Xtreme Hike is Coming! Join us Today!

September 18-20, Catskills, NY

Xtreme Hike is a journey of hope, determination, and perseverance. A journey that will push you physically and philanthropically. Xtreme Hike embraces a personal challenge of spirit and strength, while making an important difference in the lives of people with cystic fibrosis.

This year the Greater New Jersey Chapter will head out to the scenic Catskill Mountains to hike the Escarpment Trail, with two-night lodging accommodations at the Winter Clove Inn in Round Top, NY.

The journey starts the moment you sign up. You will receive personal coaching, participate in training hikes and connect with a community of people who share your aspiration to reach new heights.

Hikers ages 18 and up may participate. Click here to read the full Hike Event Policy.

Click here to Register Today!

TRAIN WITH THE TEAM!
Inquire within for details regarding weekly training hikes starting soon!

Call for details (973) 656-9200 or email skarlo@cff.org

**JOIN US AT OUR EVENT KICK-OFF AND INFORMATION MEETING - DETAILS BELOW**

Get Your Wheels Turning & Join us for the 5th Annual CF Cycle for Life!
October 3, 2015, Long Branch, NJ

**Cycle for Life** empowers participants to take action and demonstrate their fight in finding a cure for cystic fibrosis, in a tangible, emotional and powerful way.

Join us for the Actavis & Allergan CF Cycle for Life, as we cycle for a cure through beautiful Central New Jersey.

This is not a race so enjoy the scenery as you ride alongside some of the area beaches, down some of the estate lined roads of Rumson, and along some of the breathtaking country roads of Central New Jersey.

Cyclists can choose between a 30 or 63 mile route. Whichever route you choose, the ride is fully supported with well-stocked rest stops and support vehicles along the way, bike mechanics, great food, entertainment, and so much more! Come ride and celebrate your accomplishments with us!

Minimum Pledge Requirement Policy: The minimum pledge requirement of $200 per participant, is due on or before event day, however, fundraising efforts to earn prizes can continue until one month after the event.

All participants must be 16 years of age or older, and MUST wear a helmet!

[Click here to Register Today!](#)

Call for details (973) 656-9200 or email [mmckinney@cff.org](mailto:mmckinney@cff.org)

**JOIN US AT OUR EVENT KICK-OFF AND INFORMATION MEETING - DETAILS BELOW**

KICK OFF PARTY!

**CALLING ALL HIKERS CYCLISTS and SPORTS CHALLENGE PARTICIPANTS!**

JOIN US!

Thursday, July 23rd

6:30PM

Asbury Festhalle & Biergarten
507 Lake Avenue

Update: Sports Challenge 2015

The CF Sports Challenge at MetLife Stadium took place on Sunday, May 3, 2015!

With over 400 in attendance, including participants, staff, and volunteers, the day’s festivities went great, and the event raised over $65,000!
Great opportunity if you haven't participated but want to learn more!

Help us celebrate this year's Sports Challenge, and kick off our upcoming Xtreme Hike, and Cycle for Life events!

This is great opportunity for participants to get together with other participants, to celebrate accomplishments, and also great for those who wish to learn more about these events from the event participants themselves.

Come enjoy a beer and light snacks, and most importantly...good company!

All attendees MUST RSVP by July 16th

e-mail: mmckinney@cff.org

or call (973)656-9200

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Save the Date!

Robert & Owen McKeever Jr. Golf Tournament
October 1, 2015
Montclair Golf Club

Contact Melissa McKinney for more info!

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Fall Fling
October 15, 2015
The Venetian

Contact Toni Bauman for more info!

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Comedy Night
November 13, 2015

Update: Great Strides 2015

Throughout the month of May, and all across the country, the Cystic Fibrosis Foundation hosted our largest fundraising campaign, Great Strides.

The Greater New Jersey Chapter held ten walks, which are projected to raise a total of 1.5 million dollars this year!

Check out our leader board so far, and keep in mind that fundraising for our Great Strides walks can and should continue through the end of the year!

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Amount ($)</th>
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<tbody>
<tr>
<td>Chubb NJ, Chubb Walk</td>
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<tr>
<td>Team Berger, Paramus</td>
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<tr>
<td>Aidan's All Stars, Point Pleasant</td>
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<td>Sean's Pals, Verona</td>
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<td>Team Annabelle, Roxbury</td>
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</tbody>
</table>

Thank you for walking today, to add tomorrows!
**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.

The Cystic Fibrosis Foundation has unrestricted financial reserves of about 15 times its budgeted annual expenses, following a one-time royalty sale in 2014. These funds, along with the public’s continuing support, are needed to help accelerate our efforts to pursue a lifelong cure for this fatal disease, develop lifesaving new therapies and help all people with CF live full, productive lives. To request a copy of our Strategic Plan, email info@cff.org or call 800 FIGHT-CF.