
unguided exploration on the beautiful Red Mountain AVA in
Benton City, WA. The event also features a variety of food
trucks and silent auction.

INDIVIDUAL GIVING

Annual Fund Events

CF Foundation's annual fund, with donations up to \$10,000 and help fund lifesaving research and medical programs for people with CF.

An Evening at Chateau Lill

June 11

100 Women Make a Difference

October 2019 - Urban Reclamations, Seattle

Women join together to learn more about the Cystic
Fibrosis Foundation and get involved.