

CLIMBING FOR A CURE

Corporate Calorie* Challenge! 36 teams... 47 floors... 94 flights... 985 steps... 3,000 calories?

This is a different kind of stair climb to help fulfill the mission of the Cystic Fibrosis Foundation: to cure cystic fibrosis and to provide all people with the disease the opportunity to lead full, productive lives.

This event will record your team's total work in calories* rather than time. Yes, those skinny people might get up the stairs quicker, but they aren't moving as much weight so they aren't necessarily doing as much work. This event levels the playing field.

Example:

*160 pound person climbs in 8 minutes = 225 Calories**

*250 pound person climbs in 12 minutes= 408 Calories**

250 Wins! Build a team of these people and you got it.

This event is intended to challenge people to get their bodies moving and to raise money for the Cystic Fibrosis Foundation. Your team of seven (7) will be scored based on total calories* burned. The team that burns the most wins! Build your team based on their abilities to do work. Faster may not be best. And, yes... you can carry weight if you think it will help.

Sign up your team now at: <http://wisconsin.cff.org/climb>. This event is strictly limited to 36 teams. The price is \$1,250 per team and each member is required to raise an additional \$100 minimum. If you can get your company to write a check for \$2K you don't have to do additional fund raising... but why not? This event is to help cure CF.

Prizes will be awarded for the team with the most calories, the team who raises the most money, the team with the best costume, the individual team member with the most calories and the individual team member who raises the most money.



Important note on attendance for people with CF and their families:

The health and well-being of people with cystic fibrosis is our top priority. Medical evidence shows that certain bacteria can be passed between individuals who have CF and can lead to worse symptoms and speed decline in lung function. To limit the serious risk of cross-infection between people with CF, only one person with CF may be invited to attend any indoor CF Foundation-sponsored event.

Please note: People with CF and their families should be aware that individuals with CF might choose to attend Foundation events or meetings without notifying event organizers. We strongly discourage this; however, we cannot guarantee that only one person with CF will be present at any indoor Foundation event. For more information, please call us at 262.798.2060 or visit www.cff.org.