2020 SPECIAL EVENTS

Cystic Fibrosis Foundation – Washington Chapter

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GREAT STRIDES

2020: A WALK TO CURE CYSTIC FIBROSIS
• May 2 – Gig Harbor
• May 17 – Seattle
• May 17 – Wasilla, AK
• May 17 – Tri-Cities

June 6 – Olympia
• June 6 – Poulsbo
• June 6 – Spokane
• July 11 – Tulalip

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

CORPORATE BREAKFAST

CORPORATE BREAKFAST
February 2020
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

July 18 – Woodinville
August 1 – Tri-Cities

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

November 19, 2020 – 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 27, 2020
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

TENNIS AUCTION BALL
May 8 & 9 – 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.

TROLL STROLL
April 25 – 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.

WINE & ALE EVENTS

TROLL STROLL
April 25 – Fremont Neighborhood, Seattle
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TROLL STROLL
November 7 – Sheraton Seattle Hotel, 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.

TROLL STROLL
September 14 - 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 DeLille Cellars
Spring 2020 - DeLille Cellars Redmond

100 Women Make a Difference
Spring, 2020 Seattle
Women join together to learn more about the Cystic Fibrosis Foundation and get involved.