



ROC Club

Congratulations to our new ROC club members. They join an outstanding group of individuals who always go above and beyond!

New Members

Tammy Roberts
Jeff Pagett

Welcome Teams

We're so excited to see all of our teams that have already registered! Make sure your team is on our next list by registering for the walk today!

Amherst:

Bull's Girls
Friends of KC
Jack's Journey
Katie's Crusaders
Mosaic Hearts Jack
Ryan's Roadsters
Sparbel Super Troop
Team Brenden
Team Brooke
Walking for Maddie

Lockport

Amanda's All-Stars
Big Dreams
Briana's Buddies
Carin' for Jaron
Jare Bear
Steppin' Up for a Cure
Taylor's Troopers
Team Elizabeth
Team Hansen

Buffalo

877 Club
All Us Girls
Avrey John
Friends of KC
HSBC Mortgage
Hill's Hikers
Hunter's Helpers
Jamie's Jammers
Lynn's Lappers
Rich's International Globtrotters
Team Cassius
Team Russell
Zion UCC for Hunter's Helpers

Tonawanda

Ashley's Angels
Emily Kohler
Golden Kids
Lee's Champs
Lee's Legion
Reed's Rock Lobsters
The OB's Team

Jamestown

Ashley's Armanda
Family Pride
Lauren's Lakers
Logan Lovers
Ronnie's Reinforcements
Southwestern High School
Team Brynn
Team Cummins
Team Jared
Beth ann's Angels

Orchard Park

Beane's Bunch
Beane's Better Bunch
Hunter's Helpers
Ian's Aunts
Kohl's Cares
Maggie's Marchers
Nicky's Knights
Team Fox Run

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February
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Thank You Sponsors

Outstanding Corporate Partners

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Wendy's
Mayer Bros.
Fox Run of Orchard Park

Know someone else who might want to be a sponsor for the walk? Let us know!! We would love to help you make an ask!

The 2nd Annual Great Strides Team Week Is Coming!

Get ready because Team Week is BIGGER and BETTER than EVER!! The week of March 2nd-6th you and your walkers can earn exciting prizes by participating in Great Strides Team Week!!

Each day there will be different objectives for Team Leaders and Walkers to accomplish. At the end of the day, those who reach the objective will be entered to win prizes. Some of the exciting prizes this year include: a football autographed by numerous Buffalo Bills, including Trent Edwards and Josh Reed, an overnight stay at Niagara-On-the-Lake, an IKEA Gift Card, and much, much, more!! Make sure you've got the best chance to win by meeting the objectives for Team Week each day!! Good Luck!

Get Your Walkers Going!

It's time to get your walkers registered!! Team Leaders, help your walkers make sure they are successful by having them register now!! As soon as they are registered for the walk, people are able to start their fundraising efforts! You walkers can send out their online letters, recruit more walkers, and start watching those feet move across the screen!

Who Do You Know?

Do you know someone you think might be interested in helping to fundraise for the CF Foundation, but you're just not quite sure how to ask them? Let us help you!

We love talking to your friends, family, and colleagues about how great the CF Foundation is and all the information the Foundation has to offer! If nerves are slowin' you down give Kelly, Anna, or Erin a call at 716-686-9400 or via email at west-ny@cff.org and we'll be happy to help!

Great Strides Tips

Online Fundraising

Did You Know: The average donation is \$25 for regular letters and \$75 for online donations!! Just think of the how much more you can raise if you do an online letter!!

- 1) Include information specific to you on your page. It helps give donors an idea of who they are helping!
- 2) Ask your friends to forward the webpage to their friends. It's as simple as pushing a button and can really help you fundraise.
- 3) Ask for a specific amount. People are more likely to give a specific amount if they are asked.

For more helpful hints, call the CF office at 716-686-9400.

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CF Cystic Fibrosis Foundation
...adding tomorrows every day.

4976 Transit Road
Depew, NY 14043

New Prizes for 2009!

Get Your Donations In and Earn GREAT Prizes

\$10,000– Sony Blu-ray Disk Player– Full HD 1080p/24p Video Output with Ethernet Port for Internet Connectivity

\$5,000— Magellan Roadmate GPS System Portable Navigation System

\$2,500— 8.0 Megapixel Canon Digital Camera or Dooney & Bourke Purse (Black Bucket Bag)

\$1,000— TEAM CF Portable Cooler with radio and iPod/MPS Connection or MP3 Docking Station with Speakers

\$500— TEAM CF Beach Towel 35x70 or TEAM CF OGIO Backpack or TEAM CF Embroidered Fleece Pullover (Black)

\$250— TEAM CF Barbeque Tools or TEAM CF Baseball Cap Or TEAM CF Sweatshirt (Grey)