

Step forward.



Fighting for local kids to live longer, healthier lives!



Help us find a cure for cystic fibrosis.

greatstrides
TAKING STEPS TO CURE CYSTIC FIBROSIS

4th Annual Thousand Oaks Fun-Run

Benefiting the Cystic Fibrosis Foundation Lone Star Chapter

Date: Saturday October 2, 2010

Location: McAllister Park, Pavilion #4

Check-in: 8:00 A.M.

Start: 9:00 A.M.

Honorary event chairs Councilwoman Chan, Councilman Clamp, and Thousand Oaks Elementary Principal Janet Dietel invite you to help cure Cystic Fibrosis (CF), a life-threatening genetic disease that affects children and adults, by participating in the fourth annual Thousand Oaks 5K Fun-Run on Saturday October 2nd at McAllister Park.

The event will consist of a fun, light impact 5K run/walk, music, children's activities, refreshments, "cutest pooch" contest, and more while raising awareness about CF and the devastating impact it has on those affected by the disease!

Prizes will be awarded to the top fundraising team, top fundraising individual and to the first, second and third place course winners.

Register on-line at <http://www.cff.org/Chapters/lonestar/GREATSTRIDES/>.

\$25 registration fee (or minimum fundraising amount) to participate and receive an event T-shirt

You can begin raising money today to help improve the lives of CF patients by developing a traditional letter writing campaign, online email campaign, or utilizing other creative methods!

For more info, call the CFF Lone Star Chapter at 210-829-7267 or e-mail bbendele@cff.org.



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Because of risks to people with cystic fibrosis (CF), individuals with a confirmed positive sputum culture for *Burkholderia cepacia* (*B. cepacia*) complex shall not attend this event. This is because *B. cepacia* can be passed between individuals who have CF through close proximity. *B. cepacia* infection in a person with CF can cause serious respiratory illness and, in some patients, may lead to death. Despite this policy, there might still be some individuals with *B. cepacia* in attendance. *B. cepacia* is not a risk for otherwise healthy individuals. For alternative ways to participate and for information about this policy, please contact the CF Foundation at (800) FIGHT-CF or visit www.cff.org. Consult your CF care center physician with medical questions.

[HTTP://GREATSTRIDES.CFF.ORG](http://GREATSTRIDES.CFF.ORG) 1-800-FIGHT-CF

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The Cystic Fibrosis Foundation meets
adaptive standards of America's most
experienced charity evaluator.