



# 2024 ANNUAL REPORT



**BreatheStrong CF**

Real-time resources empowering  
people with cystic fibrosis

[BreatheStrongCF.org](https://BreatheStrongCF.org)

# FORWARD PROGRESS

## REBRANDING AND NEW IDENTITY

After merging with the Cystic Fibrosis Lifestyle Foundation and gratefully receiving the assets of the CF Reaching Out Foundation when it dissolved, Miles for Cystic Fibrosis officially rebranded as BreatheStrong CF. This change reflects our mission, values, and vision for a new era for people living with cystic fibrosis.

## OUR MISSION

BreatheStrong CF advances the wellbeing of people with cystic fibrosis through education, direct support, and opportunities to thrive.

## OUR VISION

At BreatheStrong CF we envision a new era in which people with cystic fibrosis rise above and go beyond perceived limitations.

## EXPANSION OF PROGRAMS

Our programs continued to grow and evolve in 2024:

**BreatheStrong+ Virtual Wellness:** A free, nationwide platform offering educational resources, motivation, and a supportive community to encourage lifelong healthy habits. BreatheStrong+ participants represent 42 unique states.

**Men's Sexual and Reproductive Health Initiative (SRH):** Our Men's SRH continued to address previously overlooked health concerns. This included hormonal imbalances, body image, and sexual function. Appealing to a national audience, sessions were held on Zoom providing expert-led discussions and resources for males with CF.

**Financial Support and Community Impact:** BreatheStrong CF provided almost \$435,000 in direct support to individuals with CF through Exercise Grants and Critical Needs Assistance, ensuring access to necessary resources to improve their health and quality of life.



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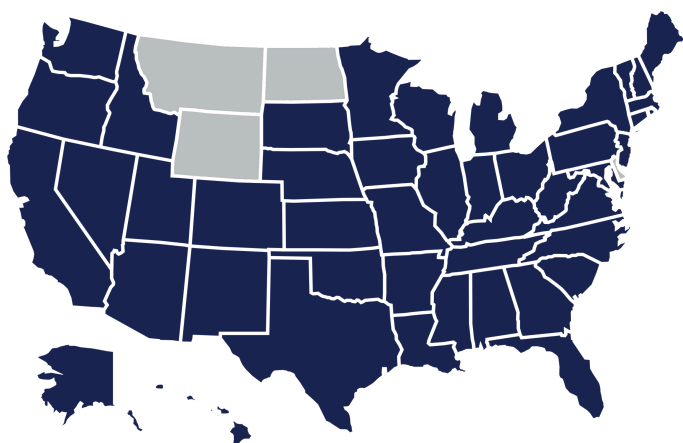
Shay & her sister are absolutely loving their trampoline gifted by the BreatheStrong grant. They do morning jumps, before bed jumps, and all of the jumps in between!

- the Mason Family



# PERFORMANCE

## 46 STATES SERVED



“

Receiving an Exercise Grant and participating in BreatheStrong+ has definitely motivated me.

I love logging my activity, participating in the challenges and being connected to others in the CF community.

- Kayla

## GRANTS

National expansion of our exercise grant program required a cohesive effort on behalf of our team as well as streamlined technology to ensure a timely and secure grant application process.

### Exercise Grants



**555**

EXERCISE GRANTS GIVEN



**\$354,384**

GRANT SUPPORT



**\$638.53**

AVERAGE GRANT

### Susan C. Burroughs Critical Needs Initiative



**130**

FAMILIES SERVED



**309**

INSTANCES OF SUPPORT



**\$70,420**

GROCERY AND FUEL SUPPORT

In 2024, CNI was temporarily expanded to support those impacted by Hurricanes Helene and Milton.



# FINANCIAL POSITION



## 2024 Statement of Activities

### Income

• CF Reaching Out Foundation Dissolution Gift of Funds.....	\$663,042.66
• Foundation Grants.....	\$418,900.00
• Sponsorships.....	\$117,578.75
• Registrations.....	\$102,772.91
• Individual and Business Contributions.....	\$81,678.84
• Gifts In-Kind.....	\$79,163.04
• Board Member Contributions.....	\$39,649.39
• Other Income.....	\$5,618.75
<b>Total Contributions.....</b>	<b>\$1,508,404.34</b>
Net Investment Income.....	\$35,565.40
<b>Total Income.....</b>	<b>\$1,543,969.74</b>

### Expenses

• Program Grants.....	\$433,315.91
• Payroll and Benefits.....	\$237,485.54
• Contract Services.....	\$153,131.32
• Program Supplies.....	\$113,311.75
• Marketing.....	\$34,264.78
• Technology.....	\$18,040.92
• Other Expenses.....	\$7,421.78
• Office Expenses.....	\$6,254.21
• Travel.....	\$4,562.66
• Postage and Shipping.....	\$2,612.33
• Insurance.....	\$1,020.00
<b>Total Expenses.....</b>	<b>\$1,011,421.20</b>

**Net Income.....** **\$532,548.54**

**Net Assets, beginning.....** **\$384,485.00**

**Net Assets, ending.....** **\$917,034.00**



“

Luka loves the feeling of freedom that soccer gives him so much that it has become one of the most important motivations for him to complete his medical treatments and follow his therapy plan. He knows that to continue performing at a high level in soccer that he needs to complete his treatments even when he is tired, bored, and really wishes he didn't have cystic fibrosis. The BreatheStrong Exercise Grant helps his family to financially support his dream to stay healthy and play pro soccer

- Sarah & Erik, Luka's parents



# BREATHES**+** AFFLOVEST RECIPIENTS

BreatheStrong CF is thankful to the continued support of Tactile Medical enabling us to grant an AffloVest to active BreatheStrong+ participants. To be eligible, participants complete an application and must earn a minimum of 5,000 footprint points per quarter.



