

## WHAT IS TEAM CF?

TEAM CF is a fitness & fundraising program to benefit the mission of the Cystic Fibrosis Foundation. As a member of TEAM CF, you will join others actively engaged to make a difference in the lives of those affected by cystic fibrosis.

Whether you are an experienced or novice **runner, walker, cyclist or adventure seeker** – we have a variety of events that will allow you to meet other like-minded individuals with the same desire to not only get in shape -- but help a worthy cause – while having FUN!

### If I join TEAM CF, what benefits are offered:

As a member of TEAM CF, you will be provided with custom coaching from area athletes; race entry to the event of your choice; special nutrition guidance & clinics; group training events; event specific race apparel (dry-wick TEAM CF training jersey); an opportunity to earn prize incentives (based on fundraising achievements); and a pre-event pasta party with other members of TEAM CF, during event weekend. Most importantly, you'll be adding tomorrows to the lives of those with cystic fibrosis!

### How do I sign up for TEAM CF?

Signing up is easy, by either calling or registering online:

- Call us at **216.901.CURE (2873)**; or go to <https://events.cff.org/teamcf>

### What events can I participate in as a member of TEAM CF in 2020:

#### Rite Aid 2020 Cleveland Marathon: *May 16 & 17 (Cleveland, OH)*

- Run/Walk 5K (3.1 miles) or 10K (6.2 miles): Saturday, May 16 (7:30 a.m.)
- Run/Walk Marathon (26.2 miles); Half Marathon (13.1 miles): Sunday, May 17 (7:00 a.m.)

#### Dog Days Cycling Wine Tour: *Saturday, July 11 (Oberlin, OH)*

- Join hundreds of cyclists to “Cycle For Life” (ride at your own pace) at a fun ride with four rides/distances to choose from: 28, 50, 62, 81 or 101 miles; with rest stops at area wineries along the way, and plenty of snacks & hydration fluids to keep you going.
- Fully supported ride (this is not a race) with breakfast & post-ride cook-out, with optional start time (registration is from 7:00 a.m. to 10:00 a.m.).

#### Tough Mudder Classic & 5K Mudder: *Saturday, August 29 (Pittsburgh, PA)*

- A soul crushing epic event with 25 obstacles packed into an 8-10 mile challenge held at Coopers Lake Campground (45 minutes north of Pittsburgh); or a 5K Mudder with 13 obstacles.
- Test your limits physically and mentally to cross the finish line stronger than you started, with your fellow TEAM CF Mudders by your side every step of the way.

### What is Cystic Fibrosis (CF) and the Mission of the CF Foundation?

The mission of the Cystic Fibrosis Foundation is to cure cystic fibrosis (a rare genetic disease that basically affects the respiratory & digestive systems) and to provide all people with the disease the opportunity to live full, productive lives by funding research and development, promoting individualized treatment and ensuring access to high-quality, specialized care.

### Is there a registration fee?

No. However, you will need to demonstrate your commitment to achieve your agreed upon minimum fundraising goal prior to us registering you into the event of your choice (2 weeks prior to that event).

## How much do I have to raise, to be part of TEAM CF?

Each participant must agree to a *minimum fundraising commitment*; and will receive full support from the CF Foundation to reach and exceed your goal.

### Minimum Fundraising Requirements:

#### Rite Aid Cleveland Marathon:

Full Marathon (26.2 mile Run/Walk) = **\$500.00**

Half Marathon (13.1 mile Run/Walk) = **\$400.00**

10K (6.2 mile Run/Walk) = **\$300.00**

5K (3.1 mile Run/Walk) = **\$200.00**

#### Dog Days Cycling Wine Tour

28 / 50 / 62 / 81 or 101 miles = **\$250.00**

#### Tough Mudder (transportation provided Cleveland to Pittsburgh)

Classic (10 mile with 25 obstacles) = **\$750.00**

5K Mudder (3 mile with less obstacles) = **\$500.00**



**When you reach your fundraising minimum, you receive a dry-wick TEAM CF Shirt!**

## Why am I being asked to raise funds? Why don't I just register for the event on my own?

While we realize you could likely sign up for any of these events on your own, please allow us to thank in advance for your hopeful participation in this program, as you will be helping us fund our important life-saving fight to find a cure for cystic fibrosis, as this program supports the CF Foundation.

### To provide value for your effort & participation, you will receive the following benefits:

- **Training Support:** Custom coaching along with tips, hints, advice & nutritional information; provided to help you prepare and train for the event of your choice;
- **Event Entry Fee & Bib:** We will pay the registration fee necessary for you to participate in the event of your choice, once you reach your fundraising commitment (NOTE: for the Rite Aid Event, you will register (pay) first, but *will receive a REFUND once you reach the fundraising minimum*, as the registration process is different for this event than the others...);
- **Motivation & Inspiration:** An opportunity to become connected with our cause through personal interaction with an individual affected by CF, to share their story (unless you choose not to, as some may have a personal connection to our cause);
- **Event Weekend Perks:** You will join your TEAM CF teammates at a pre-event pasta dinner, which will occur prior to your selected event:
  - For Tough Mudder, *transportation* is also included to/from the event, which will serve as an added “bonding opportunity” with your TEAM CF teammates;
- **TEAM CF Gear:** A special “dry-wick” TEAM CF jersey will be provided once you hit your fundraising minimum, along with other event specific incentive items;
- **Group Training Events & Online Support:** You will be invited to be part of a special *TEAM CF Facebook Group* informing you of special group events & trainings geared to prepare you for the event of your choice;
- **Fundraising Support:** You will gain access to an assortment of tools we will provide such as: fundraising guide; personalized online fundraising page; and guidance so you can *easily and quickly* reach your fundraising minimum.

