



**Happy St. Patty's to you!**

This is our month! May the 'Luck of the Irish' be with us!

At the annual CF Family Education Day we were encouraged by so many clinical trials that are pushing forward with new drugs that are attacking the underlying cause of CF. With Symdeko now approved by the FDA, more folks with a particular gene mutation will benefit with improved lung function. Let's keep it going. The drug which will help Katie and others with her gene makeup (one F508 and one other) is expected to be on available in just 2 years!!! We can't stop now or until CF stands for Cure Found for every person's particular CF gene mutation!!

Join us in our fight! Sign up for TRIVIA, Team *Run for Roses* and Team *Ride for Roses*! We WANT YOU and NEED YOU!

Next week, **Saturday, March 10th** Colleen is donating her time to lead a yoga class for CF at **Blue Sky Yoga** from 3 pm - 5 pm. Check it out! Class is appropriate for all levels and by donations only!  
Here we go: Sign up NOW:

## WARRIORS for ROSES



Blue Sky Yoga

3525 Watson Road  
St. Louis, MO 63139



*Enjoy an hour-long Mindful Movement/Deep Stretch Yoga class*

*Led by Colleen Caul from*



INSPIRE Movement LLC

Create space & freedom in your mind, body and spirit  
by allowing breath to inspire movement.  
This gentle, mindful practice will stretch your body and soul.

Followed by a reception of food and drink

**ALL LEVELS WELCOME**  
**Donation-based class**

**All proceeds benefit the Cystic Fibrosis Foundation**

This event sponsored by *The Rose Foundation*

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## ***Run for Roses Trivia / Silent Auction***

**Saturday, April 28, 2018**

It is right around the corner! Time to get your family and friends together for your table of 8! It's a night to celebrate, eat, laugh **and raise lots to push research forward so those living with CF can finally breathe easier!!!**

Send check made payable to:

**The Rose Foundation**

**2702 Bloomfield Dr.**

**St. Louis, MO 63129**

**Prepaid reservations by April 10 = \$25 per person / \$200 table of 8 ... Cost increases to \$30 per person after April 10.**

[Click here to download a copy of the flyer](#)

\*\*\*Silent Auction includes several pairs of great Cardinal tickers, autographed sports items, The Pasta House Co. four course dinner for 6, with drinks and much much more!!!

## **BECOME A SPONSOR**

### **for our Trivia Night**

Please contact Linda at [caullinda@hotmail.com](mailto:caullinda@hotmail.com) or 314-952-7944 if you would like to become a **Run for Roses** round sponsor or table sponsor! Or, click [here](#) to download form below & mail your sponsorship.

*A huge THANK YOU to our sponsors thus far which are listed at the bottom of this newsletter!*



**EMPOWERED THERAPY, LLC**  
Specialized Therapy for Teens, Women, & Parents



## Team Run for Roses

Spread awareness and sport these great shirts! To assure we have your style and size, sign up by March 12 when our order is placed! Whether you are running in a race, such as GO! St. Louis or any race in any city, make a \$30 donation and get your team *Run for Roses* shirt! Then celebrate with us as our guest at our **St. Louis Great Strides Walk & BBQ - Saturday, May 19 (Carondelet Park)**...Join Team *Run for Roses* by clicking on our Great Strides Page [here](#), then click on 'join our team' and make a \$30 donation to receive your team shirt! For a \$65 donation you will receive a 1/4 zip team jersey! Every dollar helps get us closer to a CURE! Please remember to check if your company makes **Matching Donations** - double your gift!



## FOOTBALL for ROSES

A huge thank you to Jeff Stevenson for organizing *Football for Roses* for **The Rose Foundation**! And thank you to all of those who played and had fun with their picks each week! Congrats to Cathy Doherty, the big winner and to all of those who won each week! You all raised over \$600 for CF!

## News about Cystic Fibrosis

On February 12, the Food and Drug Administration approved tezacaftor/ivacaftor (Symdeko), a new drug that treats the underlying cause of cystic fibrosis. Symdeko was approved for people with cystic fibrosis ages 12 and older who have copies of the F508del mutation or who have one of 26 specified mutations – regardless of their other mutation. This is a huge step forward! We can't stop now. Please keep supporting **The Rose Foundation** and the **CFF** to further research until there is a CURE!

# 10th Annual FestivAle

Friday, March 23

7:00 pm - 10:30 pm

St. Louis Union Station

1820 Market, St. Louis 63103

For tickets contact: Nicci Lowrey at the

Cystic Fibrosis Foundation: 314-733-1241 / [nlowrey@cff.org](mailto:nlowrey@cff.org)

## Team *Ride for Roses*

Click [here](#) and then click on 'Join our team'.

Join Team *Ride for Roses* today!

If you live in another state and want to start a Team *Ride for Roses* contact Linda at [caullinda@hotmail.com](mailto:caullinda@hotmail.com)! Thank you, Kayla Adams Cain for starting one in Florida! That's the way to spread awareness!

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## GET INVOLVED

\***Nominate The Rose Foundation** for a giving back charity program, matching funds program or jean's day, etc. at your business!!!

\* Attend or Volunteer at our events!

\* Share our posts and newsletters with friends and family. And invite friends to like us on our facebook page: [Run for Roses!](#)

\*\*\* Consider a donation to **The Rose Foundation**: please Click [here](#) for the donate button on our website: [www.runforroses.com](http://www.runforroses.com)!

We hope to see you at our trivia night and wearing our team shirt to spread awareness!

**Sláinte** ("Good Health" / "Cheers"),

**The Caul Family**

**Always Running 'til CF stands for Cure Found!**

**Upcoming Events:**

**\*FestivAle- Friday, March 23 (Union Station)**

**\*Spring Xtreme Hike- Saturday, April 7 (Hawn State Park)**

**\**Run for Roses Trivia Night / Silent Auction* - Saturday, April 28 - TASK facility 980 Horan Dr.,  
Fenton**

**\*St. Louis Great Strides- Saturday, May 19 (Carondelet Park)**

**\*Jack Buck Golf Classic- Thursday, August 16 & Monday, August 20 (Whitmoor Country Club)**

**\*Wine Opener- Saturday, September 22 (CBC High School)**

**\*Cycle for Life- Saturday, October 6 (Smartt Field Airport)**