

# WANT TO BE ON OUR TEAM?



## What is CF?

Cystic Fibrosis is the most common life threatening genetic condition in New Zealand. A child can be born with CF if BOTH their parents carry the gene for it. CF causes progressive lung disease. There is currently no cure and life expectancy is only 29 years.

## The Charity Challenge

Swim - 3.8km  
Bike - 180km  
Run - 42km  
Race 226kms and raise \$1 per km for CF

## Where will the money I raise be going?

Money raised by you will go towards supporting a child with CF's sporting activity. This will keep them fit and healthy for as long as possible.

# Raise \$1 per km for Breath4CF & make a difference!

### \$226 helps

ensure months are added to a child's life because they are staying healthy & active

By accepting the Charity Challenge and using your breath4cf on race day everyone wins. The children with CF will get to participate in sports thanks to YOUR efforts plus you also have the chance to win prizes.



EVERYONE who fundraises for Cystic Fibrosis, no matter the level you raise, be it \$5 or \$500, will be given a Breath4cf Dog Tag to wear in the lead up to the race.



If you complete the Charity Challenge, and raise NZ \$226, we will give you a Breath4CF backpack to use, with some great stuff inside.

## \$226 BUYS

a person with CF



An Avanti bike



A tennis racquet and court time



Many swimming lessons



A trampoline

# Get started

## REGISTER ONLINE:

1. Go to our Official Charity website  
<http://www.breath4cf.co.nz>
2. Click on the Ironman Charity Challenge Logo at the bottom of the page
3. Then simply fill in your details and click register

That's it! You will receive fundraising tips and advice, ongoing email correspondence from us and most importantly your very own free personal web page. This will enable you to do all your fundraising online, saving you time and energy!

*"Competing in my first Ironman, the experience was made extra special for knowing that I was doing so for such a worthy cause. We are the fortunate ones as we are able to participate in the challenge of Ironman. Those with Cystic Fibrosis face massive challenges every day. If every athlete raised \$226 (one dollar for every kilometre that is Ironman), Breath4CF would raise more than twice as much as it did in 2008. All it takes is a few emails to your friends, family and colleagues. In doing so you will make a world of difference to those with CF. Please join me." Peter Tinholt, Highest Fundraiser 2009*



## FUNDRAISE ONLINE:

Make fundraising fun - Fundraise Online. Its easy and does all the work for you!

In just 3 minutes you can build yourself a simple one page web site with your own words and send it out to your friends and family. You can even upload your own photo/s and keep an updated online training journal. Best of all, your page comes with secure credit card donation processing facilities where 100% of the donation is then given directly to the Cystic Fibrosis Association's Breath4CF fund. This means NO more messy forms, no having to collect cash, no counting it and no sending it.

It's new, simple and VERY easy to set up and use.

To get started:

Register for the Charity Challenge at  
[www.breath4cf.co.nz](http://www.breath4cf.co.nz)  
and build your fundraising webpage at  
<http://www.fundraiseonline.co.nz>



## Prizes

All Charity Challenge athletes who raise over \$1000 are eligible to win great prizes. Register today to win!

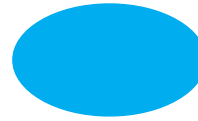




# breath<sup>4</sup>cf.co.nz

**cf** CysticFibrosis  
ASSOCIATION of NEW ZEALAND

OFFICIAL CHARITY FOR IRONMAN NEW ZEALAND



## *A Message from Jane Patterson, Event Director IMNZ*

Dear Athlete,  
For the seventh year running we have chosen Breath4CF as our official charity for Ironman New Zealand 2010. This amazing campaign raises funds so that every child in New Zealand with Cystic Fibrosis can have access to sporting equipment and lessons, things that significantly improve their quality of life, as well as create a longer healthier life. With the incredible support of Ironman athletes, Breath4CF has raised more than \$600,000 helping hundreds of children with CF keep active and healthy.



I ask you to take up the Ironman NZ charity challenge, raise NZ\$226 - that's just \$1 per km and make a real difference to the lives of children in their own endurance event. I guarantee you this will give an extra-special purpose to your day at Ironman New Zealand 2010 and you'll see it in those children's eyes when you see them at our finish line on ????????

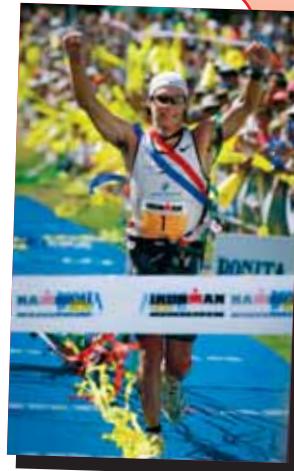


See you in Taupo

*Jane Patterson* (Event Director)



"As athletes, we understand the physical and mental challenges of endurance training and racing; imagine then the massive endurance required to live with a chronic life threatening respiratory condition, one that has no cure and greatly shortens the lives of the children and young adults who have it. I personally invite you to join me in accepting the Breath4C charity challenge - raising \$1 per km for CF, you can help give the children who have CF, more breath. Help me make a real difference."



**Cameron Brown -  
Patron Cystic Fibrosis Assoc of NZ  
Eight times Ironman NZ Champion  
Father of two!**



*Some of the people you will be supporting*

# Meet some of our amazing kids

## CF Buddies

Want to learn more about what it means to live with CF? Visit <http://www.breath4cf.co.nz> to register for the Ironman Charity Challenge and sign up to be paired with a CF Buddy. This is a family and or child affected by CF in NZ. We will send you the profile of someone you can race for, someone you can email and write to and learn more about.

Over the past six years, we've received many heartfelt emails and letters from athletes who were touched by the strength, courage and bravery of these remarkable children and their families.

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"????????????????"



## Other Breath4CF projects

As well as supporting children with CF by helping to meet the costs of sporting equipment and lessons, Breath4CF also produces a Breath4CF Kids Club Newsletter. This aims to encourage children living with CF to keep active and healthy. It also provides a sense of community among CF children and features lots of pictures and profiles of children being active. We've enclosed our latest issue for you so you can not only see the impact the money raised has, but also how it facilitates in motivating these children to keep active and stay healthy.



**SPECIAL THANK YOU TO OUR SPONSORS**