

Frequently Asked Questions

REGISTRATION

- I want to paddle in The Crossing, but I don't know anyone who wants to paddle on a team with me. What are my options? You can register in your intended category and then reach out to other paddlers in the Crossing community seeking teammates. You can post on the [Crossing For CF Group - Private Facebook page](#). Additionally, please let us know your need so we can make note and connect you with other paddlers seeking teammates by emailing info@pipersangels.org
- I registered as Recreational Solo Needing Boat Support from X4CF. When will I find out more information about my team assignment? After registration closes and by May 1st Recreational Solo paddlers will be grouped together based on their experience/skill level, goals, and preferences then assigned to their captain. Introductions will be made via email.
- If I cancel my registration and can not attend The Crossing, will my entry fee be refunded? All registration fees are non-refundable.
- If I registered under one category, but want to change the category, how can I do this? To change registration categories, please email info@pipersangels.org of your request. Paddlers may not switch to Rec Solo with X4CF Boat Support after the registration deadline. Other changes are accepted until June 1st.
- Can I register my teammates, crew, or captain? No, all participants must register themselves and sign their own liability waiver and fundraising commitment, as well as enter
- What is the difference between the recreational and competitive categories? The recreational category is not constrained to all of the same rules for paddling as the competitive category and includes miscellaneous paddle crafts not listed in the competitive category. One difference is that recreational paddlers may board the boat and not be disqualified, but competitive paddlers will be disqualified from the race if they board the boat. Only the competitive category is eligible for cash prizes. Please see the Official Event Rules for more information.

RULES

- Where can I find the Official Event Rules? Please visit crossingforcf.com or [CLICK HERE](#)
- What does "Iron Crusader" mean? Paddlers that complete the full 80 miles beach-to-beach from Bimini to Lake Worth without getting on the support boat for any reason are considered Iron Crusaders. Both recreational solo and competitive solo paddlers of all crafts are eligible to complete the Iron 80 miles and become an Iron Crusader.

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EQUIPMENT

- What type of watercraft can I paddle? You may use any self-propelled watercraft for this event, but competitive categories only include SUP, Prone, OC-1, OC-2, OC-6, Dory, and Surfski. For other water crafts such as kayaks, hydrobikes, etc you will register in the recreational category.
- What type of SUP board should I use? We recommend a 14' long hard board that is 26-28" wide. Please see the [PADDLERS GUIDE](#) for detailed information on this.
- What type of paddle should I use? We recommend a quality paddle that is lightweight. Please see the [PADDLERS GUIDE](#) for detailed information on this.
- What type of fin should I use? The larger the fin, the more stability it provides. Please see the [PADDLERS GUIDE](#) for detailed information on this.
- What gear do I need to bring to Bimini? There are personal items, nutrition, hydration, equipment and safety gear including PFD, leash, yellow reflective safety vest, waterproof whistle, and other necessities you should bring to Bimini. Please see the [PADDLERS GUIDE](#) for a checklist and more detailed information on this.
- What gear does X4CF provide? The Crossing will provide paddlers with their GPS, timing chip, board identification sticker, and race bib. Captains will be provided with their own GPS, information folder, safety light, SharkBanz, and bleed kit. All participants that come to Bimini will receive a swag bag, event shirt, and event hat.

BOATS & CAPTAINS

- Do I need to find my own boat and captain to paddle in this event? Competitive solo paddlers, competitive relay teams, recreational relay teams, nonprofit teams, and recreational solo paddlers choosing not to have The Crossing provide their boat support all must find their own boat and captain for the event. Only Recreational Solo Paddlers registered in the category for The Crossing to provide boat support (additional registration cost and limited to 40 paddlers) will be provided a boat and captain.
- How do I find a boat and captain? Word of mouth is the easiest way to find boat support within your network. If you don't know of anyone with a boat, voice your need to your social media base, email communications, workplace, friends, family, and in person conversations. Typically someone you know, knows another person with a boat or they might know someone else with a boat. You can also post about what you're doing and you need on these Facebook groups: [Let's Go to Bimini!](#) , [Let's Go Boating South Florida](#) , [Bimini Crossing](#) , [South Florida Boating](#) , [Central Florida Boating Page](#) , [Florida & Bahamas Fishing Group](#) , [THE CROSSING \(Florida to Bahamas\)](#).

