

# ALBANY VIRTUAL CF CLIMB

02.20.2021





Hi there, my name is Katie Fuller. I have been involved with the CF Foundation for many, many years. In 2004, my brother David Carroll lost his battle with CF.

Several years ago I decided to participate in the Albany CF Stair Climb. As I approached the 42nd flight of the Corning Tower, it was getting harder to breathe. It felt like I was breathing through a straw.

My breath didn't return to normal until 10-15 minutes after finishing the Climb. It was at that moment that I came to understand what it was like for my brother to breathe with CF. While the rhythm of my breath returned after several minutes, those with cystic fibrosis continue to struggle breathing every day.

The CF Stair Climb has given me the opportunity to honor my brother's life. Fundraising and research will help make CF stand for Cure Found. As the event this year is virtual, my son and I have found some stairs in Michigan that we will climb! Thank you for joining us for this virtual event!

Until It's Done,  
Katie



CYSTIC FIBROSIS FOUNDATION





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## CYSTIC FIBROSIS FOUNDATION

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### Welcome!

Thank you for joining the 33rd annual, and 1st virtual Albany CF Climb! Every year we climb the tallest building in Albany, the Corning Tower, however due to COVID-19 and the safety of all our participants, we will be hosting the challenge virtually in 2021. We will climb together from afar.

Starting the week of January 3rd, the Northeastern New York chapter will release weekly challenges, with famous staircases from around the world. We will tell you the number of stairs in each of these, and your challenge is to either complete the steps throughout the week or spread out on your own schedule.

This will prepare you for the final challenge where you will "climb" Corning Tower all at once. This event is a great way to get up and get moving at home while "Adding Tomorrows" for people with cystic fibrosis.

### When?

**Saturday, February 20, 2021**

Climb any time on February 20th and join us for a virtual celebration at 12:00pm.

### Where?

Virtually! Find your favorite set of stairs to climb and get stepping.

### Suggested Fundraising Minimum

\$150

### Questions?

We are happy to help! Reach out to Mary Schell.

Email: [mschell@cff.org](mailto:mschell@cff.org) Phone: 518-453-3583





# WEEKLY CHALLENGE CALENDAR



## Weekly Challenge 2021 Calendar:

### Week of January 10th: *Seattle Space Needle*

832 Steps  
4,160 Strides\*  
416 Step Ups\*

### Week of January 17th: *Empire State Building*

1,576 Steps  
7,880 Strides  
788 Steps Ups

### Week of January 24th: *Machu Picchu*

1,600 Steps  
8,000 Strides  
800 Step Ups

### Week of January 31st: *Eiffel Tower*

1,665 Steps  
8,325 Strides  
833 Step Ups

### Week of February 7th: *Los Angeles Salesforce Tower*

1,762 Steps  
8,810 Strides  
881 Step Ups

### Week of February 14th: *Willis Tower*

2,109 Steps  
10,545 Strides  
1,055 Step Ups

### *Final Challenge on Saturday, February 20th: Albany Corning Tower*

809 Steps  
4,045 Strides  
405 Step Ups

*\*Strides means walking steps*

*\*Step Ups are steps on aerobic steps, chair steps, or box steps*



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# How Can YOU Virtually Climb?



Any stairs,  
anywhere  
count!



Office building  
stairs



Bleachers



Stairs at  
home



Elliptical or  
Stair Master  
Machine

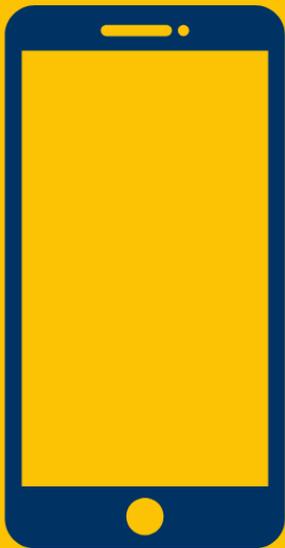


Stairs at your  
local park

# How to Log Steps



**Fitness Watch**



**Health App**



**Count Your  
Steps**

# IMAGINE THE IMPACT

The key to building a team and a successful fundraising campaign depends on asking people you know for support. Think about everyone whose lives you touch and ask them to join your team or make a donation. Use this chart to help you identify people that you know and organize them into categories.

Start with the easiest people to reach - your family and friends. Next ask acquaintances and personal vendors. Before you know it, you will have a complete list of people you know!

## ACTIVITIES

Gym, Sports Teams, Book Club  
Place of Worship, Junior League,  
Cheerleading, Boy/Girl Scout, 4-H  
Club, Tennis/Swim/Golf Club

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## FAMILY & FRIENDS

Parents, In-Laws, Siblings, Aunts  
Uncles, Cousins, Grandparents,  
God Parents, Friends, Neighbors

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## PERSONAL VENDORS

Dry Cleaner, Mechanic, Restaurants,  
Insurance Agent, Salon/Spa,  
Physicians, Dentist, Real Estate  
Agent, Mortgage Representative

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## SCHOOL

PTA, Teachers, High School/College  
Alumni, Fraternity/Sorority,  
Service Clubs

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## WORK

Co-workers, Vendors, Competitors,  
Clients, Networks & Connections,  
Chamber of Commerce

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## COMMUNITY

Local Businesses, Community  
Centers, Neighborhood Associations,  
Civic Clubs

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# YOU COULD EARN THIS



# FREQUENTLY ASKED QUESTIONS

## ***What if I don't have stairs to climb?***

That's okay! We will convert the number of stairs to strides (or walking steps) that you can do outside or on the treadmill. You can also use a strong box to do "step ups" which are worth 2 steps each time.

## ***What if I walk up and down a flight of stairs, do the stairs down count?***

Yes, they do!

## ***Do I time myself each time?***

You can time yourself if you want, the weekly challenges are for you to prepare for the final challenge of Corning Tower which you will do in one go.

## ***How can we make this into a relay?***

Gather your team members and split the number of steps by your team members! So if there are four of you, for the Corning Tower each of you would be responsible for 203 steps (rounded up!). Your team can decide if your members will split the challenges, or do the entire challenge for extra training.

## ***What time are we climbing on February 20th?***

The great thing about being virtual is that you get to make your own schedule! If you want to climb the 809 steps at 7 am, go for it! However we will have a celebration on February 20th at 12pm where we will share people's climbs.

## ***How will I report my timing for the final "Climb day"?***

You can enter the information on our CF Climb website or you can email Mary Schell ([mschell@cff.org](mailto:mschell@cff.org)) with a photo of yourself with your bib, and your total time.

## ***No registration fee?***

Because it is virtual, we will not have a registration fee. However there is a suggested fundraising goal of \$150 per person.

## ***More Questions?***

Reach out to Mary Schell at [mschell@cff.org](mailto:mschell@cff.org)

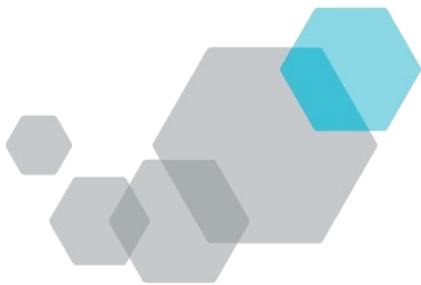
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**CLIMBING FOR A CURE**

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