

— ULTIMATE CRUSADER'S GUIDE —

Paddlers



THE CROSSING

FOR CYSTIC FIBROSIS

Bahamas to Florida Epic Paddle Challenge & International Championship



PIPER'S
FOUNDATION FOR



ANGELS
CYSTIC FIBROSIS



PIPER'S ANGELS FOUNDATION BOARD OF DIRECTORS

~ Established 2016 ~

Dear Crossing Crusader,

On behalf of the entire Board of Directors for the Piper's Angels Foundation, we would like to thank you for taking part in the Crossing For Cystic Fibrosis this year. Our mission of supporting families affected by CF is only successful and possible with your help, dedication, and unwavering commitment.

During this time that the foundation has existed, individuals like yourself who are willing to 'show up' for those in need has helped Piper's Angels Foundation become one of the most far reaching and influential grassroots organizations in the US for people and families with CF. Since 2017, the Piper's Angels Foundation has achieved some amazing milestones:

- Raising over \$3,000,000 in support of the CF Community
- Donating over \$150,000 back to over 15 other non-profit organizations that participated in The Crossing
- Creating our nationally recognized Unmasking Mindfulness program to teach people with CF meditation as a mental health tool
- Launching our newest socially innovative Inspire Breathworks program to help improve participant lung function
- Piper's Angels Foundation is listed on the National Directory with the CF Foundation as a globally recognized primary support system for CF families
- Supporting over 350 CF families with Urgent Financial Assistance
- Empowering more than 50 individuals with CF to do surf, skim, and paddleboard through providing gear and lessons
- ... and so much more!

Through your commitment to endure this EPIC paddling adventure from the Bahama's back to Florida, you enable the Piper's Angels Foundation to provide much needed life changing programs to families across the country.

We look forward to joining you in Bimini for yet another incredible year! When we look out upon the blue waters of Bimini, we will remember the 'why' that brought us there, and as we face the ocean being **BOLD IN THE FACE OF FEAR**, we will **INSPIRE EVERY BREATH**.

Thank you for all you do. We love you, and we appreciate you!

Sincerely,

Travis Suit, Paul Smolchek, Gary Stellges, Nikki Stellges, Kathy Aponte, Shane Pompa, Vanessa Calas, Romi Wallach, Joe Lawless, Heidi Kaye, Matti Antilla, Sean Dunleavy



CROSSING FOR CYSTIC FIBROSIS ULTIMATE CRUSADER'S GUIDE

Paddlers

*The following is a general overview and subject to change at anytime.
For questions please contact info@pipersangels.org*

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PURPOSE

The Crossing For Cystic Fibrosis is a long-distance endurance paddle challenge that takes paddlers 80 miles across the Gulf Stream from Bimini in the Bahamas back to the Florida mainland at Lake Worth Beach. The event was inspired because of the incredible health benefits of the ocean for those living with cystic fibrosis. Travis Suit's daughter, Pipers was diagnosed with CF when she was four years old.

MOTIVATION

The Crossing For Cystic Fibrosis is a vehicle and mechanism for driving awareness, fundraising, inspiration, improved quality of life, and social innovation in the cystic fibrosis community. Through the Piper's Angels Foundation and our programs, we are able to make a lifelong impact on the individuals and families facing the challenges of this heart-breaking terminal disease. With every stroke of your paddle during your training and on The Crossing, you can hold this understanding and intention in your mind and heart. This is why we paddle.





THE BAHAMAS IN JUNE

This event is planned in June since it is a fantastic time of the year to go to the Bahamas because of the calm waters and prevailing south-east winds. We encourage everyone to involve their friends and families throughout their journey. This is an incredible voyage for an incredible cause and the more love we bring, the more rewarding it will be for everyone.



SAFETY IN THE CROSSING



This epic adventure is designed to be as fun as possible while enduring through 80 miles of open ocean paddling. Safety is our #1 priority. The ocean and Gulf Stream can be unpredictable and every precaution necessary will be taken to keep everyone safe. This paddle challenge will be one of the greatest and most memorable events of your life. What you put into it is what you will get out of it.



We will have safety personnel and event officials on roving boats checking in with paddlers, captains, and crew members to provide assistance as needed.



The Coast Guard will be notified of our float plan and contacted in case of a serious medical emergency.





THE BASICS - WHAT YOU NEED TO KNOW AS A PADDLER

- ▶ ALL styles of paddling vessels are welcome including, but not limited to: stand up paddle board 14' or less, prone paddle board 14' or less, OC-1, OC-2, OC-6, surfski, kayak, double kayak, rowing single, and dory 2 person.
- ▶ Paddlers are required to provide their own paddling equipment and safety gear.
- ▶ Each paddler has a \$2,000 minimum fundraising requirement. Please read the Fundraising Policy.
- ▶ 100% of the net proceeds from fundraising goes to Piper's Angels Foundation for helping families and individuals facing the challenges of cystic fibrosis.
- ▶ Participants are responsible for their own travel and transportation of themselves and their gear to Bimini. Paddlers and crew will plan to ride over on their captain's boat.
- ▶ Paddlers are responsible for their own accommodations while staying in Bimini. Lodging requests for Bimini Big Game (North Island) and Bimini Cove(South Island) will be made available after March on crossingforcf.com
- ▶ Recommended parameters for support vessels are a minimum of 22 ft with two engines.
- ▶ It is recommended that all participants bring an ample supply of water, other hydration, snacks and food to eat during the paddle, and other items to eat while in Bimini. There are some restaurants on the islands and some stores, but it is best to prepare to bring all the food you will need.





SUP BOARDS FOR THE CROSSING

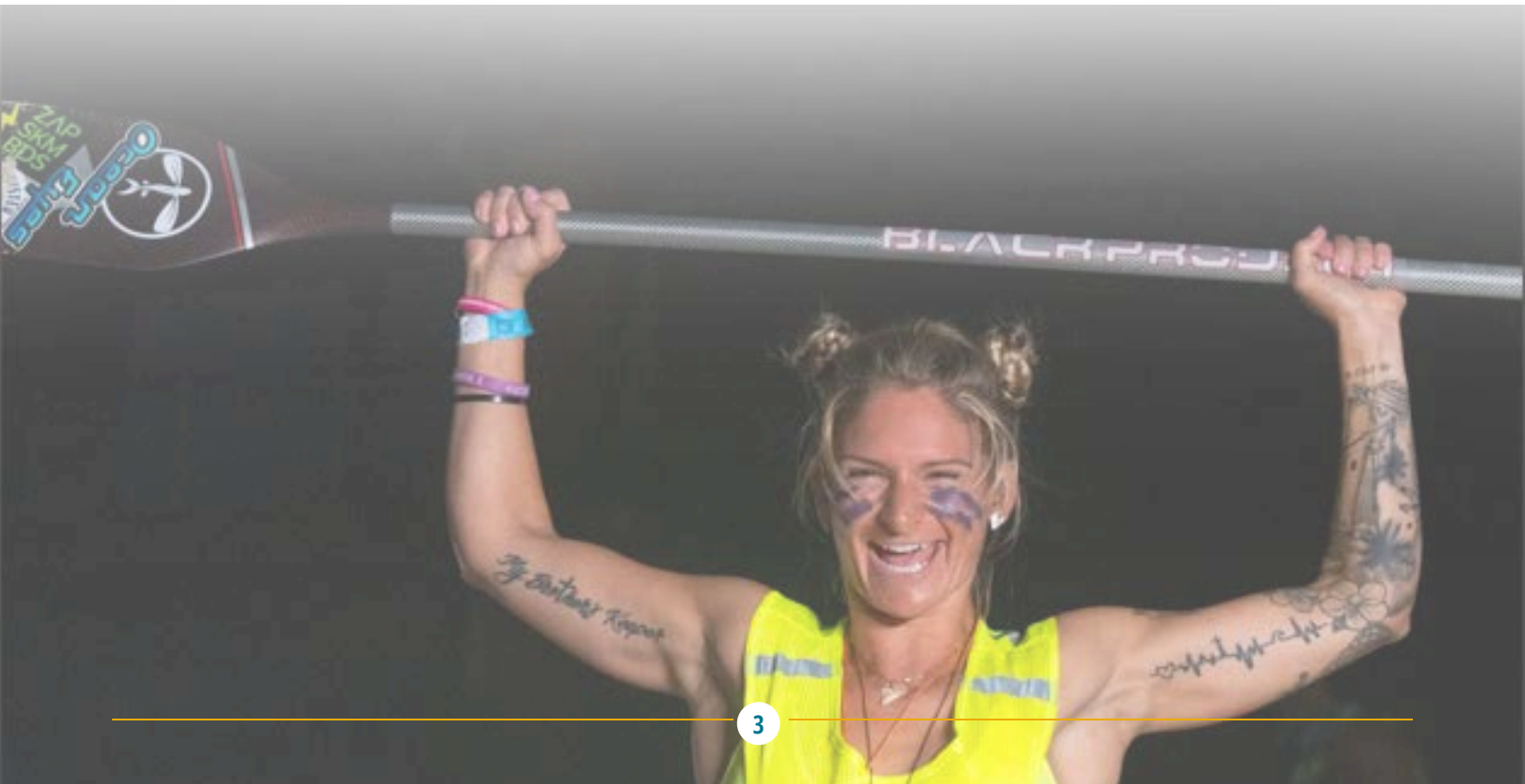
If you are participating in the event as a stand-up paddler, there are many great board options out there for open ocean paddling. Most common board brands include Flying Fish Board Co., Bogaert, SIC, Infinity, 404, NSP, Starboard, ECS, JP Australia, Riviera, BOTE, and Naish. The following parameters should be highly considered for the board you will use for The Crossing:

- ▶ 14 feet long
- ▶ 26-28 inches wide
- ▶ Light weight / Carbon fiber
- ▶ Additional volume in nose of board
- ▶ Nose rocker
- ▶ Square, squash, or thumb tail design
- ▶ Recessed deck



PADDLES

There are a lot of different paddle brands and shapes. To perform more efficiently and expend less energy, you want to make sure you have a light paddle that is the correct size for you. The most commonly used brands are Black Project and Quick Blade. It is recommended to research the brand's website for sizing options and model of paddle best suited for what you are doing. Carbon fiber paddles are the lightest. Visit your local paddling shop to get properly sized.





SAFETY GEAR

Your safety is our number one priority. It is mandatory that every paddler wears the following safety gear during The Crossing.

PROVIDED BY PADDLER

- REFLECTIVE YELLOW SAFETY VEST
- YELLOW GLOW STICK
- WATERPROOF WHISTLE
- LEASH
- PERSONAL FLOTATION DEVICE (PFD)

PROVIDED BY X4CF

- RACE BIB
- RFID
- GPS TRACKER

***** MANDATORY SAFETY GEAR MUST BE WORN AT ALL TIMES THROUGHOUT THE DURATION OF THE PADDLE. SAFETY VEST AND GLOW STICK MAY BE REMOVED AFTER SUNRISE.**

OTHER EQUIPMENT

The following gear is not required, but many paddlers utilize these to optimize their paddling experience.

