

Cystic Fibrosis Foundation – Washington Chapter

2018 SPECIAL EVENTS

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GREAT STRIDES



GREAT STRIDES 2018: 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 5 – Gig Harbor
- May 20 – Seattle
- May 20 – Wasilla, AK
- May 20 – Tri-Cities
- June 2 – Poulsbo
- June 2 – Spokane
- June 9 – Olympia
- July 7 – Tulalip

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 28 – Woodinville
- September 8 – Tri-Cities

November 15, 2018 – 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

July 2- Venue TBA

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



May 11 & 12 -
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 35th Annual

BREATH of LIFE GALA

CYSTIC FIBROSIS FOUNDATION

November
3 - Sheraton
Seattle Hotel,
Seattle

Over 800 generous guests attend this annual 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 21 - Fremont
Neighborhood, Seattle
This year will mark the 16th
Anniversary of the Fremont
Troll Stroll. Join 1,200
friends and tour some of
the best Fremont hot spots
where you will sample

selected craft ales all while supporting the mission of
the Foundation.

UNCORK ^{THE} CURE *on Red Mountain*

October 5 - Red
Mountain, Benton
City

CYSTIC FIBROSIS FOUNDATION

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



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.



Accelerating the Search for a Cure

Join the Milestones II campaign by making a major gift of \$10,000 or more in a calendar year. Major gifts support the CF Foundation's mission to fund the vital research that our patients and families depend on.