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BOATS & CAPTAINS

- Do I have to pay the captain or pay for anything related to using their boat? Paddlers who find their own captains or are in the competitive categories or recreational category finding their own boat are responsible for all of their own expenses. These paddlers must have a conversation with their captain to figure out if the captain is going to help cover any costs such as fuel, dockage, Bahamas Cruising Permit, ice, captain's lodging, etc. Recreational Solo paddlers who are provided boat support by The Crossing do not have to pay for fuel, dockage, Bahamas Cruising Permit, or their captain's lodging.
- What are the specifications the boat and captain need to participate in the event? Boats must be a minimum of 23 feet long, but it is encouraged that vessels are 26' in length with a minimum of two engines. Any vessels that don't meet this minimum criteria must be approved by the director of safety. Captains must have ocean experience. Please see the [CAPTAINS GUIDE](#) for additional boat safety requirements.

CREW

- What does a crew member do? Crew members serve as support for paddlers and captains. Paddler's crew members are responsible for overseeing paddler safety and taking care of their needs through the duration of the paddle including nutrition, hydration, and moral support. Captain's crew members are responsible for assisting the captain with navigation, safety, and other needs that might arise.
- How many crew members are allowed per boat? A minimum of 1 crew member is recommended and up to 3 crew members are permitted per boat as long as the boat size is sufficient for all participants and gear should the paddlers have to board the boat and boat run back to shore or to relocate.
- What other information should crew members know? Please read the [CREW GUIDE](#) for important details related to being a X4CF crew member.

TRAVEL

- I'm from out of town. What airport should I fly into and what city should I stay in? Where you fly into and stay in Florida prior to going to Bimini would be most convenient to align with the location nearest where your captain is or is leaving to Bimini from. Typically, flying into Palm Beach International Airport or Fort Lauderdale Airport and staying in those areas are most convenient.

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TRAVEL

- Where do paddlers and boats leave from to go to Bimini? Most boats leave from Palm Beach (Lake Worth) Inlet, Boca Raton Inlet, Hillsborough Inlet, Haulover Inlet, Jupiter Inlet, or Boynton Inlet. Paddlers and crew will join their captain on their boat to ride over to Bimini together with their luggage, gear, and coolers.
- Where can I park my vehicle overnight while I'm in Bimini? Search options here: <https://gis.myfwc.com/BoatRampFinder/>
- What hotel should I stay at in Lake Worth Beach after we arrive from Bimini? The Fairfield Inn at Lake Worth Beach has a limited room block available for Crossing participants. This is walking distance to the Beach Landing. There are additional lodging options in the area.
- I have friends and family that want to come to Bimini for the events there, but they will not be joining for the paddle back. How can they come to Bimini and leave? Each person coming to The Crossing must be registered. Friends & family have their own registration category. For those who do not want to boat to or from Bimini, they can fly or take the fast ferry. Tropic Airways and Silver Airways are commonly used for flights and the Balearia Caribbean Fast Ferry is the ferry from Port Everglades to Bimini and back (schedule of operation is limited).

LODGING

- Where do I stay in Bimini? Bimini Cove, Bimini Big Game, and the Hilton are where the majority of teams stay in Bimini. There are some other hotel options available as well as AirBnB or VRBO.
- How do I book my lodging? Please visit crossingforcf.com for booking links for discounted rates for the Crossing For Cystic Fibrosis room block. Lodging is limited in Bimini, so book far in advance!
- How much does lodging cost? Lodging rates vary depending on venue and size of the room booked, but typically prices range from \$300-\$500 total per night.

BIMINI

- When should I arrive in Bimini? It's best to arrive in Bimini on Wednesday or Thursday prior to the paddle so that you can account for the first day mostly being travel, customs check-in process, lodging check-in and gear unloading, then the remaining days for fishing, diving, X4CF on island events, and rest. On island events start on Thursday evening. Event check in is open Wednesday through 12pm on Friday. Please refer to the X4CF event itinerary to plan accordingly.
- How do I get to Bimini? Paddlers and crew will coordinate with their captains to boat over together with all of their gear and belongings. For those who can not boat over when their captain plans to go, they can try to find a ride over with another boat, take the fast ferry, or fly.

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- When I get to Bimini, what is the check-in process? When you arrive in Bimini, your captain will check-in all boat passengers at Customs and Immigration. Once this process is complete (could be quick or take up to an hour or two) you can proceed to Event Check-in at the Hemingway Room at Bimini Big Game. Please be conscious of check-in days and times. Additionally, make sure you arrive at your lodging venue and check-in during their open hours of operation.

