Cystic Fibrosis Foundation – Delaware Valley Chapter

2016 EVENT CALENDAR

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GREAT STRIDES

Great Strides is the Cystic Fibrosis Foundation’s largest national fundraising event, raising more than $42 million nationwide and more than $1 million in the Delaware Valley alone. Each year more than 6,000 participants - families affected by the disease, dedicated volunteers, corporate sponsors and new friends - come together to support the search for a cure and walk across the Delaware Valley at popular attractions like Citizens Bank Park, the Wilmington Riverfront, and the Ocean City Boardwalk. For more information contact Robin Paterson at rpaterson@cff.org, or visit www.cff.org/greatstrides

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Website</th>
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<tbody>
<tr>
<td>29th Annual CF Climb</td>
<td>June 12, 2016</td>
<td>Talen Energy Stadium, (home of the Philadelphia Union), Chester, PA</td>
<td>delawarevalley.cff.org/cfclimb</td>
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<td>Tired of the same 10K run? Then accept the challenge to “Go Vertical!” This is a pledge event with each participant raising a minimum of $100 in pledges to participate.</td>
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<td>CF Cycle for Life</td>
<td>August 14, 2016</td>
<td>Conshohocken Brewing Company, Conshohocken, PA</td>
<td>delawarevalley.cff.org/cycleforlife</td>
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<tr>
<td>Join us for our 7th Annual cycling event as we ride through some of the most scenic terrain that the Delaware Valley region has to offer. This is a pledge event with each participant raising a minimum of $185 in pledges to participate.</td>
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<td>X-TREME Hike</td>
<td>September 9-11, 2016</td>
<td>Ricketts Glen State Park, Benton, PA</td>
<td>delawarevalley.cff.org/xtremehike</td>
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<td>X-TREME Hike is a national event that challenges people to test their endurance during a one-day 23 mile hike. There are 24 named waterfalls in Ricketts Glen State Park, ranging in height from 9 to 94 feet. Nearly all of the falls are visible from our route along the Falls Trail, which has been called “the most magnificent hike in the state” and one of “the top hikes in the East.”</td>
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ENDURANCE EVENTS

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.
The 11th Annual
BREATH of LIFE GALA
November 19, 2016
Sheraton Philadelphia Downtown, Philadelphia, PA
Join us for an exceptional night, that offers an opportunity for individuals and companies, to come together and invest in the vital research needed to find a cure for cystic fibrosis. The evening features live entertainment, live and silent auctions and attendance of 600 guests.

For more information contact Jessica Quilter at jquilter@cff.org

SPECIAL EVENTS

Grapes & Grain South Jersey

A relaxed, yet lively evening for all, Grapes & Grain offers guests the opportunity to sample a variety of fine wines. A small sampling of spirits is also available and delectable cuisine is provided throughout the evening. The night is highlighted by the chance to bid on some of the region’s most unique auction items.

March 18, 2016
The Mansion on Main Street
Voorhees Township, NJ

For more information contact
Jessica Quilter at jquilter@cff.org

Philadelphia and Delaware’s Finest

The Delaware Valley Chapter of the CF Foundation will be honoring Philadelphia and Delaware’s Finest Young Professionals, who show exemplary leadership, are active in their community, and have excelled in their profession or business. The professional men and women who participate will be given the opportunity to display their community involvement and highlight their professional achievements, while raising funds to help support the Cystic Fibrosis Foundation.

Philadelphia’s Finest
June 3, 2016

For more information contact
Alexandra Triola at atriola@cff.org

Delaware’s Finest
October 20, 2016

28th Annual Invitation Golf Tournament

October 5, 2016
Greate Bay Country Club, Somers Point, NJ
Join us at Greate Bay Country Club on the banks of Great Egg Harbor Bay, between Somers Point and Ocean City, NJ at the 28th annual Somers Point Golf Tournament. This classic 18-hole course by the legendary Willie Park, Jr., is located in a beautiful setting so close to the bay you could walk to it.

For more information contact Jessica Quilter at jquilter@cff.org

INDIVIDUAL GIVING

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.

For more information contact Eileen Miley at emiley@cff.org.