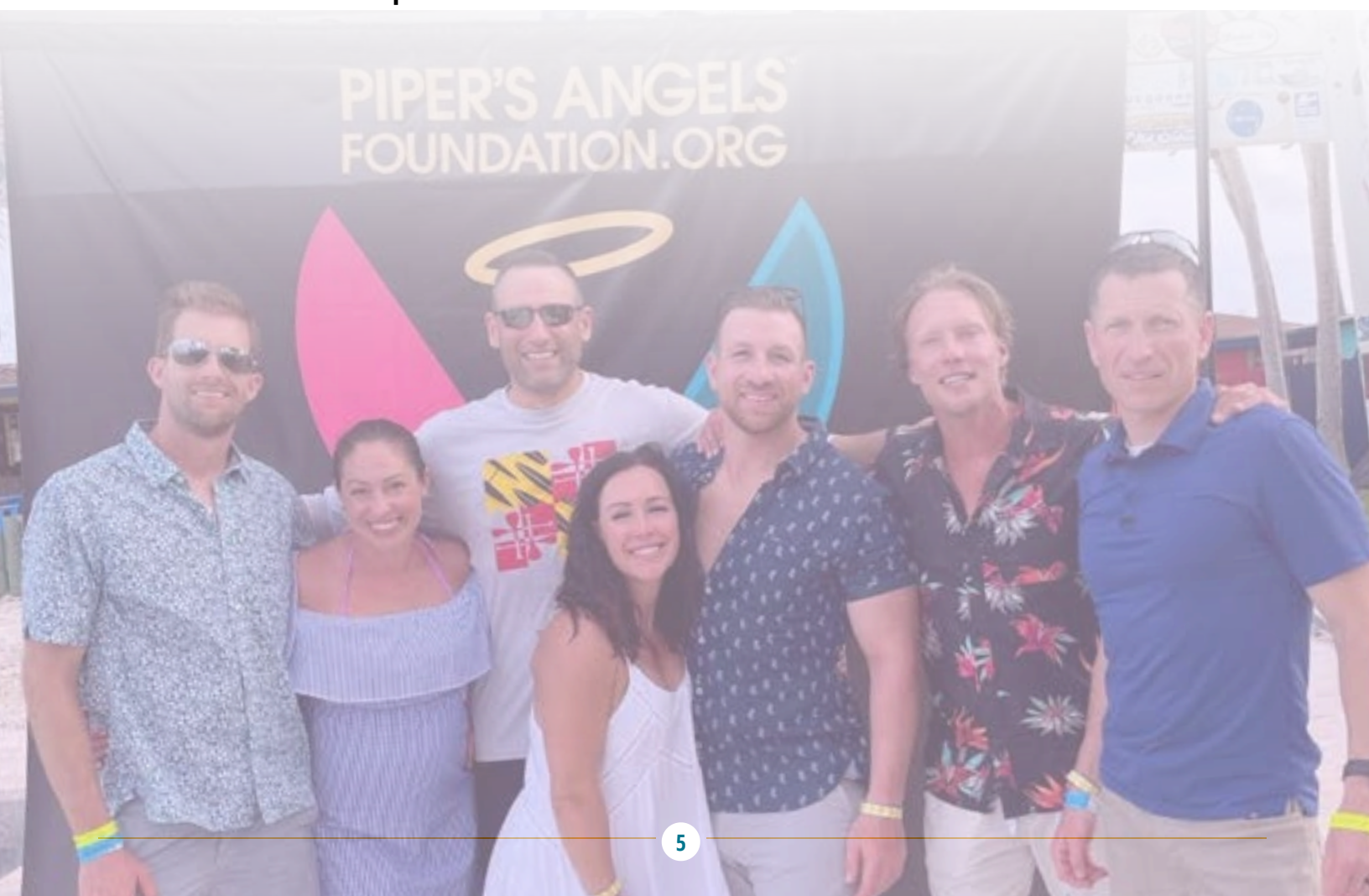
- Gloves
- Sunglasses
- Hat
- Hydration Pack
- UPF Long Sleeve Clothing (bright colors)
- Neck Buff
- Waterproof White Light for Board
- GPS Tracking App on Phone Such as Strava or a GPS watch such as Garmin



X4CF MENTORSHIP PROGRAM

When you register for The Crossing, you are assigned a mentor and will be connected via email and/or phone. X4CF Mentors have been certified through the X4CF SUP Safety & Rescue program and have previously paddled in The Crossing. Our mentors serve as your main contact point for any questions and concerns you have related to The Crossing. Your mentor will periodically check in with you leading up to the event and keep you in the loop with news and happenings, but you are encouraged to reach out to your mentor to get questions answered and any other guidance you may need. If you are newer to paddling and would like additional help with learning proper paddling technique and improving your skill, you can schedule a time to go out paddling with your mentor if they are local to your area.

For those who feel they don't need the additional guidance from a mentor, you may opt out, but your assigned mentor will still reach out with any information you might need to know as it comes up.





FUNDRAISING INFORMATION

As a participant in The Crossing, this is your opportunity to be an advocate and to make a profound impact in the cystic fibrosis community. Your fundraising helps to support the programs of Piper's Angels Foundation including Urgent Financial Assistance, Unmasking Mindfulness, Forever Stoke Scholarships, Inspire Breathworks, Peer to Peer Support, Care Packs, and more!



GETTING STARTED FUNDRAISING

- 💰 Did you know there is a Fundraising Guide for The Crossing?! Please find this on the crossingforcf.com website to gain a wealth of knowledge and tips on fundraising.
- 💰 Please read the Fundraising Policy so that you fully understand your commitment and rules.
- 💰 When you register for The Crossing, your personal Classy fundraising page is automatically created. Please use this personal page for fundraising instead of your team's page.
- 💰 Share your new goal on social media and include the Classy fundraising link!
- 💰 Create a QR code for your fundraising link and then customize a business card including the QR code to hand out to people you speak to about The Crossing.
- 💰 Be creative and plan local fundraising events at restaurants, parks, and entertainment centers.
- 💰 Encourage your friends and family to join your team and register as a Virtual Participant to optimize your advocacy and team fundraising efforts.



WHAT TO EXPECT WHEN BUDGETING

As a recreational solo paddler (limited to 40 participants), your registration cost helps to cover your captain's expenses so you will only be responsible for your lodging, hydration, nutrition, etc.

As a recreational/competitive relay team paddler or a competitive solo paddler, you are responsible for the costs related to your captain and boat which is determined by your captain. This can include, but isn't limited to fuel, dock slip, Bahamas entry fee, lodging, and food for yourself and/or your captain & crew. It is imperative that you speak with your captain and crew to determine expectations and costs.

PERSONAL SPONSORSHIPS

Many paddlers will seek out sponsorships from small or large businesses to help cover their personal costs of doing The Crossing. By utilizing warm leads or personal relationships with the managers and owners of these businesses, you can explain this charity event you're doing, why you need the funding, options for sponsorship levels, and how you will help promote their business for a mutually beneficial relationship. By creating a sponsorship deck about yourself/ your Crossing participation, the event, Piper's Angels Foundation, and sponsorship level options, this will help to create a sense of professionalism and organization to help make it easier for business to become a personal sponsor.



OUT OF STATE CRUSADER TIPS

Planning:

- Start planning EARLY
- Join all of The Crossing social media groups on Facebook and Instagram as it is a great way to reach out and meet people, find captains, join already established paddlers and learn how Bimini works
- If you are not a Rec Solo paddler, secure your boat and captain ASAP Decide if you are going to drive to FL with your board, if you are going to rent/borrow one from somebody in FL, if you will be using a teammate's board, or if you can fly with yours
- Have a family member or friend at the Beach Landing in Lake Worth Beach, Florida to greet you, bring anything you may need that day, and take you to your hotel
- Make arrangements ahead of time to sell your board you're using for The Crossing if you do not want to travel back home with it
- Plan a few hours with your boat captain when you get to Florida or Bimini and before The Crossing to practice drafting and changing paddlers if on a relay team

Training:

- If you are not able to paddle in the ocean often, paddle in challenging conditions with choppy water and boat wakes
- Train on a narrower board than what you will use in The Crossing to improve balance
- If you can travel to any, even just one X4CF training event, do it. You will meet people that will continue to support you and connect you with others throughout the months ahead
- If you don't have a board or can't get one to Florida, don't be afraid to reach out to others. Post on social, reach out directly on social
- Use a balance board to train at home

Travel:

- Plan your travel with an extra day before your scheduled departure and after The Crossing in the case of weather delays and use of the Crossing Contingency Plan
- When packing, concentrate on your gear list first, what you will wear during the paddle and work backwards from there because in Bimini you'll probably be in a bathing suit most of the time, without the need for many pairs of clothes
- Consider shipping any supplements, hydration, or special snacks ahead of time so you have EXACTLY what you normally use
- Give yourself time (a couple extra days) to adapt, buy nutritional needs or gear, and rest before going to Bimini and after the beach landing
- If flying, in your carry on bag, keep your (disarmed) PFD, leash, paddle clothes, and passport. You will have to buy the CO2 cartridge in Florida
- If you are renting a car, be sure to rent one that has built in roof racks so you can transport your board
- Call various airlines to see if they can check your SUP; Bubble wrap with shrink wrap works well to protect it in a travel case
- In advance, plan how to get your luggage from the boat to where you're staying after The Crossing
- Book your hotel room for the Beach Landing arrival day so you can so you can recover and rest
- Wait until you get to Florida to purchase a cooler and your nutrition and hydration for Bimini & The Crossing as it is less to travel with

Best Advice from Out of State Paddlers:

- "My best piece of advice, don't let where you live deter you. If you have a lake or river, you can get time on board, which all adds up. This experience was beyond what we thought, from the people you meet, the goals you accomplish, the work and awareness for CF you do, it's difficult to summarize."
- "After The Crossing, Take a few days off, enjoy your journey home and reflect on your amazing accomplishment."
- "Control what you can control and ask questions if you need anything."



CROSSING FOR CYSTIC FIBROSIS WATER & LAND TRAINING

Do you want to be prepared and confident for the paddle of a lifetime?! In addition to training on the water, it is important to train on land too. What this means is that on the water is where you will work on your SUP (or other watercraft) training for the speed, endurance, and technique, while on land, you should train your cardiovascular fitness, strength, and balance. Each of these factors will contribute to the success of your Crossing paddle and none of them should be over looked.

WEEKLY TRAINING GOALS

Paddling: Those with access to the ocean or bodies of water that provide instability due to wind, waves, and currents, are strongly encouraged to do most of their training paddles there instead of flat water areas, within reason of safety.

- ▶ **Short Paddles:** Twice per week, 4-7 miles at a moderate intensity
- ▶ **Long Paddles:** Once per week, 10+ miles at a minimal-moderate intensity. 4-5, 20+ mile paddles prior to The Crossing
- ▶ **Interval Sprint Paddles:** Once per week, fastest pace possible (1 minute sprint, 2 minute recovery pace, repeat 10 times)

Strength Training: Spend at least 45 minutes, 2-3 times per week training with weights to strengthen upper body, lower body, and core.

Cardio: By doing things like running, cycling, jump rope, and HIIT, this will improve cardiovascular endurance.

