

The Tori Times

Serving Redmond, Seattle and the Nation.



CF Walk Edition
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Adding Tomorrows for those with Cystic Fibrosis since 1994

✦ toritimes@toritimes.com

✦ www.toritimes.com

It's Great Strides Time

It's that time again when we ask people to help our daughter Tori and 30,000 other Americans battling Cystic Fibrosis.



The 20th annual *Great Strides* walk to find a cure for Cystic Fibrosis will be held at 1:00pm on **Sunday, May 18th**, at Seattle Center. Our team, *Tori's Troopers*, has walked in *Great Strides* events since 1994 to raise money to find a cure, and with your help 2008 will be our best ever.

Cystic Fibrosis Basics

Cystic Fibrosis (CF) is a chronic progressive genetic disease affecting about 30,000 children and adults in the United States. CF causes the body to produce abnormally thick, sticky mucus, which clogs the airways and leads to life-threatening lung infections. This abnormal mucus also obstructs the pancreas, preventing enzymes from reaching the intestines to break down and digest food. At present there is no cure. The median life expectancy for a person with CF is about 36 years. Tori was diagnosed with CF in March of 1993 at 7 months of age.



Ways You Can Help

1) Collect donations and walk with us on May 18th

Collect donations from friends, co-workers and family members who want to help kids like Tori. Many companies have matching programs for an employee's charitable contribution as well. Use the *Great Strides* brochure to keep track of your donations.

Send in your pre-registration form or register on-line at [cff.org](http://www.cff.org)!

The walk is about 3 miles long and all walkers get lunch from Longhorn Barbecue. We'll give you a *Tori's Troopers* button just for showing up!

2) Send us a check or donate on-line by May 16th

We'll gladly take a personal check, make it out to *Cystic Fibrosis Foundation* or *CF*. We also have electronic donation options at toritimes.com. It's best if we receive your donation by May 16th to turn it in at the Seattle walk, but we'll accept donations anytime of the year. Remember, your donation is tax-deductible!

3) Spread the word to other potential contributors

One of our challenges is persuading people to donate who don't have a connection to CF except for Tori. Even if you can't donate a lot, you may know other people who can. For those of you with corporate connections, there are excellent sponsorship opportunities ranging from \$500 to \$15,000 as well. Detailed sponsorship info is available at toritimes.com.

"What's the right amount to donate?"

We get asked this a lot, and there's really only one answer - as much as you feel comfortable giving. We'll like you the same regardless of the amount, but if you'd like some suggestions, here's our PBS-style pledge list based on the most popular amounts we've received over the years:

\$30 - Baby Moose level

\$50 - Momma Moose level

\$75 - Poppa Moose level

\$100 - Rose Garden sponsor (paper rose in Rose Garden)

\$300 - Kilometer Marker (sign on walk route)

\$500 - Halfway Point Sponsor (includes t-shirt logo and sign)

Donations \$300 and up must be received by May 1st.

If you're walking, your recommended minimum goal is \$150. That's only four Baby Moose donations from your friends or co-workers plus one from yourself. \$100 gets you a walk t-shirt.



Register and Donate Online!

We are emphasizing online registration and donations this year. It's easy and secure, plus you can do it in your underwear, which the post office frowns upon when mailing a letter or buying stamps. Go to http://www.cff.org/great_strides to register or donate. Links are also listed at toritimes.com.

toritimes.com and e-mail

Besides the underwear thing, another great advantage to the internet is the time and money saved by you and the team in postage and supply costs. We are constantly updating the web site with all the latest info and send out weekly e-mail updates.

If you didn't receive updates last year we don't have your e-mail address, so e-mail us and we can add you to the list.

Thank You!



We promise that we'll only ask for donations once a year, and this is that time. We thank all of you for your support and hope that 2008 gets us one year closer to a cure.

Want More Info on Cystic Fibrosis?

toritimes.com is a great source of info and you can e-mail us if you have any questions. You can also visit the national CF web site at www.cff.org, call the state office (206) 282-4770 or e-mail them at washington@cff.org.

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Where caring and cash collide.