EVENTS

- What events are there leading up to The Crossing? Storytelling Night & Registration Kickoff Party on August 31st, Piper's Angels Foundation Gala on December 14th, X4CF PreParty on May , and several training paddles in between! Please visit crossingforcf.com to see the current calendar of events.
- What events happen during The Crossing? The event officially begins on Wednesday when check-in opens. Thursday evening is the Poolside Social at Bimini Cove, Friday morning is the 40Ocean Beach Cleanup near Bimini Big Game, Friday evening is the Bimini Big Game Family Buffet Dinner, Saturday morning is the Paddle Our Rose Ceremony at Bimini Cove, and Saturday night is the Beach Launch from Bimini Cove. Every morning yoga is offered at both venues.

AWARDS CEREMONY

- When and where is the awards ceremony? The Crossing For CF Awards Ceremony is hosted at the Lake Worth Beach Casino Ballroom on Thursday evening after The Crossing.
- Should I plan on going to the awards ceremony? Yes! The Awards Ceremony is a fun and beautiful event to bring closure to the amazing journey of The Crossing. Awards are given to those who placed in the competitive division, as well as superlative awards to recognize additional paddlers, captains, crew, volunteers, etc.

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AWARDS CEREMONY

- Is there a special award for those who have participated multiple years? The Crossing For CF created the 5 Year Crusader Compass for captains, crew, paddlers, and safety team members who participate in their position on the water on the day of The Crossing during the event from Bimini to Lake Worth Beach. These individuals will receive it during the Awards Ceremony.
- What if I can't attend the Awards Ceremony? The Awards Ceremony will be livestreamed on the Piper's Angels Foundation YouTube page to view from afar. If you win an award and can not receive it in person, it will be mailed to you.

FUNDRAISING

- How much money do I have to fundraise as a participant? When registering, paddlers commit to a \$2,000 minimum. Captains, crew, family, friends, and virtual participants who register commit to a \$500 fundraising minimum.
- How long do I have to reach my fundraising minimum? Fundraising ends at 11:59pm EST on July 31st.
- How do I fundraise? Funds are raised by hosting fundraising events in your community and communicating within your network of friends, family, acquaintances, colleagues, and local businesses. Some companies also offer a matching opportunity.
- What are some examples of ways to fundraise? Posting on social media and sending emails about what you are doing, why you are doing it, and what the funds support is the easiest step. By creating business cards or info cards with your information, the event information and a QR code for your fundraising page is also helpful when talking to people and asking for donations. For community events you can host, restaurant givebacks are quite simple, or you can get creative with the things you enjoy and host an event like fitness or yoga classes, a golf tournament, outdoor retreat, arts & crafts, etc.
- Is there more information on fundraising for X4CF? Yes, please see the **FUNDRAISING GUIDE** at crossingforcf.com
- What if I don't reach my fundraising minimum? If you do not reach your fundraising commitment, your card on file will be charged for the remaining amount on or after August 1st. Please read the **FUNDRAISING POLICY** for more information.
- What does the money fundraised go to? All of the funds raised go directly to Piper's Angels Foundation to help support and improve the lives of families in the cystic fibrosis community through grassroots advocacy and socially innovative programs, raising awareness through education, offering life-expanding activities, providing urgent financial support, and funding critical developments. Please visit pipersangels.org and read the **FUNDRAISING GUIDE** for additional details on the programs provided to CF Warriors and CF families world-wide.

Frequently Asked Questions

EXPENSES & COST

- How much can I expect to spend to participate in The Crossing? The cost for participation varies on your team size, contributions from team members, where you lodge, the boat size and engines, and personal/team sponsorships you obtain to help cover costs. See an approximate general cost breakdown below (keep in mind this is typically split between all paddlers/participants on your team):
 - Lodging: \$250 - \$450/night
 - Fuel: \$1000 - \$2000
 - Dockage: \$100 - \$150+/night
 - Bahamas Cruising Permit/ Customs Fee: \$150 - \$300
- What costs am I responsible for? You and your team are responsible for all expenses related to your trip, unless you are a Recreational Solo Paddler with Boat Support Provided by The Crossing, then you will not be responsible for paying for boat fuel, dockage, and the Bahamas Cruising Permit/Customs Fee. Please speak with your captain and other teammates early on to agree on cost breakdown and payment responsibilities.
- What costs are The Crossing For CF responsible for? The Crossing will cover some costs associated with Recreational Solo Captains that we acquire. These costs include \$100 towards fuel per Recreational Solo paddler on their boat, dockage, shared lodging, and the Bahamas Cruising Permit/Customs Fee.