Balance: Increase stability by using a slackline, balance board, or Bosu ball on a regular basis.

Flexibility & Yoga: Yoga can help to improve flexibility, range of motion, breathing, and event prevent injuries.

Cross Training: Activities like swimming, cycling, surfing, dancing, and climbing add value to your training and provide other enjoyable types of exercise.





TRAINING SUGGESTIONS

Plan:

Once you register for The Crossing, create your plan. What equipment do you need to get? When will you start training? What do you need to focus on first/most? Do you have a paddle/ workout buddy to help keep you accountable?

Schedule:

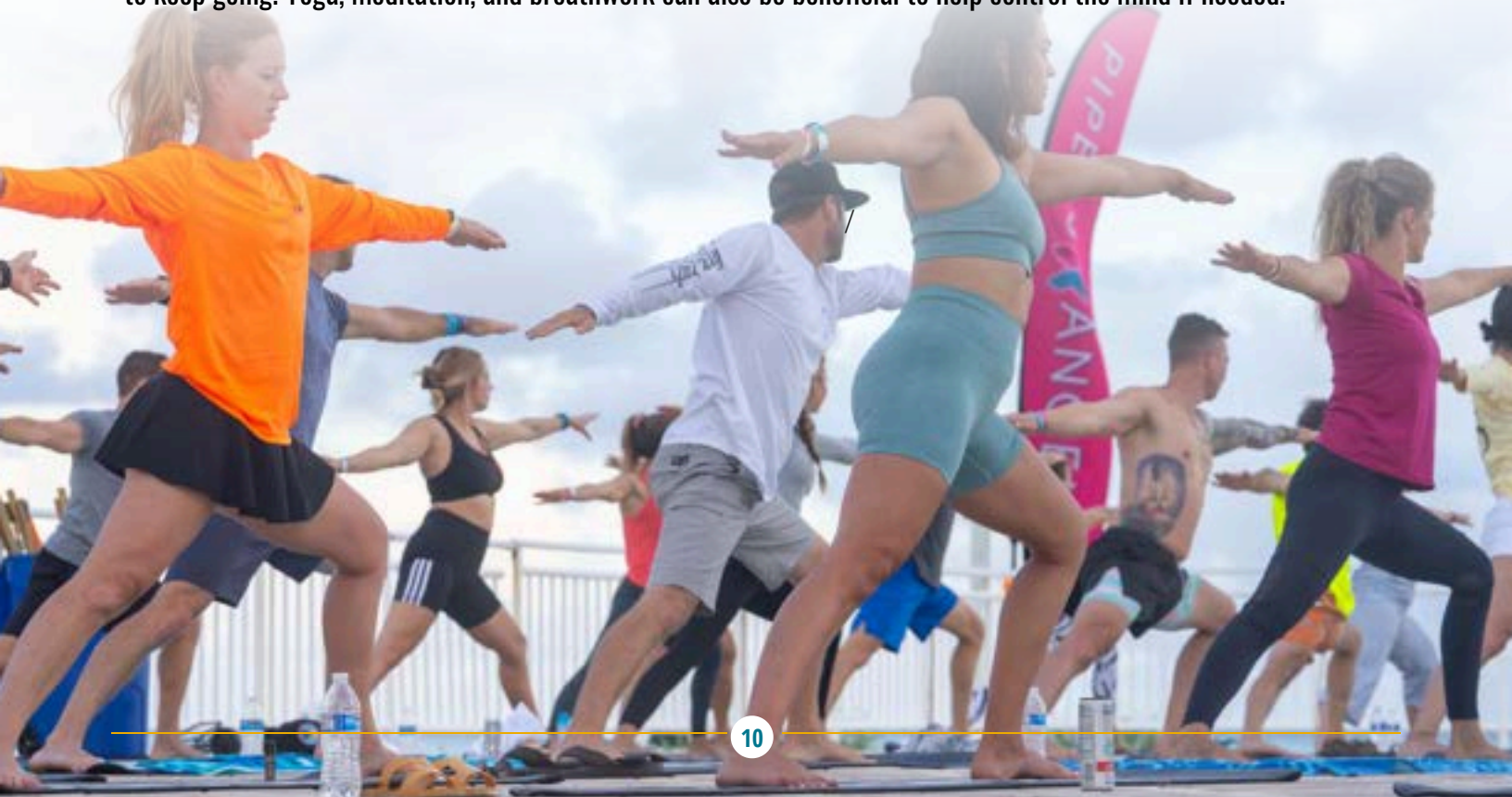
Write out a weekly and monthly schedule for yourself to help plan each of your training sessions. This will help keep you on track. For mileage and pace, some people like to follow a schedule for their paddle training sessions similar to marathon or ultra race training.

Journal:

Keep a journal to document your journey and your experiences along the way. Be sure to include what you learn each training session, what worked, what didn't work, the date, time, tides, winds, current, what you ate and drank, and how you felt so this can help guide you on your future paddles.

Mental Strength:

To endure and successfully complete The Crossing, paddlers must not only be physically strong, but mentally strong too. Like any endurance activity, this event takes unwavering willpower and determination. Throughout training and during The Crossing paddle, there might be unexpected things that come up that hinder your plans. Always be flexible in the case that something comes up, you won't be thrown off, but instead you can adapt and overcome. By listening to motivational speeches and connecting to your 'why', when it gets tough you will find the encouragement to keep going. Yoga, meditation, and breathwork can also be beneficial to help control the mind if needed.





HYDRATION

Being hydrated is a key element to a successful paddle and to feeling good once you finish.

- ▶ Begin pre-hydration preparation of mostly water at least 48 hours prior to training and The Crossing paddle.
- ▶ Consume 24 ounces of fluid per hour of paddling.
- ▶ If your sessions go above 45 minutes or are high enough intensity that you are sweating, drink electrolytes. This can be any sports drink or electrolyte drink such as Buoy, Body Armor, Gatorade, Watermelon Juice, Coconut Water, Tailwind, LMNT, Propel, Liquid IV, Electrolit, Revitalyte, and more.
- ▶ You can get dehydrated and swelling from excessive electrolytes so make sure to only take the recommended amount and to alternate with only water between multiple electrolyte drinks.
- ▶ Use a Camelback or waist hydration pack to make it more convenient to take sips of fluid while paddling.



NUTRITION

Consuming adequate calories, carbohydrates, fat, and protein within optimal timing are essential to staying fueled and feeling strong during paddling.

- ▶ Eating balanced meals with complex carbs (high in fiber) the day prior and the meal prior to your paddle will provide your muscles the glycogen stores you'll use.
- ▶ Simple carbs (high in sugar) are helpful during your paddle for quick energy.
- ▶ Make sure to eat something at least every 2 hours while paddling, even if you don't feel hungry. This is vital to maintaining your energy stores.
- ▶ Premade protein shakes absorb quickly and are easy when you don't feel like eating.
- ▶ Fruit cups and other fruit provide vitamins, sugar, and hydration.
- ▶ Energy Gu's and other soft/liquid form sports supplements are convenient options.
- ▶ Test out your nutrition options way in advance of The Crossing so you'll know how your body reacts to them.

DURING THE CROSSING

Your support boat will store all of your hydration and nutrition that you'll need during your Crossing paddle. You may choose to keep snacks and hydration on board with you or in a hydration backpack (recommended), but when needed, you will paddle up to your support boat and your crew will hand off the items you need to refuel your hydration and nutrition. You may also bring a small inflatable raft attached to a rope and the support boat of which your crew can load and float to you to exchange items

Make sure to review the ins and outs of your needs with your crew prior to leaving Bimini for an efficient process while on the ocean. .



TRAVEL INFO

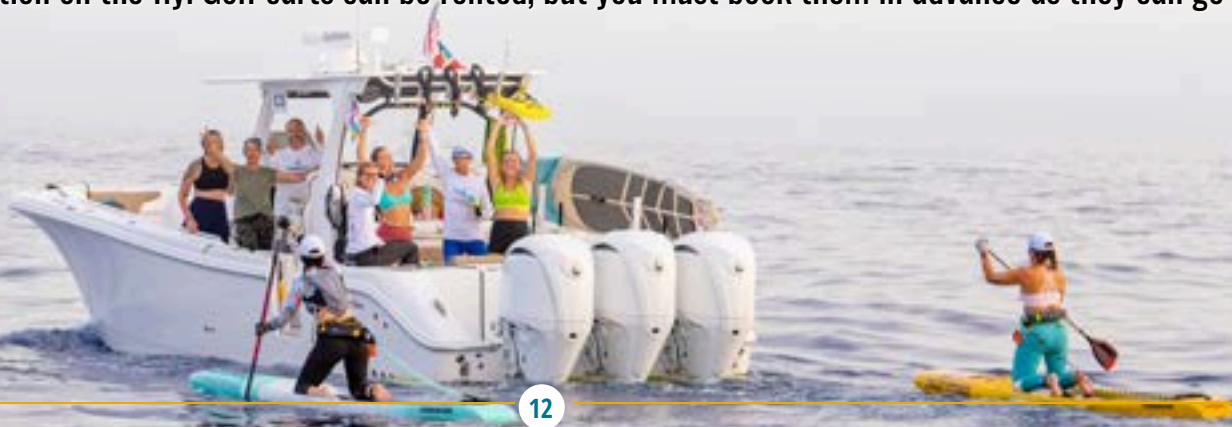
For those who are flying in to Florida, typically the Fort Lauderdale airport is the best priced with closest proximity to boat departure locations when going to Bimini, but the Palm Beach International Airport is another good option. We recommend you fly in on Tuesday or earlier to get any additional gear you may need and in the case your captain decides to go over to Bimini early due to weather/sea conditions. You should plan for a departure leaving Florida on Tuesday in the case there are weather delays and the event takes place on Monday instead of Sunday.

Paddlers will meet up with their captains to load the boat with boards, gear, and luggage and then leave their vehicles at the boat ramp or marina. Other options can be to leave vehicles at near by hotels if they permit.



For friends and family that are going to join in Bimini, but not boat over, there are flights from South Florida to the South Island of Bimini. These are small planes, therefore space is limited for belongings to bring. If a paddler is unable to boat over with their captain and team, this is an option as long as their board and gear is brought over by their support boat.

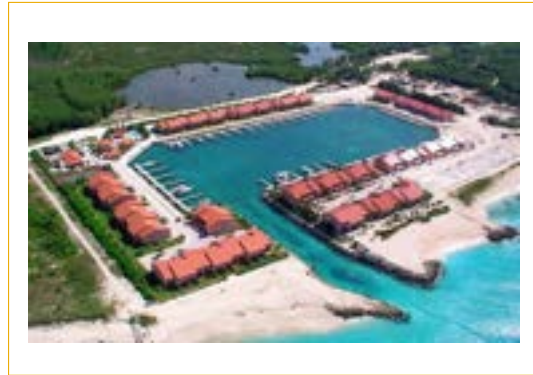
The fast ferry is a boat service out of Miami that goes to Bimini. This is a good option, but you must check the ferry schedule since it does not run every day. Also, once you arrive in Bimini by plane or fast ferry, you must coordinate your transportation to your hotel prior since it isn't east to find transportation on the fly. Golf carts can be rented, but you must book them in advance as they can go quickly.





