

**Cystic Fibrosis Foundation – Gateway Chapter**  
**2019 SPECIAL EVENTS**

Gateway Chapter Office: 8251 Maryland Ave, Suite 16, St. Louis, MO., 63105  
314-733-1241 | [gateway@cff.org](mailto:gateway@cff.org) | [cff.org/StLouis](http://cff.org/StLouis)

Stay connected! Follow us on Facebook: [facebook.com/CFFStLouis](https://facebook.com/CFFStLouis)

## 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](http://greatstrides.cff.org)

April 27th - Columbia, MO.                      May 11th - Metro East, IL.                      Oct. 5th - Springfield, MO.  
May 4th - St. Charles County, MO.                      May 18th - St. Louis, MO.  
May 11th - Cape Girardeau, MO.                      Sept. 21st - Carbondale, IL.

## ENDURANCE EVENTS



CYSTIC FIBROSIS FOUNDATION

Join us for our annual bicycle event as we ride through some of the most picturesque and scenic terrain in St. Charles County with a 25, 50 and 100 mile route option.

For more information visit: [Fightcf.cff.org/GatewayCycle](http://Fightcf.cff.org/GatewayCycle)

Oct. 5th - Cycle for Life                      St. Charles County, MO.



### XTREME HIKE

CYSTIC FIBROSIS FOUNDATION

Xtreme Hike is about reaching new heights physically and philanthropically. It's a journey of passion, determination, and personal triumph, as much as it's an opportunity to make a difference in the lives of people with cystic fibrosis.

For more information visit: [Fightcf.cff.org/gatewayspring](http://Fightcf.cff.org/gatewayspring)

April 6th - Spring Xtreme Hike                      Hawn State Park Trail - 15 .7 miles  
Oct 25th - Fall Xtreme Hike                      Ozark Trail - Lesterville, MO. - 30 .1 miles

**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



**FestivAle**  
March 22, 2019  
St. Louis Union Station

Come out and "cure what ales ya!" FestivAle brings together beer enthusiasts to sample handcrafted, high end beers from the Midwest's finest local brewers. The event also features a silent auction, beer related games, live entertainment and more!

[FestivAleSTL.com](http://FestivAleSTL.com)



**17th Annual Wine Opener**  
September 21, 2019  
Ross Hall at CBC

The Wine Opener is a casual and fun evening of wine and food tastings. Wine novices and experts alike are expected to join in the fun of sampling over 60 domestic and international wines, while enjoying food samples from local restaurants, bidding on silent and live auctions, and much more!

[WineOpenerSTL.com](http://WineOpenerSTL.com)



**50th Annual Jack Buck Golf Classic**  
August 8 & 9, 2019  
Glen Echo Country Club

The Golf Classic is the longest-running charity golf tournament west of the Mississippi. The tournament was started by legendary sports announcer Jack Buck, honorary chairman of the CFF Gateway Chapter from 1971-2001. The Golf Classic is comprised of two events – Dinner & Auction on Thursday night and Golf Tournament on Friday morning.

[Events.CFF.org/JackBuckGolf](http://Events.CFF.org/JackBuckGolf)



**28th Annual Reach for a Star Gala**  
November 1, 2019  
The Ritz-Carlton

The Reach for a Star Gala celebrates the heroes in our community who are working to provide a hopeful future for those living with cystic fibrosis. The Gala includes a cocktail reception, gourmet dinner, live and silent auctions, live entertainment and more!

[Events.CFF.org/ReachforaStarGala](http://Events.CFF.org/ReachforaStarGala)

## 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/Missouri-anf](http://Fightcf.CFF.org/Missouri-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)