

Cystic Fibrosis Foundation – Central Ohio Chapter

2020 SPECIAL EVENTS

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GREAT STRIDES

GREAT STRIDES CYSTIC FIBROSIS FOUNDATION



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: visit greatstrides.cff.org

Great Strides is more than just a walk. It's a celebration of the CF community. This year we will all be celebrating virtually. Save the date for Friday, June 5 for a virtual 65th anniversary celebration for our entire community with elements of celebration for our Great Strides walkers and supporters.

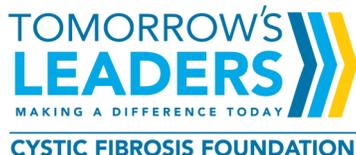
ENDURANCE EVENTS



Cycle for Life September 19, 2020 – BrewDog Brewery, Canal Winchester

CF Cycle for Life is a fully-supported ride with route options of 25, 40 and 65 miles – perfect for beginners to advanced riders. You can enjoy fully stocked rest stops every 10-12 miles, bike mechanics for bicycle maintenance and repair, ride marshals to cheer you along the way and plenty of support vehicles to help you complete the ride.

YOUNG PROFESSIONALS



Looking for ways to get more involved with the CF Foundation? Tomorrow's Leaders offers monthly programs based on specific professional development and leadership topics. Interested 21 to 45 year-olds can gain leadership skills and networking opportunities while they make a difference in the lives of those with CF.

JOIN US! Be a part of fun networking opportunities, professional development events, national Tomorrow's Leaders opportunities, community engagement out-reach and more!

LEARN MORE + SIGN UP

Jennifer Hughes at 614-890-6565 or jhughes@cff.org
WWW.CFF.ORG/TOMORROWSLEADERS

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.

SPECIAL EVENTS

NOSH Gala February 22, 2020 — Ivory Room

NOSH is the premiere gala for the Central Ohio Chapter. The event will include a cocktail hour with unique CF inspired by-the-bite tastings from six (6) of Cameron Mitchell's top Chefs, a delicious sit down dinner, an exciting live and silent auction and much more.



Swing for CF Charity Golf Classic The Ohio State University Golf Club — Canceled until 2021



We are excited to carry on with a golf outing benefiting the CF Foundation. Golfers will enjoy a delicious lunch followed by 18 holes of scramble style golf. A cocktail and hors d'oeuvres reception will follow.

Columbus' Brewers Ball March 5, 2020 — The Vue



Columbus' Brewer's Ball honors a select group of men and women from around central Ohio who are committed to professional growth through a guided fundraising and awareness campaign. The Brewer's Ball event at the conclusion of the 17-week campaign will celebrate our honorees success in the community, philanthropy, and industry. Join us for food and drink tastings from local restaurants and breweries, music, a photo booth, and silent auction before announcing the Columbus' Finest Award winner!

Sips & Giggles November 6, 2020 The Hilton Polaris



Join us for Sips and Giggles (formerly Wild Crush) and sample wine from up to 20 wineries while savoring bite size tastings from Eddie Merlot's. Once you've had a few *Sips*, the Comedy Club lounge will open for some *Giggles* from featured stand-up comedians!

GRAMPIONS



Grampions are people who are grandparents! They are our go-to for in-office needs, events day volunteers, CF ambassadors, advocates, board members, event committee members, welcome and thank you squads thanking sponsors and vendors at CF events....you name it! Choose one or all, it's your call!

INDIVIDUAL GIVING



Become a member of Partners in Progress, the CF Foundation's annual fund, with donations up to \$9,999 and help fund lifesaving research and medical programs for people with CF. Choose to make your donation monthly and join our 65 Roses Club!
Visit: Fightcf.cff.org/centraloh-anf

ADVOCACY



Lend your voice to inspire action and help shape public policy to positively affect the CF Community. Text FIGHTCF to 52886 to sign up for action alerts.

YEAR-ROUND AUCTION COMMITTEE



The Foundation is looking for new ways to keep the auctions at our fundraising events fresh and fun. For that reason, we have created an opportunity for those who want to engage in the Foundation more deeply but at their own pace! The year-round auction committee is made up of people who donated their time to create/solicit 1-2 auction items/baskets in the Spring and again in the Fall for our dinner/dance events with auctions. We would love to have you help!

Contact us at 614-890-6565 or email central-oh@cff.org for more info or to share your ideas.