LODGING RESERVATIONS

The two main lodging venues for the Crossing For Cystic Fibrosis are Bimini Cove Resort on the south island and Bimini Big Game Club on the north island. Most participants stay at these venues since this is where we host check-in and other events. The Hilton on North Island is another common option. Please visit crossingforcf.com for additional information on lodging and directions for booking. You may book a private home (recommended for larger teams) or a room offsite if preferred. Space is limited in Bimini, so typically teams with bunk together and beds are shared.



WHERE TO STAY: BIMINI COVE RESORT, SOUTH ISLAND

Bimini Cove Resort consists of townhouse units with a full kitchen and washer/dryer. These units vary in number of rooms and teams will be placed in units according to their team size and number of beds needed. For additional sleep space, it is recommended to bring air mattresses if you do not want to share a bed. Additionally, if you are staying here, be prepared to bring over food from Florida and utilize the kitchen to cook meals as there aren't many options to eat out on the south island.

Bimini Cove is a quieter lodging venue, but has a beautiful beach, infinity pool, and Tiki Bar. This is where the Thursday night poolside social is hosted and the beach at Bimini Cove is where paddlers launch from for the Paddle Out Rose Ceremony and for The Crossing Bimini Beach Launch.

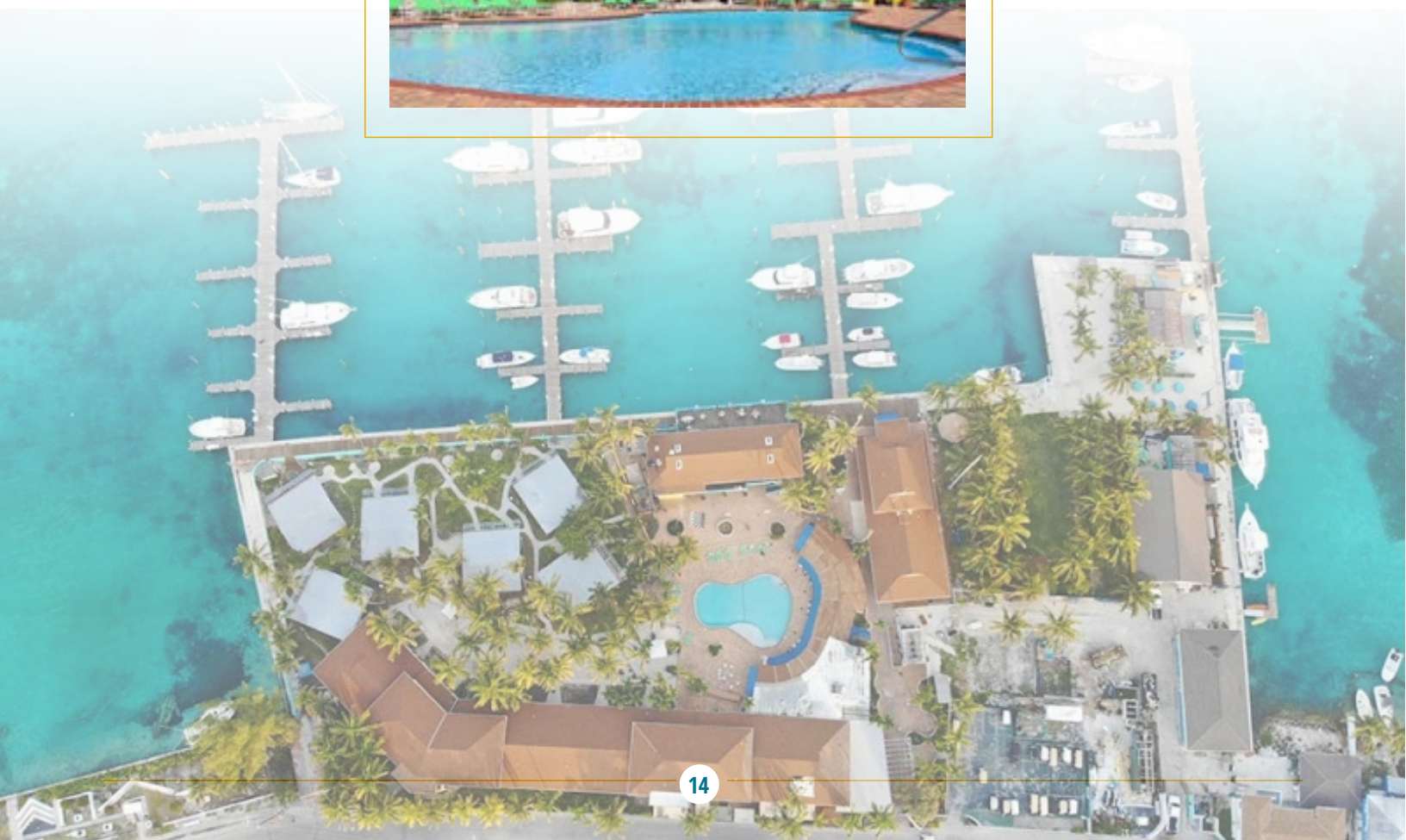
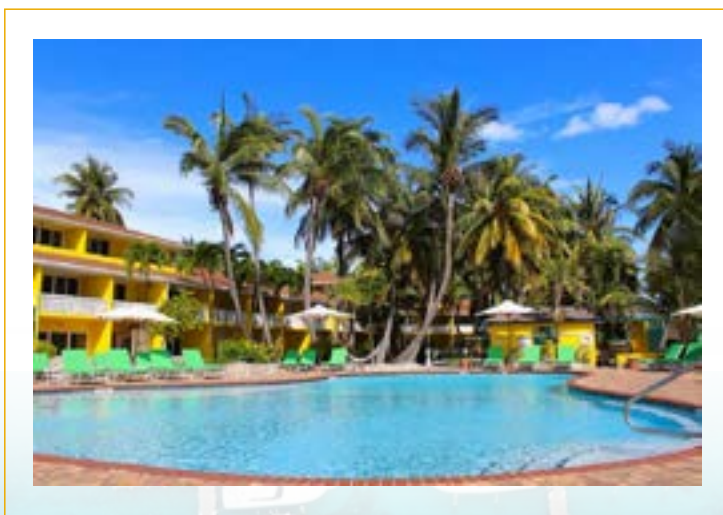




WHERE TO STAY: BIMINI BIG GAME CLUB, NORTH ISLAND

Bimini Big Game Club is more like a typical hotel with one to two beds per room. The rooms do not have microwaves and refrigerators, unless you choose a cottage. Typically there is not additional room for air mattresses in the rooms. Be willing to share beds as rooms are limited.

Bimini Big Game is a more lively venue where you'll go to for event check-in and the Friday night family dinner. Here, there is a beautiful pool and restaurant with great food and amazing views. There are several other bars, restaurants, shops, a casino, and beaches on the north island. The 4Ocean Beach Clean Up also happens on Friday morning at Radio Beach on the north island.





THINGS TO DO IN BIMINI, BAHAMAS

There are a lot of incredible activities that Bimini has to offer, especially if you come over on a boat and have the ability to get around on the water. Golf cart rentals are available to get around on land, but it is not necessary to get one. Most paddlers and their teams will come over on Wednesday or Thursday prior to The Crossing to give them plenty of time to explore the islands and all the things to do there. By coming over early, it allows participants of The Crossing to space out their adventures and plan plenty of time to rest prior to embarking on the big paddle.

- ★ Fishing
- ★ Snorkeling & Diving
- ★ Feeding the Sting Rays and Nurse Sharks at Honeymoon Harbour
- ★ Visiting The Sapona Shipwreck
- ★ Hilton Casino
- ★ Fresh Conch Salad
- ★ Sweet Bimini Bread





PADDLE OUT ROSE CEREMONY

On Saturday, the morning before we launch from Bimini, we host a paddle out ceremony in honor of the past, present, and future cystic fibrosis warriors who have inspired all of us. This is a beautiful tribute to the reason why each of us has come together for this amazing cause. Captains and crew are welcome to join by boat, while paddlers will circle up in the ocean off of Bimini Cove beach. The Paddle Out Rose Ceremony is a heartfelt and inspirational event, helping us to connect with our 'why' prior to the night of the beach launch.

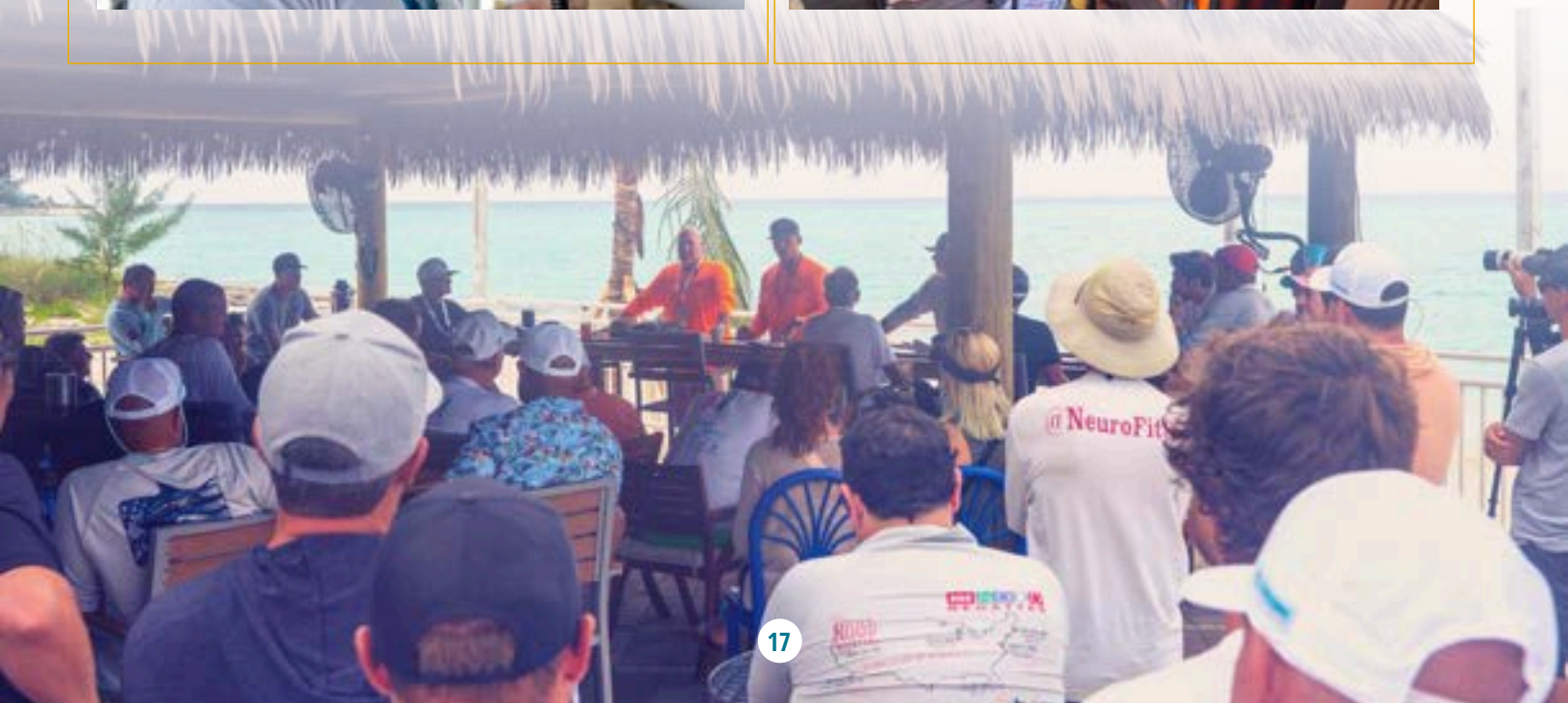
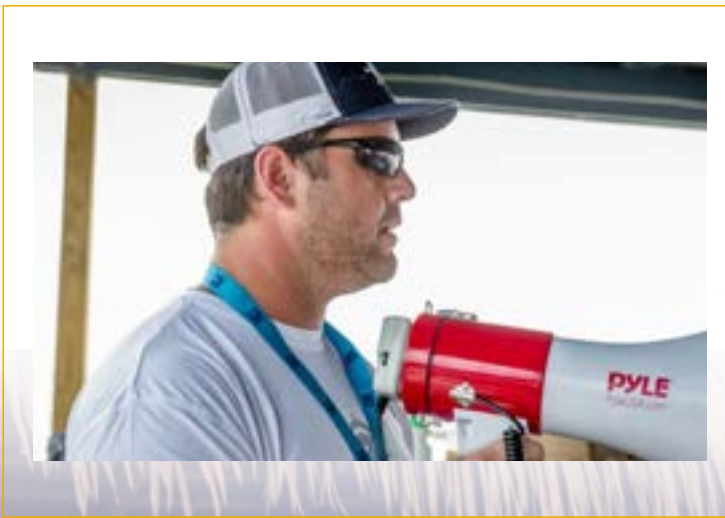