### When do I have to complete my fundraising?

Again, there is no registration fee. We simply ask that you demonstrate your commitment to achieve your minimum fundraising goal prior to us registering you into the event of your choice. This will occur 2-weeks prior to your event, via a "commitment form" we will ask you to complete. If you have already met your fundraising goal 2-weeks prior to the event, you will automatically be registered and will NOT be asked to complete the commitment form.

**Important Note:** Because there is a different registration process and platform for the Rite Aid Cleveland Marathon (& Half Marathon; 10K & 5K), you will be asked to pay *your registration fee* at first on your own; BUT you will get REFUNDED once you hit the fundraising minimum.

### When will I have to meet my fundraising goal?

You can raise funds up to and even after the event occurs (but no later than 2 weeks thereafter). *However, because there are costs associated with all the events we are supporting, we need to secure your personal commitment 2 weeks prior to your chosen event.* If you have not met your fundraising minimum by the dates noted below, you will be asked to complete a commitment form which will allow us to secure credit card information that may be charged if you fall short of your goal.

### Fundraising Commitment Dates: (2-weeks prior to event)

Rite Aid Cleveland Marathon/Half-Marathon/10K & 5K: **Friday, May 1, 2020**

Dog Days Cycling Wine Tour: **Friday, June 26, 2020**

Tough Mudder Classic & 5K Mudder: **Friday, August 14, 2020**

### How does the re-commitment process work?

To better understand the commitment process, here's how it works: two weeks prior to your chosen event (see dates above), you will be notified of the amount we have on record for you as having raised to date, including any matching gifts that have been promised for donations you received. We will then be asking you to complete a commitment form. Again, in order to complete this form, we will need to secure a credit card that may be charged if you fall short of your goal. After your event, if you have not reached the fundraising minimum that you committed to, the credit card you provided will be charged the difference. *Please know, you will be notified of this amount before any charges are made.*

**Prior to the commitment process, you will be able to withdraw from the program without any penalty or obligation.** *However, we want to work with you.* If at any point during the season you are unsure of your fundraising progress or need new and different ideas, don't hesitate to reach out to us so we can help you develop a plan to get you to your goal!

### What do my fundraising dollars support?

The Cystic Fibrosis (CF) Foundation supports a wide range of research that focuses not only on improving the quality of life for people with cystic fibrosis today, but also on accelerating innovative research and drug development. Our approach to funding research is done on a national, competitive basis, based on the best science.

Because such strong health care institutions exist right here, the Northern Ohio Chapter is able to boast that the dollars invested back into our community are more than double that from what we raise here locally, as a result of the strong scientific work being performed here at institutions such as: University Hospitals Rainbow Babies & Children's Hospital; Case Western Reserve Medical School; Akron Children's Hospital; and Cleveland Clinic.

## **I've never fundraised before – how will I overcome my fear of fundraising?**

If you've never fundraised before, asking people to support your campaign can seem overwhelming. However, don't worry, as we will make it easy for you. You will be amazed at how easy it will be to hit your fundraising goal, and come to realize that raising funds to reach your goal will become one of the most rewarding aspects of the TEAM CF experience – as it will make a lasting impact on the lives of those affected by cystic fibrosis.

We will also provide you with all the tips, tools and fundraising support (online fundraising page) to reach your fundraising goals. Once registered, you will be advised on how to utilize all the tools at your disposal. Your fundraising page can also be personalized, and we can provide information on how to start an email and letter writing campaign, as well as best practices for social media (most people raise most of their funds through these types of efforts). To supplement those funds, you can also hold local fundraisers, leverage corporate sponsorships and participate in matching gift programs.

## **Can others join TEAM CF with me?**

You can join with friends, family or colleagues from your company. A team fundraising page can also be provided to make fundraising easier, though each participant is responsible for reaching their individual fundraising commitment.

## **TRAINING RELATED QUESTIONS:**

### **How long do I start my training prior to my chosen event?**

You could start your training as early as six months prior to your event, but your training schedule will likely depend on the distance and sport you choose and when you register for the program. We recommend starting a training regimen no less than four months before an event, but that may vary based on experience, and your physical fitness.

### **Do I need to be in shape at the start of TEAM CF?**

You can participate in TEAM CF regardless of your current fitness level. In fact, many of the people that will participate in this program are not only first timers – but individuals like yourself that want to get in shape while helping a worthy cause. As such, you will get connected with a local coach who will assign a training plan based on your fitness level – with sufficient time to prepare for your event. Coaches will also provide feedback to help you improve and reach your fitness goals.

### **Will I get help during training on nutrition and hydration?**

Your coaches will give you advice on nutrition, proper hydration and tips on refueling post-workout. We will also conduct a nutrition clinic, via a licensed nutritionist, as part of your training.

### **What gear should I buy?**

Once you register for TEAM CF, your coaches will advise you as to what you will need. This will include things such as running shoes or workout clothes - and how and where to get it.

### **Will I be able to connect with other members of TEAM CF?**

Absolutely. Aside from event day, you will meet new friends from the moment you join. We will also conduct periodic activities, fundraising events, *Facebook groups* by event, team workouts, and clinics on topics like nutrition & injury prevention. In other words, we will be with you every step of the way.

### **Where will group trainings be held? If I can't make a training, are there any other options?**

Specific training locations and group runs & rides will be shared once you register. All "Mudder" participants are encouraged to participate in group runs; and some cross-training will be provided in the summer. On event weekend, everyone will have a chance to meet, to enjoy the experience together, regardless of how you trained. In that respect, you can always train on your own.