

## Cystic Fibrosis Foundation – Sacramento Chapter

# 2020 SPECIAL EVENTS

Sacramento Chapter Office: 1540 River Park Dr. Sacramento, CA 95815  
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## GREAT STRIDES

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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](https://greatstrides.cff.org)

**Sacramento—5/2/20**

**Walnut Creek— 5/3/20**

**San Francisco—5/16/20**

**San Jose— 5/17/20**

**Santa Rosa— 9/13/20**

**Gustine— 9/26/20**

**Santa Cruz— 10/24/20**

**SLO— 10/25/20**

## ENDURANCE EVENTS



### Cycle for Life

June 13, 2020— Penngrove, CA

Cycle for Life is a pledged fundraising event featuring a 25, 40 or 65 mile ride taking place in Sonoma County. The fundraising minimum to participate is \$150.

For more information visit: [fight.cf.cff.org/sonomacycle](https://fight.cf.cff.org/sonomacycle)

### Xtreme Hike

November 7th, 2020— Yosemite, CA

Xtreme Hike is a journey of passion, determination, and personal triumph, as much as it is an opportunity to make a difference in the lives of people with cystic fibrosis. Join us for an extreme hike in Yosemite National Park!

For more information visit: [fight.cf.cff.org/Norcalhike20](https://fight.cf.cff.org/Norcalhike20)



**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



### *Breath of Life Gala*

**February 29th, 2020- San Francisco**

The Breath of Life Gala is an annual black tie dinner, dance and auction honoring those who have made an outstanding contribution to our community.

For more information visit: [events.cff.org/SFbreathoflife2020](http://events.cff.org/SFbreathoflife2020)

### **65 Roses Golf Classic** Fall 2020

Our annual 65 Roses Golf Classic provides an ideal setting for entertaining strategic business partners, networking with other leading professionals, and contributing to a great cause.



### *Taste for a Cure*

**October 18, 2020- Woodland, CA**

Join us for our 2nd Annual Taste for a Cure! Spend your Sunday afternoon enjoying tastings from local eateries, wineries, breweries, and distilleries from Northern California all while benefiting the CF Foundation. Experience the beautiful outdoor grounds of The Maples while relishing in live music, great company, and our auction. All guests 21 and older are welcome.

For more information visit: [fightcf.cff.org/tasteforacure](http://fightcf.cff.org/tasteforacure)

## INDIVIDUAL GIVING

### **Annual Fund**

Your gift of support to the Annual Fund provides important, unrestricted resources that help us accelerate our efforts to pursue a cure for cystic fibrosis, fund development of new therapies, and help all people with cystic fibrosis live longer, healthier lives.

[fightcf.cff.org/sacramento-anf](http://fightcf.cff.org/sacramento-anf)

### **65 ROSES® CLUB**

**CYSTIC FIBROSIS FOUNDATION**

You're invited to join the **65 Roses® Club**, a special group of Cystic Fibrosis Foundation donors dedicated to finding a cure for cystic fibrosis. Members make a monthly gift which provides consistent, reliable support to the CF Foundation, that helps those living with CF lead longer, healthier lives by advancing high-quality care and innovative research. Whatever amount you choose to give, you will remain part of a strong community that supports people with cystic fibrosis.

[www.cff.org/Give-Monthly](http://www.cff.org/Give-Monthly)

## VOLUNTEER

If you would like to volunteer at any of the Sacramento Chapter's events, please email [Sacramento@cff.org](mailto:Sacramento@cff.org) or call (916) 625-0500. Thank you!