MANDATORY SAFETY MEETING: PADDLERS, CREW, CAPTAINS

Prior to arriving in Bimini, there will be a mandatory safety meeting that all paddlers, crew, and captains must join virtually via Zoom. This is essential to everyone's safety during The Crossing. All captains must also attend the mandatory in-person safety meeting that is held in Bimini for additional important information and instruction regarding rules, hazards, and safety.

Failure to attend the mandatory safety meeting will result in automatic disqualification.





KEY POINTS TO CONSIDER AND REMEMBER

Paddling in the ocean is a huge team effort and it requires constant attention to boat position, paddler positions, and communication between paddlers and the boat. Boats and paddlers must maintain an average pace of 4.5mph to complete The Crossing within the allotted time until 8pm EST.

Flexibility and open-mindedness to constant change is necessary because there are so many variables that can factor into the whole journey: weather, darkness, heat, wind, current, waves, wildlife, seasickness, exhaustion, falling, taking breaks, hydration, nutrition, equipment, and the boat. To make for a smooth event, prepare for anything to happen while staying optimistic.

Stay self aware with your paddling effort and form so that you don't exert too much energy too early, yet keep a strong and efficient stroke. Remember to conserve energy of the last 20 miles when you start feeling like the paddle is more difficult due to tiredness and sore muscles.

The Beach Launch:

Beach Launch check-in is open from 9pm-11pm. The Beach Launch will begin at midnight and takes approximately one hour. All paddlers will be staged according to their category and assigned call sign on the Bimini Cove beach at 11:30pm. Support boats will be lined up according to their paddler positions. There are rocks along the shoreline, so begin slow and cautious to not hit any rocks.

Paddling in the Dark:

This is usually one of the most intimidating aspects of The Crossing for new paddlers. Once you paddle during the dark hours, you will realize that it is not as daunting as once thought, but instead can be the most peaceful and memorable parts. All paddlers wear a yellow reflective safety vest and a yellow glowstick to help with night-time visibility (in addition to additional mandatory safety gear). The spreader lights under the boat are great to have on for paddlers to help paddlers see where they are going and positioning to draft the boat. Your crew will be sure to keep eyes on you all all times to call to the captain if the paddler falls, so the boat can stop for the paddler to catch back up. It might be easier for less experienced paddlers to paddle on their knees during the dark if that feels better for them.

Paddling During the Day:

Have you ever seen a sunrise from the middle of the ocean? This is one of the most magical, beautiful, and anticipated moments of The Crossing. For some it gives a second wind of energy. Once the sun has risen, the boat is allowed to play music. Makes sure to continue hydrating and staying cool with getting hosed down or using ice cubes and cooling rags because it can get hot out there.

During the day time, there is the chance of seeing different kinds of marine life. Please be respectful and stay situationally aware that this is their home, so we must stay calm and only observe.

Once it's day time, you're nearly half way through The Crossing. When your body starts to ache and your mind weakens, remember why you are doing this - challenging yourself and advocating on behalf of the entire cystic fibrosis community to help fight along side them so that they can be empowered to live a better life.



THE BEACH LANDING & AWARDS CEREMONY

The Beach Landing at Lake Worth Beach Pier is an all-day, spectator friendly event open to the public. This is the culmination of all the hard work training, fundraising, advocating, and paddling each participant has endured. The celebration on the beach is like no other. With a DJ, cowbells, champagne, an inflatable finish line, vendors, interviewers, podium photos, and hugs, everyone shares the excitement and sense of being proud of themselves and each other for doing something so epic!



Paddlers can be tracked during their paddle at crossingforcf.com so friends and family are able to estimate what time their paddler will arrive. Friends and family can plan on making this a beach day prior to the arrival of the paddlers. There are restrooms, beach showers, restaurants, and shops along the beach at Lake Worth. Parking is pay-by-meter and can fill up, so it is best to get there earlier than later.

Typically, when the paddlers come in (encouraged to bring a small bag with shoes, phone, wallet, change of clothing) their support boat goes back to the marina to unload. Paddlers will have coordinated a ride to meet their captain at the marina to collect their belongings after celebrating. Out-of-town paddlers may choose to stay the night at the nearby hotels and are welcome to stay for the Awards Ceremony on Thursday evening.





PADDLER CHECKLISTS: REGISTRATION

- REGISTER IN THE CORRECT CATEGORY AND OF YOUR TEAM NAME (IF APPLICABLE)
- CONFIRM YOUR REGISTRATION EMAILS FROM:
INFO@PIPERS-ANGELS-FOUNDATION.CLASSY-MAIL.ORG
- MAKE SURE INFO@PIPERSANGELS.ORG IS ADDED TO YOUR EMAIL ADDRESS BOOK SO THAT IMPORTANT EMAILS FROM THE CROSSING DONT GO TO SPAM
- SET UP YOUR FUNDRAISING PAGE THROUGH THE EMAILED REGISTRATION LINK
- KEEP YOUR FUNDRAISING PAGE LINK HANDY TO POST UPDATES & SHARE
- JOIN FACEBOOK GROUPS:
CROSSING FOR CYSTIC FIBROSIS GROUP - PRIVATE
CROSSING FOR CF GULF STREAM FITNESS GROUP
CROSSING FOR CF BOARD XCHANGE
CROSSING FOR CF LODGING
CROSSING FOR CF BOATS & CAPTAINS
CROSSING FOR CF BUSINESS COMMUNITY
- READ THE WHOLE CRUSADER'S GUIDE, CREW GUIDE, AND FUNDRAISING GUIDE ON THE CROSSINGFORCF.COM WEBSITE
- CONNECT TO YOUR ASSIGNED MENTOR
- READ THE X4CF WEEKLY NEWSLETTER EMAIL
- IF YOU HAVE ANY REGISTRATION CHANGES, EMAIL INFO@PIPERSANGELS.ORG
- READ THE OFFICIAL RULES AND FUNDRAISING POLICY



PADDLER CHECKLISTS: FUNDRAISING

- CREATE AND PERSONALIZE YOUR FUNDRAISING PAGE
- READ THE FUNDRAISING GUIDE ON [CROSSINGFORCF.COM](https://crossingforcf.com)
- FAMILIARIZE YOURSELF WITH THE WORK & PROGRAMS OF PIPER'S ANGELS
- FOUNDATION TO UNDERSTAND WHAT THE FUNDRAISING GOES TOWARDS
- START MAKING REGULAR SOCIAL MEDIA POSTS ABOUT YOUR NEW MISSION AND INCLUDE YOUR FUNDRAISING LINK (VIDEOS ARE MOST IMPACTFUL)
- SEND AN EMAIL WITH YOUR FUNDRAISING LINK TO YOUR FAMILY, FRIENDS, COWORKERS, NETWORK, AND ASK FOR THEM TO SHARE WITH THEIRS
- CREATE A QR CODE FOR YOUR FUNDRAISING LINK FOR EASY ACCESS & PUT IT ON BUSINESS CARDS OR FLYERS TO SHARE WITH OTHERS
- BRING IT UP IN CONVERSATION AND SPEAK ABOUT THE CHALLENGES YOU WILL FACE SUCH AS FUNDRAISING, BUT DON'T BE AFRAID TO ASK PEOPLE TO DONATE CREATE YOUR OWN FUNDRAISING EVENT OR CAMPAIGN THAT WILL GO TOWARD YOUR X4CF GOAL
- IF YOU HAVE QUESTIONS OR NEED GUIDANCE, REFER TO ROMI WALLACH, X4CF FUNDRAISING MENTOR, ROMI@PIPERSANGELS.ORG



PADDLER CHECKLISTS: TRAINING

- PURCHASE YOUR CRAFT THAT YOU WILL BE PADDLING ON AS WELL AS YOUR PADDLE (REFER TO MENTOR OR CO-DIRECTORS FOR GUIDANCE ON BOARD & PADDLE SELECTION)
- PURCHASE ALL SAFETY GEAR INCLUDING PFD, LEASH, REFLECTIVE YELLOW SAFETY VEST, YELLOW GLOW STICK, WATERPROOF WHISTLE
- IF YOU ARE A BEGINNER PADDLER, REFER TO YOUR MENTOR FOR GETTING STARTED PADDLING AND BUILDING A STRONG FOUNDATION FOR TECHNIQUE, SAFETY, AND PROGRESSION
- SET A GOAL FOR YOURSELF FOR HOW MANY HOURS/DAYS/MILES PER WEEK YOU WILL TRAIN
- SET A GOAL FOR CROSS TRAINING SUCH AS WEIGHT LIFTING AND CARDIO
- SCHEDULE YOUR TRAINING SESSIONS AND PADDLE WITH OTHER CROSSING OR EXPERIENCED PADDLERS WHEN ABLE AS THIS WILL HELP WITH SKILL PROGRESSION
- MARK YOUR CALENDAR WITH THE TRAINING PADDLE DATES
- ATTEND TRAINING PADDLES HOSTED BY X4CF OR YOUR MENTOR
- SAFELY TRAIN IN OCEAN OR ROUGHER WATER CONDITIONS WITH WIND, WAVES, AND CURRENT
- PRACTICE PADDLING AT NIGHT WHILE TAKING ALL SAFETY PRECAUTIONS
- PRACTICE DRAFTING BEHIND A BOAT (REFER TO MENTOR OR CO-DIRECTOR FOR GUIDANCE) ALLOW PROPER REST AND RECOVERY TIME SO YOU DON'T EXPERIENCE BURNOUT OR INJURIES



