About Cystic Fibrosis

Cystic Fibrosis is a life-threatening genetic disease that causes mucus to build up and clog some of the organs in the body, particularly the lungs and pancreas. When mucus clogs the lungs, it can make breathing very difficult. The thick mucus also causes bacteria to get stuck in the airways, which causes inflammation and infections that lead to lung damage.

Mucus also can block the digestive tract and pancreas. The mucus stops digestive enzymes from getting to the intestines. The body needs these enzymes to break down food, which provides important nutrients to help people grow and stay healthy. People with CF often need to replace these enzymes with medicine they take with their meals and snacks, which helps them digest food and get proper nutrition.

The Cystic Fibrosis Foundation works as fast as possible and funds some of the best and brightest minds in science to find a cure. CF researchers are blazing new trails in drug development and gene therapy. With your continued support, CF will one day stand for Cure Found.

The Story Behind “65 Roses”

“65 Roses” is what some children with Cystic Fibrosis call their disease because the words are much easier for them to pronounce. Mary G. Weiss became a volunteer for the Cystic Fibrosis Foundation in 1965 after learning that her three little boys had CF. Mary’s son, Richard, listened closely to his mother as she made calls seeking financial support for CF research. Later, Richard told his Mom, “I know what you are working for.” Mary was dumbstruck because Richard did not know what she was doing, nor did he know that he had CF. With some trepidation, Mary asked, “What am I working for, Richard?” He answered, “You are working for 65 Roses.” He could not see the tears running down Mary’s cheeks as she stammered, “Yes Richard, I’m working for 65 Roses.”

Since 1965, the term “65 Roses” has been used by children of all ages to describe their disease. But making it easier to say does not make CF any easier to live with. The “65 Roses” story has captured the hearts and emotions of all who have heard it. The rose, appropriately the ancient symbol of love, has become a registered trademark of the Cystic Fibrosis Foundation.

For More Info, Contact:
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1,000 Miles
65 Days
7 States
1 Dream
CURE CYSTIC FIBROSIS

Run for Roses

“From the Arch to the Apple”

Working in conjunction with the Cystic Fibrosis Foundation

About the Runner

Colleen Caul was born into a big Irish family in St. Louis, Missouri. Growing up, Colleen was always active, but identified herself as an actress, not an athlete.

She attended Nerinx Hall High School and went on to graduate from Northwestern University's School of Communication.

Her whole life changed in 2004, when her uncle, an avid marathon runner, began to coach her little sister, Katie Rose, how to run. Katie Rose has Cystic Fibrosis. Elated to see the positive effect running was having on her sister's health and inspired by their dedication, Colleen started running.

She joined Team CF in The 2005 LaSalle Bank Chicago Marathon. Katie Rose joined her for the last few miles of the marathon. It was a completely empowering and transforming experience for both sisters. Since that day, running and raising money for CF has become Colleen's primary passion.

In the past five years, Colleen has completed four marathons and raised $15,750 for CF. With the support of her family, Colleen is in the process of applying for tax exemption for The Rose Foundation, which will be the 501©3 (upon IRS approval) that will sponsor her dream project, Run for Roses.

About Run for Roses

Run for Roses is a 65-day running pilgrimage to spread awareness, raise funds, and share stories of Cystic Fibrosis (CF). Colleen Caul, running in honor of her sister, Katie Rose, will embark from St. Louis on July 21, 2011 and arrive in New York City on September 23, 2011. Throughout her 1,000 mile run, Colleen will make stops in multiple cities to fundraise and spread awareness by performing a theatrical piece, sharing her story of growing up in a family living with CF. The performance will explore beating the odds, love, heartache, and how running has saved both sisters' lives. Hoping for a story swap, Colleen is eager to hear CF stories of the people she meets along the journey. Run for Roses will eventually be developed into a documentary, along with the compilation of stories from families living with CF. Colleen won't stop running until CF stands for Cure Found.

How to Get Involved

You can be a part of Run for Roses by running or walking with Colleen during any point of the route, donating, or becoming a sponsor. All proceeds will directly benefit the Cystic Fibrosis Foundation, where approximately 90 cents of every dollar goes to research. The tax-exempt status Colleen is applying for is retroactive to the date of incorporation, so all donations will receive tax-deductible receipts upon IRS approval.

How to Donate

Donate online at runforroses.com
-or-
Mail check
(made payable to The Rose Foundation) to:
Colleen Caul
The Rose Foundation – Run for Roses
PO Box 191114
St. Louis, MO 63119

Thoughts from the Runner...

"I feel very strongly that this journey is something I am called to do. I will do everything I can to make this project soar. Run for Roses will spread awareness, increase financial supporters, and bring comfort and hope to families living with CF. Each of us has one person in our life for whom we would do anything. Katie Rose is that person for me. With one step at a time, my hope is that we can all make life a little easier for those living with CF, one breath at a time."

-Colleen Caul, Founder of The Rose Foundation

Thoughts from Her Sister...

"Living with Cystic Fibrosis is hard, but having a strong support system of family and friends makes it manageable. When I was 10 years old, my uncle decided that he was going to teach me to run. At first I hated it, but as time went by, I found that I enjoyed running and looked forward to spending time with my uncle. Running has been a life-changer; I am healthier and happier. Now, my uncle can no longer keep up with me, but I have a new running partner. Running with Colleen has been so fun and is something we can share."

-Katie Rose Caul, Honorary Chair of The Rose Foundation