TRAINING

- How should I train on the water? It is important to safely train in all conditions including wind, choppy water, at night, and drafting behind a boat. Please reference the [PADDLERS GUIDE](#) for details on this.
- How should I train on land? Please reference the [PADDLERS GUIDE](#) for details on this.
- What do paddlers typically eat and drink during The Crossing paddle? Please reference the [PADDLERS GUIDE](#) for details on this.
- What if I don't live near the ocean? Many paddlers that do The Crossing don't get many chances to train on the ocean, but instead they spend as much time as they can training on their nearby bodies of water. Training for balance is very important if you don't get the opportunity to do that on the ocean, so it is encouraged to paddle in safe areas where there is choppy water as well as training for lower body strength.
- How should I train as a relay team versus a solo paddler? Relay teams do not need to spend as much time training as solo paddlers since the distance is much shorter. Please reference the [PADDLERS GUIDE](#) for details on this.

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- Are there opportunities to train with other X4CF paddlers? Each paddler is assigned to a X4CF Mentor. You may reach out to your mentor to schedule a session on the water together, but The Crossing For CF Mentorship Program hosts monthly training paddles in South Florida January - June. Please see the crossingforcf.com CALENDAR for upcoming dates.

PREPARATION

- Are there any resources to help with guiding X4CF participants? Please visit crossingforcf.com to find the Paddler's Guide, Captain's Guide, Crew Guide, Fundraising Guide, CF Warrior Guide, and most recent Weekly Newsletter!
- Is there an online community that I can connect with? Follow @crossingforcf on Instagram and join the Crossing For CF Group - Private Facebook page.
- Are there meetings that I can attend to connect with the community and get more information about the event? We have monthly X4CF Meetings, Q&A Meetings, and training paddles. See events here: X4CF Calendar

WEATHER

- What if there is bad weather when we plan to leave to go to Bimini? You and your whole team should plan flexibility around your travel dates to and from Bimini. If there is rough weather on your scheduled departure to Bimini, your captain might choose to go the day before or after instead.
- What if there is bad weather when we plan to leave Bimini to paddle back to Florida? If there is rough weather at the time of the Beach Launch from Bimini to Lake Worth, the launch might be delayed by hours or until the following night. Please read the CONTINGENCY PLAN in the Official Rules for more details.
- At what point does the event get delayed or canceled due to weather and ocean conditions? If there is lightning or unsafe seas then the event would be delayed or potentially canceled. Please read the CONTINGENCY PLAN in the Official Rules for more details and plan your travel accordingly.
- How will I know what information is available for any change of plans due to weather? All registered participants will be emailed updates or changes as soon as they become available. This will also be seen on the @crossingforcf Instagram page.
- Is there a contingency plan in place for weather situations? Yes, please read the CONTINGENCY PLAN in the Official Rules for more details and plan your travel accordingly.

Frequently Asked Questions

VOLUNTEERING

- What volunteer opportunities are available? Months leading up to The Crossing there are volunteer opportunities for office tasks, event preparation, packing, and at the PreParty. During The Crossing, we need approximately 150 volunteers the day of The Beach Landing and additional volunteers days later to help with the Awards Ceremony and unpacking. Please see the [VOLUNTEER OPPORTUNITIES HERE](#).
- How can I volunteer? Please sign up to volunteer at crossingforcf.com
- Can I get community service hours for volunteering? Yes, we offer community service hours for any volunteer who needs them!
- Who do I contact if I have questions about volunteering? Please contact Community Manager, Darzy Rodas, darzy@pipersangels.org for questions or more information about volunteering.

CONTACT

- Who can I contact for questions about more information on the event in general? If you are a registered paddler and have been assigned a Mentor, please contact them. If you do not have your Mentor's contact information, please contact Director of Mentorship, Jon Rutishauser at jon@pipersangels.org . If you have general questions, please contact us at info@pipersangels.org or call 1-833-PAF-X4CF (1-833-723-9423)
- Who can I contact for questions about registration? Please contact Director of Operations, Casey McCullough at casey@pipersangels.org.
- Who can I contact for questions about being a captain? Please contact Director of Safety, Josh Ferris at boats@pipersangels.org.
- Who can I contact for questions about training? Please contact Director of Paddler Mentorship, Jon Rutishauser at jon@pipersangels.org__
- Who can I contact for questions about being a crew member for a paddler or captain? Please contact Director of Crew Mentorship, Ali Carty at ali@pipersangels.org.
- Who can I contact about being a CF Warrior paddler? Please contact Director of CF Warrior Mentorship, Rylee Walker at rylee@pipersangels.org.
- Who can I contact for questions about becoming an event sponsor? Please contact Development Director, Tatiana Tims at tatiana@pipersangels.org.
- Who can I contact for questions about fundraising? Please contact Fundraising Mentor, Romi Wallach at romi@pipersangels.org.
- Who can I contact for questions about being an event volunteer? Please contact Community Manager, Darzy Rodas at darzy@pipersangels.org__