PADDLER CHECKLISTS: **PREP FOR BIMINI**

- PASSPORT: YOU HAVE YOUR PASSPORT BOOK SECURED AND VALID**
- MANDATORY SAFETY BRIEFING: ALL PADDLERS, CREW, CAPTAINS, FRIENDS, FAMILY, VOLUNTEERS, AND STAFF MUST COMPLETE THE LIVE ONLINE SAFETY BRIEFING PRIOR TO GOING TO BIMINI**
- CELL PHONE SERVICE INTERNATIONAL TRAVEL PLAN: SPEAK WITH YOUR PROVIDER ABOUT YOUR PHONE USE WHILE IN BIMINI**
- BAHAMAS ENTRY FEE: \$150 FOR BOATS UP TO 34" OR \$300 FOR BOATS 35" AND GREATER**
- MUST BE CLEARED THROUGH CUSTOMS, IMMIGRATION, AND CHECKED-IN AT BIMINI BIG GAME BY 12 NOON ON FRIDAY**
- BIMINI BIG GAME DINNER TICKETS: PURCHASED FOR YOURSELF AND YOUR CAPTAIN/CREW/TEAM**
- CF HONOREE NAMES: SUBMITTED VIA EMAILED FORM FOR HONORING PAST, PRESENT, AND FUTURE CF WARRIORS DURING THE PADDLE OUT CEREMONY**
- TEAM MEETING: PLAN AN IN PERSON OR ZOOM MEETING WITH YOUR CAPTAIN, CREW, AND PADDLERS AT LEAST 2 WEEKS PRIOR TO BIMINI ABOUT LOGISTICS, ETC**
- CROSSING YOUTUBE, FACEBOOK & INSTAGRAM LIVE VIDEOS: WATCHING THESE VIDEO WILL GIVE YOU VALUABLE INSIGHT IN MANY ASPECTS OF PREPARING FOR THE CROSSING**
- FOOD TO BRING: BE PREPARED TO BRING THE FOODS OVER THAT YOU'LL BE EATING DURING YOUR STAY IN BIMINI, AS THE RESTAURANT SERVICE AND HOURS ARE NOT ALWAYS CONVENIENT. MOST OF BIMINI COVE HAS FULL KITCHENS, SO YOU CAN BRING OVER THE FOOD YOU WANT TO COOK FOR MEALS. PASTA, CASSEROLES, SANDWICHES ARE EASIEST, BUT REMEMBER ACCOMPANIMENTS IF YOU PLAN ON CATCHING FISH IN BIMINI (FISH TACOS, CEVICHE, FISH SANDWICHES). MOST OF BIMINI BIG GAME HAS MINI FRIDGES AND MICROWAVES, SO PLAN ACCORDINGLY FOR THAT.**



PADDLER CHECKLISTS: GEAR TO BRING

- VALID PASSPORT
- WALLET: BRING CASH IN SMALL BILLS AND ID
- BOARD, LEASH, EXTRA PADDLE, EXTRA FIN, SCREW DRIVER/ALLEN WRENCH
- COAST GUARD APPROVED PFD, REFLECTIVE YELLOW SAFETY VEST, YELLOW GLOWSTICK, WATERPROOF WHISTLE
- HYDRATION PACK AND AN EXTRA BLADDER
- NECK BUFF
- AWESOME BUCKET: 5 GALLON BUCKET WITH LID TO STORE YOUR MOST NEEDED GEAR DURING YOUR PADDLE (MEDS, SUNGLASSES, SUNSCREEN, SPF CHAPSTICK, HAT, GLOVES, PORTABLE BATTERY CHARGER, RAG(S), WATERPROOF PHONE CASE, FLASH LIGHT, ETC)
- PHONE CHARGER AND PORTABLE BATTERY PACK/CHARGER
- DRY CASE BOX AND/OR DRY BAG FOR IMPORTANT DOCUMENTS AND VALUABLES
- BUG REPELLANT
- TOILETRIES
- FIRST AID KIT
- VASELINE/AQUAPHOR/SALTY BRITCHES: TO PREVENT CHAFING
- MEDICATION: PERSONAL PRESCRIPTIONS, ADVIL/ASPIRIN/TYLENOL, TUMS/PEPTO BISMOL/IMODIUM, DRAMAMINE/SEA SICKNESS PATCHES/GINGER CANDY/MINTS, VITAMINS
- BEACH TOWELS
- YOGA MAT
- UV PROTECTION: SUNGLASSES, HAT, SUNSCREEN, SPF LONG SLEEVE SHIRT & LIGHTWEAR LEGGINGS
- MASSAGE ROLLER STICK AND SHOULDER/NECK MASSAGE TOOL
- KT TAPE
- SOLAR RECOVER OR ALOE
- PLAYLIST: FOR OFFLINE USE/ WITHOUT DATA (I.E. SPOTIFY PREMIUM)
- COOLER: FOR PERSONAL NUTRITION & HYDRATION
- EXTENDABLE NET: LIKE A POOL NET TO HAND OFF NUTRITION, HYDRATION, GEAR TO PADDLERS IN WATER
- PADDLEBOARD RACK FOR BOAT
- MASK, SNORKEL, FINS, FISHING GEAR
- RAIN JACKET
- BATHROOM BUCKET, BUCKET TOILET SEAT, TOILET PAPER
- LAKE WORTH BAG: IF YOU HAVE SOMEONE THAT WILL BE AT THE BEACH LANDING, GIVE THEM A BAG WITH CREDIT CARD OR CASH, LIQUID IV AND WATER BOTTLE, SNACK, CHANGE OF CLOTHES, FLIP FLOPS OR SANDALS, SUNGLASSES, DEODORANT



PADDLER CHECKLISTS: NUTRITION & HYDRATION

NUTRITION EXAMPLES

- FOODS SIMILAR TO WHAT YOU'RE USED TO EATING DURING THE TRAINING. HIGH (SIMPLE) CARBOHYDRATE CONTENT, ADEQUATE PROTEIN AND FAT
- WATERMELON
- ORANGE (PEEL BEFORE PACKING)
- APPLESAUCE SQUEEZE POUCH
- PROTEIN BARS, CLIF BARS
- BEEF JERKY
- SALTED PRETZELS
- NUTELLA OR CHOCOLATE
- PB & J SANDWICHES
- RITZ CRACKERS
- MUFFINS
- NUTS OR TRAIL MIX
- ENERGY GELS/ SPORT BEANS/ STINGER WAFFLES
- BOTTLED PROTEIN SHAKES

HYDRATION EXAMPLES

- BOTTLED WATER FOR YOUR WHOLE TRIP
- BRANCHED CHAIN AMINO ACID POWDER (BCAA'S)
- ELECTROLYTES: BUOY, LIQUID IV, REVITALYTE, SKRATCH, PEDIALYTE SPORT, TAILWIND, LMNT, ETC
- COCONUT WATER
- SPORTS DRINKS
- CAFFEINATED DRINKS SUCH AS CELSIUS
- 100% JUICE OR BOTTLED SMOOTHIE DRINKS

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PADDLER CHECKLISTS: DAY BEFORE & DAY OF

DAY BEFORE

- PLENTY OF STRETCHING
- DRINK EXTRA WATER THROUGHOUT THE DAY SO YOUR BODY IS FULLY HYDRATED
- LOAD UP ON COMPLEX CARBOHYDRATES LIKE BROWN RICE, WHOLE WHEAT PASTA, WHEAT BREAD, LEGUMES, AS WELL AS FRUITS, VEGETABLES, MODERATE PROTEIN, AND HEALTHY FATS
- GET A GOOD NIGHTS SLEEP

DAY OF

- NAP DURING LATE IN THE DAY OR IN THE EVENING
- USE THE RESTROOM AS MUCH AS POSSIBLE BEFORE YOU LEAVE YOUR HOTEL ROOM TO GO TO THE BEACH LAUNCH
- GIVE YOURSELF A LONG MOMENT OF FOCUS AND RESET ON THE EVENING OF THE BEACH LAUNCH: RELAXED & ENERGIZED

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WEATHER CONCERNS & EVENT CONTINGENCY PLAN

[16.] Hazardous Weather/Event Delay and/or Cancellation: X4CF officials may, in their sole and absolute discretion, cancel or delay the event for any reason including, but not limited to, a hazardous environment. A hazardous environment may result from weather, water, sea life, or any other condition an X4CF agent deems, and the determination of a hazardous environment rests solely in the discretion of X4CF agents and will be assessed continuously throughout the event. Participants and parties acknowledge the communication of event status is difficult and often impossible in an event of this size and nature. It is therefore the duty of the participants and parties to make every effort to obtain from a X4CF official the event status, it is not the duty or liability of X4CF agents to get this information to parties or participants, and if the environment appears hazardous the party or participant shall take all precautions necessary to preserve their safety regardless of whether the event is delayed or canceled. It can't be stressed enough, this is a large event and communication is often not possible. It is therefore the responsibility of the participant of the party to do what is necessary to preserve their safety regardless of the event status. In the event of cancellation or delay, the following shall apply:

Any notice of cancellation or delay will be broadcasted on the designated event channel, social media, and emailed to registered participants. If canceled or delayed all participants are expressly prohibited from entering ocean waters (even with a support boat) until such time that an X4CF agent announces the reinstatement of the event. All participants must board their respective support boat without exception.

Participants shall only re-enter ocean waters if and only if X4CF officials announce on the designated radio channel the event is officially resumed. It is expressly understood by all participants, parties, captains and crew that the cancellation or delay or reinstatement of the event does not ensure their safety, and all must determine in their own judgment whether to participate under the given conditions based on factors including but not limited to the seaworthiness of their boat and their own seamanship and waterman capabilities.

No refunds of fees or donations (partial or in whole) shall be made due to cancellation or delay.

CROSSING FOR CYSTIC FIBROSIS CONTINGENCY PLAN

This contingency plan aims to ensure the safety and well-being of all participants, staff, and volunteers involved in the Crossing For Cystic Fibrosis event. By implementing these measures and protocols, we aim to mitigate risks and respond effectively to any unforeseen circumstances.

Key Contacts:

- **Event Director:** Travis Suit, travis@pipersangels.org, 561-246-0205
- **Director of Safety:** Josh Ferris, joshferris@pipersangels.org, 321-544-5735
- **Medical Director:** Dr. Ray Vazquez, 561-243-0394
- **Communications:** info@pipersangels.org
- **Weather Contingencies:** Weather will be monitored leading up to and during the event. If adverse weather conditions such as lightning, strong winds, or rough waves are forecasted or present at the time of the event:
 - Registered Participants will be notified of any delays or schedule changes via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
 - If the X4CF Director of Safety deems unsafe conditions for the original event day and time, the Beach Launch and paddle would be rescheduled to one day before or one day after, depending on conditions. **All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.**
 - The Lake Worth Beach Landing celebration event will be adjusted according to the day of departure from Bimini if participants do not launch on the originally scheduled departure date.
 - If there are any changes to the competitive paddling divisions outside of the outline Official Rules, the changes will be relayed via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
 - Captains' meetings and event check-in days and times in Bimini may be adjusted depending on event needs based on any weather delays, which will be communicated via email to registered participants.