## **XANDER - SEATTLE, WA**

Getting Xander to sit still for lengthy treatments was a constant struggle. His parents found it challenging to encourage his active spirit while ensuring he completed his essential treatments. The lightweight, portable design of his AffloVest allows Xander to stay active while still receiving the airway clearance therapy he needs. Whether he's playing with toys, moving around the house, or just being his energetic self, Xander can keep going!



## **MAX - ATLANTA, GA**

Max, a dedicated choir director in the Atlanta, GA area, balances long hours as a teacher with active involvement in his church. He values his AffloVest for its portability, allowing him to fit in a treatment seamlessly while preparing for his next activity.



## **KATI - CANDOR, NY**

Kati is a mom, wife, and teacher in Candor, NY. Having the freedom of mobility while doing her treatment makes every component of her day-to-day easier. She is now able to be an active participant in her family's routines while not missing a treatment she needs for her own health.

**AFFLOVEST®**  
by Tactile Medical



**Joyce Family  
Foundation**

### **ABOUT THE AFFLOVEST:**

The AffloVest is a mobile airway clearance device. Being free of cords and tubes, daily airway clearance treatment can be done anywhere - while walking, shopping, even traveling! The value of an AffloVest exceeds \$15,000.





# BIG PEACH SIZZLER 10K & 5K

The 2024 Big Peach Sizzler 10K & 5K once again took to the streets of Atlanta to celebrate Labor Day while raising awareness for cystic fibrosis and funds for BreatheStrong CF. This year's event welcomed more than 1,800 participants across both the in-person race and the virtual Sizzler To Go, proudly presented by Vertex Pharmaceuticals.

Runners and walkers of all levels gathered to take on the scenic and fast-paced courses. Participants were treated to a vibrant post-race celebration featuring a delicious breakfast from The Flying Biscuit Café, refreshing craft beer from StillFire Brewing, music, and visiting our many sponsors. The event wasn't just about personal records and fitness—it was about community, camaraderie, and making a meaningful impact in cystic fibrosis community.

With each step, participants honored those living with CF, helping to fund support programs that bring hope to CF families. The overwhelming turnout and enthusiasm showcased the power of the running community in rallying behind an important cause while raising almost \$100,000 to support BreatheStrong CF programs.

We are thankful for our participants and our sponsors!

## Thank you to our 2024 sponsors:

- ★ Vertex Pharmaceuticals, presenting sponsor of Sizzler To Go
- ★ Big Peach Running Co., Title Sponsor
- ★ The Flying Biscuit Cafe, Presenting Sponsor

Children's Healthcare of Atlanta  
City of Chamblee  
Comcast NBC Universal  
Damian & Jessica Dyckman  
Flying Biscuit Cafe  
Froot Thief  
Guardian Storage  
LMNT

Morgan Stanley  
Nestle Health Science  
NOLIQ  
Northside Hospital  
Smartwater  
South State Bank  
StillFire Brewing







# LOOKING AHEAD

As we move forward, our focus remains on expanding our reach and impact.

## We aim to:

- Increase funding for Exercise Grants and Critical Needs Initiative.
- Develop new wellness programs tailored to diverse CF community needs.
- Strengthen partnerships with the CF community to enhance our collaborative efforts.

We thank our dedicated supporters, donors, and volunteers who made 2024 a year of remarkable achievements. Together, we will continue to breathe strong and build a healthier future for all individuals with CF.

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# Thank you

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## RECURRING DONORS

David Adkins  
Todd and Elizabeth Baillie  
Julie and Chris Blackmon  
Celeste Bottoroff  
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Kevin McClearn  
John Nolan  
Chuck and Becky Penuel  
Peter and Marilyn Scott  
Barbara Smith

## PARTNERS

Apparo  
Baughman Family Foundation  
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Chidsey Family Charitable Fund  
Closing the Gap Foundation  
Cystic Fibrosis Foundation  
Joyce Family Foundation  
Montgomery Family Foundation  
Pro Bono Partnership Atlanta  
Reaching Out Foundation  
Research Fund for Cystic Fibrosis  
Synesco  
Tactile Medical  
The Flatley Foundation



# LEADERSHIP

## STAFF



**Becky Penuel**  
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Director



**Shawna Gray**  
Operations  
Director



**Doug Munster**  
Development  
Officer



**Tiffany McDaniel**  
Program  
Coordinator



**Rima Manomaitis**  
Development  
Coordinator

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**Barbara Harison**  
CF Warrior  
Retired



**Lauren Lyons, MSPT**  
Yale-New Haven  
Children's Hospital  
Physical Therapist

Not pictured:

**Brad Riemer - CF Warrior, Special Education Teacher**