



## Background

Our annual Great Strides Walkathon is a fun and fit activity for the whole family. Participants are encouraged to set realistic lap goals based on age and fitness level.

Our goal is to help Cystic Fibrosis Western Australia raise \$20,000 to fund: home care, a hospital transition program, hospital survival kits, equipment hire, newly diagnosed packs and support, community and country outreach, an annual expo, a regional respiratory training programme, events such as 65 Roses Day, Great Strides Walkathon and the Spring Rose Art Show, library resources, counselling and education, e-newsletters and printed magazines, advocacy and lobbying and recreation activities for parents, kids and siblings of people living with CF. We hope that each participant will participate in the walk-a-thon to the best of their ability. We're hoping to make this walk-a-thon the best ever, so the more contributions you raise, the more successful we'll be at achieving our goal. Thank you very much for your participation!

Cystic Fibrosis Western Australia (CFWA) is a not-for-profit organisation, which provides essential services to all Western Australians and their families affected by cystic fibrosis. CFWA relies heavily on the generosity of the public to help us fund these programs. The funds that you raise will be directed towards the provision of these services for children and adults affected by cystic fibrosis.

## Rules

1. Participants may start collecting pledges as soon as they receive the pledge sheets.
2. Pledge sheets need to be brought to the event on Sunday 3rd October, 2010.
3. Pledges may be made by anyone. However, participants may not ask for pledges from any of the staff or volunteers of Cystic Fibrosis Western Australia. Please ask everyone who pledges if their company has a matching gift fund policy.
4. Each sponsor making a pledge should write their own name, pledge per lap, and maximum pledge. Participants may collect the pledge in advance but must keep pledges until all are collected.
5. On walkathon day, each participant will walk from 11am. Each lap is approximately 3.8km.
6. Upon completion of the walkathon, participants should present their pledge form for signing by a CFWA representative who will record each participants lap total on their pledge sheet and sign it. Participants may then collect outstanding pledges.
7. Please return pledge sheets with the funds raised to CFWA by Friday 29th October 2010.
8. No running or jogging will be allowed.
9. Participants are encouraged to wear a hat and sunscreen and to bring rain gear if it's wet.

## Contact details

**Great Strides Event Organiser**  
**Cystic Fibrosis Western Australia**

**PO Box 959**

**Nedlands WA 6909**

**Tel: (08) 9346 7336**

**Fax: (08) 9346 7344**

**Email: [fundraiser@cysticfibrosiswa.org](mailto:fundraiser@cysticfibrosiswa.org)**