OFFICIAL EVENT RULES

SAFETY STATEMENT

All participants (defined as registered paddlers, captains and crew) and parties (defined as anyone accompanying a participant) acknowledge their participation in any open ocean event is inherently dangerous and potentially life threatening. The Event Directors establish the route, set forth participant rules, plan the event, manage the start and finish of the event, set minimum standards for participant conduct, but in no way insures or warrants the outcome, safety, or health of any participant or party. Liability for the safety of any participant or party belongs solely to that participant or party. The weather and ocean is an ever changing, vast, and unpredictable environment. Parties and participants who lack the experience to survive unforeseen events, under potentially extreme conditions, are advised to not participate.

The safety of the participants, parties, spectators, all third parties and staff is the number one priority. At the pre-race meetings Event Directors will do their best to post the forecasts and conditions, warn the competitors of potential dangers, give the approximate location of safety personnel, and do their best to establish a minimum course of conduct for participants and parties in the event of good and adverse conditions. It is the participants and party's responsibility to attend and obtain the information provided at all pre-event meetings. If a participant has not attended any of the pre-event safety meetings or does not understand any of the information, the participant must inform the Event Director accordingly (in writing). If said participant does neither then the participant will be disqualified from the event.

Event Directors shall provide participants and parties with courses of conduct including hand and audible signals to be used if someone is injured, in danger, or in need of help. And all participants and parties shall continually scan the environment for any participant or party that may need help, shall assist any participant or party that may need help, and notify staff.

All paddling participants must AT ALL TIMES wear a United States Coast Guard approved personal flotation device "PFD", and use a tether (or leash) securely connecting the participant to their board.

All paddling participants must AT ALL TIMES wear a United States Coast Guard approved waterproof whistle.

All paddling participants must IN DARK HOURS (12am - 7am) wear a yellow safety glow stick.

All paddling participants must IN DARK HOURS (12am - 7am) wear a Crossing For Cystic Fibrosis approved yellow reflective mesh safety vest.



GENERAL RULES

These General Rules apply to both registered recreational participants and registered competitive participants, except where noted.

- 1. Registration:** All individuals coming to Bimini for The Crossing For Cystic Fibrosis event including paddlers, captains, crew, family, friends, and sponsors, must register! To register please visit <https://www.crossingforcysticfibrosis.com/registration> and for event information visit <https://www.crossingforcysticfibrosis.com/>
- 2. Registration Deadline:** The event's registration deadline is April 21st. Any paddler who wants to change their registration ticket type to Recreational Solo with Boat Support, must make this request to info@pipersangels.org by April 21st.
- 3. Registration Forms:** Registration must be completed by the participant, crew, and captain with appropriate fees and registration information. Officials of the event reserve the right to refuse application or entry into the event at their discretion with or without cause.
- 4. Paddler Participation:** Each paddling participant is only allowed registration into one paddling category of entry. Relay team paddlers are allowed to captain their own boat when not paddling.
- 5. Eligibility:** Each registered participant must be at least 18 years old on the day of the event or a minimum of 10 years of age and accompanied by a guardian or designated chaperone. Any registered paddling participant between the ages of 10 and 13 must have an 'On Water' chaperone. Each crew member must be at least 18 years old on the day of the event, or accompanied by a guardian or designated chaperone if younger than 18.
- 6. Registration Fee:** Registration fees are priced on a 3 tier price range depending on the date of registration. Prices increase by \$50 each tier closer to the event.
Solo Recreational Paddlers: Registration fees for Solo Recreational participants, that we are providing boat support for, start at \$399. These fees will provide your support boat captain with two nights' accommodations in Bimini, all Bahamian entry fees (based on size of boat), and \$100 towards fuel per Paddler they support.
All other paddlers: Registration fees start at \$149
- 7. Registration Includes:** Event Performance Shirt, Event Sponsor Gift Bag, Official Event Hat, a Challenge Coin, and a Crossing Crusader Medal (for paddlers only)
- 8. Registration Refund:** Registered participants who cancel or withdraw their registration, switch to non-attending, or switch to virtual paddler are not eligible for a registration refund, unless they are registered in the Recreational Solo with Boat Support category, cancel/withdraw by April 21st, AND have the registration cancellation/ withdrawal reason of personal injury, deployment, or bereavement. Registration and associated fees can not be rolled over to the following year.
- 8. Fundraising Minimum:** Each registered paddler in the recreational and competitive categories has a \$2,000 fundraising minimum. Captains, crew, friends, family, and virtual participants are required to fundraise \$500. Final contributions must be received by July 31st at 11:59pm EST.
- 9. Fundraising Commitment:** If a registered paddler withdraws from the event or cancels their registration they will remain responsible for the \$2,000 minimum fundraising commitment, or \$500 for captains, crew, friends, family, and virtual participants. If the cancellation or withdrawal reason is due to personal injury, deployment, or bereavement, they may request their fundraising commitment to be waived, but funds can not be rolled over to the following year. Requests must be sent to info@pipersangels.org.
- 9. Support Boats:** All paddling participants, both Competitive and Recreational (with exception of "Recreational Solo with Boat Support"), must obtain and provide their own support boat, and all captains must register by April 21st at <https://www.crossingforcysticfibrosis.com/registration>. Failure to do so requires Event Director approval for any modifications or additions after the registration deadline.



Recreational SOLO participants will be provided a support boat. Support vessels and escort boats must be a minimum of 22ft. with dual or more engines preferred. In the case that a paddler is unable to find their own boat support and captain by the April 21st registration deadline, they must email boats@pipersangels.org.

10. Media Release: All participants, parties, captains, volunteer crew, and occupants consent to all participants, parties, X4CF agents (or any third party) procuring in any and all manners, without payment or compensation, any and all media including, but not limited to, photographs, video, interviews, or similar, obtained by any X4CF agent, party, participant, or 3rd party, for any purpose whatsoever, including but not limited to resale, advertising, and any and all activity including any and all promotional activity.

11. Event Discretion: X4CF reserves the right to amend these rules and or any other agreement or policy, at any time, for any purpose.

12. Polygraph: By entering the event all participants, captains, volunteer crew, and boat occupants voluntarily consent to submit to a polygraph examination as deemed necessary by X4CF agents. All decisions of the polygraph examiner will be final. Any participant, captain, volunteer crew, or occupant of a boat who refuses to take a polygraph or provides untruthful answers as determined by the examiner will be disqualified from the event without further notice, and may result in the disqualification of their associated participants or boat occupants. Such a disqualification will eliminate payment or provision of any prize money awards and/or refund entrance fees, and may prevent the disqualified persons from registering for future events (at the sole discretion of X4CF agents).

13. Protests: A race participant (and only a race participant) may file a protest to the finish position of themselves or another race participant. Each paddler will be emailed a copy of the unofficial Crossing For CF results with timing and placement prior to the Crossing For CF Awards Ceremony. Paddlers will have until 11:59pm EST on Wednesday, after the Crossing to review these results and file a protest.

All protests shall contain the following minimum elements of:

A written recitation of the facts, dates, and events, based on the first hand observed accounts of the protest filer delivered via email (from the email address the protesting participant registered under), to protest@pipersangels.org before 11:59pm EST on Wednesday, after the Crossing.

All protests X4CF deems properly filed (at the sole and absolute discretion of X4CF) shall be ruled upon in writing by the Event Director and responded to (via email to the filer) within 48 hours of protest filing. All decisions of X4CF shall be final, absolute, binding, and non-alterable or appealable by any court, governmental authority, body, board, or third party of any kind or nature. If a protest was not ruled upon in writing by the Event Director, X4CF in its sole and absolute discretion, deemed the protest not proper.

14. Rule Acknowledgement: By registering for this event or participating as a party, all participants and parties acknowledge and shall abide by all rules and responsibilities set forth herein, shall be bound by same, and including, but not limited to, all additional rules, policies, procedures, and instructions conveyed by X4CF agents or X4CF media (websites, e-mails, etc.) whether written, digital, video, picture, or verbal.

15. Hold Harmless: It is expressly understood that all participants, parties, and non-registered occupants of their boats enter into this event voluntarily and at their own risk. Further, each registered and non-registered participant on behalf of other family members and/or executors agrees to release and hold harmless Piper's Angels Foundation, event officials, sponsors, the City of West Palm Beach, City of Lake Worth Beach, and Palm Beach County, and all other persons connected directly or indirectly with operation of said event from any liability for libel, slander, loss, damage, negligence, harm, injury, or death suffered by any participant, entrant, captain, volunteer crew members, their companions, vessels and equipment which may occur during the event.

16. Hazardous Weather/Event Delay and/or Cancellation: X4CF officials may, in their sole and absolute discretion, cancel or delay the event for any reason including, but not limited to, a hazardous environment. A hazardous environment may result from weather, water, sea life, or any other condition an X4CF agent deems, and the determination of a hazardous environment rests solely in the discretion of X4CF agents and will be assessed continuously throughout the event. Participants and parties



acknowledge the communication of event status is difficult and often impossible in an event of this size and nature. It is therefore the duty of the participants and parties to make every effort to obtain from a X4CF official the event status, it is not the duty or liability of X4CF agents to get this information to parties or participants, and if the environment appears hazardous the party or participant shall take all precautions necessary to preserve their safety regardless of whether the event is delayed or canceled. It can't be stressed enough, this is a large event and communication is often not possible. It is therefore the responsibility of the participant of the party to do what is necessary to preserve their safety regardless of the event status. In the event of cancellation or delay, the following shall apply:

Any notice of cancellation or delay will be broadcasted on the designated event channel, social media, and emailed to registered participants. If canceled or delayed all participants are expressly prohibited from entering ocean waters (even with a support boat) until such time that an X4CF agent announces the reinstatement of the event. All participants must board their respective support boat without exception. Participants shall only re-enter ocean waters if and only if X4CF officials announce on the designated radio channel the event is officially resumed. It is expressly understood by all participants, parties, captains and crew that the cancellation or delay or reinstatement of the event does not ensure their safety, and all must determine in their own judgment whether to participate under the given conditions based on factors including but not limited to the seaworthiness of their boat and their own seamanship and waterman capabilities.

No refunds of fees or donations (partial or in whole) shall be made due to cancellation or delay.

CROSSING FOR CYSTIC FIBROSIS CONTINGENCY PLAN

This contingency plan aims to ensure the safety and well-being of all participants, staff, and volunteers involved in the Crossing For Cystic Fibrosis event. By implementing these measures and protocols, we aim to mitigate risks and respond effectively to any unforeseen circumstances.

Key Contacts:

- **Event Director:** Travis Suit, travis@pipersangels.org, 561-246-0205
- **Director of Safety:** Josh Ferris, joshferris@pipersangels.org, 321-544-5735
- **Medical Director:** Dr. Ray Vazquez, 561-243-0394
- **Communications:** info@pipersangels.org

Weather Contingencies: Weather will be monitored leading up to and during the event. If adverse weather conditions such as lightning, strong winds, or rough waves are forecasted or present at the time of the event:

- Registered Participants will be notified of any delays or schedule changes via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- If the X4CF Director of Safety deems unsafe conditions for the original event day and time, the Beach Launch and paddle would be rescheduled to one day before or one day after, depending on conditions. **All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.**
- The Lake Worth Beach Landing celebration event will be adjusted according to the day of departure from Bimini if participants do not launch on the originally scheduled departure date.
- If there are any changes to the competitive paddling divisions outside of the outline Official Rules, the changes will be relayed via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- Captains' meetings and event check-in days and times in Bimini may be adjusted depending on event needs based on any weather delays, which will be communicated via email to registered participants.



17. **Proceed At Your Own Risk:** Participants and parties participating in this event do so at all times at their own risk and assume all risks born therefrom.
18. **Pregnancy:** Registered paddlers, captains, or crew beyond their first trimester of pregnancy are not permitted to participate in The Crossing due to potential health risks.
19. **Supports Vessels:** Support boats are recommended to be a minimum of 25 feet long and powered by two engines. All support boats MUST have ship to ship radios (VHF). All radios must be permanently mounted to the vessel. A PARTICIPANT WHOSE SUPPORT VESSEL CONTAINS ONLY A HAND HELD RADIO SHALL BE DISQUALIFIED. The Race Director must be notified at least 72 hours in advance of departing from Florida of any support boat changes.
20. **Leashes:** All stand up participants are required without exception to wear a leash attached to their board and to their person at all times.
21. **Safety Gear:** All paddling participants must wear and provide their own personal flotation device (PFD) throughout the duration of the event. All paddling participants must provide and wear their own yellow reflective safety vest and yellow glow stick during dark hours prior to sunrise (12am-7am.) All paddling participants must provide and wear their own US Coast Guard approved waterproof whistle at all times. All paddling participants must also wear official event gear, including but not limited to GPS trackers and race numbers during the entire event. Official event gear (GPS trackers and race numbers) will be provided in Bimini by event officials at no charge to all paddling participants. Nighttime safety gear may be removed at the official sunrise time determined by event officials and announced over the designated radio channel. The use of official event gear ensures the safety of all participants. Participants that fail to abide by these safety regulations at any time throughout the duration of the event will be required to board their respective escort boat.
22. **Food/ Beverage Provisions:** All paddlers, captains, and crew are responsible for their own food supplies during The Crossing. Please make necessary arrangements for your team/crew. If any participant or crew member has a specific dietary need they must adequately prepare for those needs prior to traveling to Bimini. It's imperative that each individual bring enough drinking water for themselves for the duration of their stay in Bimini and during The Crossing event.
23. **Rule Violations:** Any person found to be intentionally in violation of any rule, intentionally disobeying directives or instructions conveyed, or defrauding the X4CF event or PAF organization may be subject to penalty, disqualification, or banned for life at the discretion of the event organizers.

BIMINI & CROSSING RULES

1. **Passport & Travel Requirements:** Every participant traveling to Bimini is responsible to be up to date with all information on the bahamas.com website in regards to travel, documentation, fees, and other pertinent information for Bahamas entry and visitation. This includes bringing your valid passport book (expiration date must be after 6 months past your Bahamas arrival date or per Bahamas guidelines.) Participants without required documentation will not be allowed entry into Bimini, Bahamas or participation in any and all Crossing For Cystic Fibrosis events, and will be sent back to Florida or processed how Customs & Immigration of Bimini sees fit.
2. **Travel to Bimini:** Each participant is responsible for their own travel to Bimini, in which paddlers typically go over with their support boat. Rec Solo participants will go to Bimini with their designated support boat/captain/crew. All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.
4. **Customs Check-In in Bimini:** Each participant is responsible to clear Customs using [Click2Clear](#) (each captain should do this for the individuals they bring over on their boat). Once getting to Bimini, the captain will enter the Customs office to process paperwork. Please see more information here: <https://www.bahamascustoms.gov.bs/visitor-info/marine-vessel-declarations-cruising-permits/>



3. **Event Check-In in Bimini:** A central check in location will be designated and announced prior to the week of the event. All participants must be registered and checked in no later than noon the Friday before the beach launch. Any participant whose boat has not checked in prior to the event will not be allowed to start the event. All participants, captains, and crew members must attend a safety meeting. Failure to attend a safety meeting will result in disqualification from the event.
5. **Accommodations: **NEW TO 2024/2025:** All participants must book their own lodging accommodations. Paddlers, captains, crew, friends, family, and sponsors are responsible for reserving, managing, and funding their own accommodations while staying in Bimini. Suggestions will be provided on the event website with any available discount codes or booking links. Note that lodging is limited at Bimini Cove and Bimini Big Game, therefore reserving your lodging early is recommended.
6. **Mandatory Captain's & Participants Safety Meeting:** All participants, captains, and crew must be present at the virtual and in-person meetings to participate. These meetings will take place in June.
7. **Event Radio Channel:** The official event channel will be determined by the Director of Safety prior to the event and confirmed at the mandatory captain's meeting in Bimini.
8. **Bimini Start Schedule:**
 - Saturday, June 21st, 2025
 - 10:00 pm - Beach Check-In
 - 11:30 pm - Participants group photo
 - 11:50 pm - Final send off speech
 - 12:00 am - Event starts - 1st wave launches
 - Waves will be approximately 10 minutes apart
 - Wave assignments and schedules will be released a week prior to the event or can be located at event headquarters in Bimini.
 - Competitive participants that fail to depart in their assigned wave may depart in the final wave and will be penalized 15 minutes on their official race time
 - Recreational participants that fail to depart in their assigned wave may be removed from the event at the discretion of the event director.
9. **Wave Starts:** Prior to each wave of participants being given the signal to start, each participant will be in position in their assigned starting block. Their craft will be resting on the sand next to them, and their paddle or oar in hand. In the case of stand up paddle boards (SUP), the board may be resting on its edge and against the participant with one hand on the board. Any paddling participants who have a false start as designated by the Race Directors, will be penalized 15 minutes to their official race time. A false start is defined as leaving the designated start block prior to the official start signal. In the event of a water start due to shore and beach conditions, participants will have positive control of their craft and have both feet in the water and on ground.
10. **Roving Vessels:** There will be multiple roving boats on the water during the event.
 - a) Event officials and video/photo production crew will be stationed on multiple roving boats for monitoring the progress of the event.
 - b) Additionally, there will be 5-7 Safety boats stationed with the waves during the event.
 - c) On our roving support vessels we may have medical volunteers, a satellite phone, and a marine mechanic.
 - d) The Roving/Safety boats will be in contact with the Event Directors, and will provide captains information throughout the event
11. **Breaks:** We strongly suggest that participants, captains, and crew take regular breaks for rest-stops, so participants can hydrate, eat, use the restroom, or change out teammates or gear. Please be advised that a break every hour that lasts 5 minutes will add a minimum of 1 hour to this event. It is recommended that breaks occur when needed but be done efficiently.
12. **Finish:** Any participant that has not made it to shore and the designated finish line will agree to be picked up by their support boat and brought to the finish line. Anyone that drops out of the race must have their support boat notify the head official boat. There is a 20 hour time limit to the event, 12:00am-8:00pm.



All participants must be ashore or board their support boat once this time limit is reached. There is also a curfew for the event that all participants must be out of the water by 8:00pm on the day of the event.

13. Alcohol/Drug Use: Alcohol and recreational drug use is expressly prohibited during the course of the event. Captains, crew, or participants should never operate a boat or paddle under the influence of drugs or mind altering substances, and should follow all governing laws in the Bahamas and United States. Please be aware that any combination of alcohol, drugs, lack of sleep, or poor nutrition may result in a state deemed unfit to participate. Come prepared for an event that will challenge all involved. Please use sound judgment in the 24 hours leading up to the event. Anyone observed as under the influence of drugs or alcohol at the start of the event will be considered in non-compliance. Failure to comply will result in immediate removal from the event.

14. Re-entering the United States/Florida: Each participant is responsible to clear into the US. The boat captain is responsible for entering all information into the CBP ROAM application, which allows the captain to virtually check each individual into the US. A Customs representative may FaceTime to verify information. For individuals with a non-US passport, they must check in to the US office in person. Please see more information here: <https://www.cbp.gov/travel/pleasure-boats/pleasure-boat-overview/roam>

COMPETITIVE RULES

The following Competitive Rules apply solely to registered competitive paddlers in all competitive categories and do not apply to any recreational paddlers.

1. Violations and Associated Penalties:

*Penalties will be assigned by designated race officials. There will also be a 3 strike policy that if three (3) "15 minute" violations are awarded then that paddler will then be disqualified.*Violations and Penalties are defined as listed:

- a) Not in position at assigned start time – paddler will be relegated to the last group of departing paddlers from Bimini, as well as assessed a 15 minute time penalty on their overall time
- b) Cutting off another paddler – 15 minutes/occurrence
- c) Intentional contact with another paddler – Disqualification
- d) Paddling under or within 30 yards of the Lake Worth Pier – Disqualification
- e) Surfing a boats wake – Disqualification
- f) Drafting a fellow paddler – 15 minutes/occurrence
- g) Use of unapproved equipment or changing equipment if not damaged – Disqualification
- h) Holding onto a vessel while in motion – Disqualification
- i) Boarding a vessel (Unless instructed to do so by the Race Directors) – Disqualification

2. Competitive Classes & Cash Prizes:

NOTE: To unlock cash prizes solo categories require FIVE (5) REGISTERED PARTICIPANTS, team categories require THREE (3) REGISTERED TEAMS.

1. SUP 14' Men.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
2. SUP 14' Women.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
3. SUP Relay 2-Person.....	1st \$4,000, 2nd \$2,000, 3rd \$1,000
4. SUP Relay 4-Person.....	1st \$8,000, 2nd \$4,000, 3rd \$2,000
5. OC1.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
6. OC2.....	1st \$4,000, 2nd \$2,000, 3rd \$1,000
7. OC6 (Team limit of 9 paddlers).....	1st \$10,000, 2nd \$5,000, 3rd \$3,000
8. Dory (2-Person).....	1st \$4,000, 2nd \$2,000, 3rd \$1,000
9. Dory (4-Person).....	1st \$8,000, 2nd \$4,000, 3rd \$2,000
10. Surf Ski.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
11. Prone Solo.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
12. Prone Relay 2-Person.....	1st \$4,000, 2nd \$2,000, 3rd \$1,000
13. Prone Relay 4-Person.....	1st \$8,000, 2nd \$4,000, 3rd \$2,000



By law, all competitive participant winners must fill out a W-9 form prior to receiving any cash prize. Prize money will be withheld until a signed W-9 form is received from the winner. W-9 forms will be available at the landing celebration and awards ceremony for the event. W-9 forms will also be sent to all winners via email by event officials.

IRON PADDLERS:

Any Recreational Solo or Competitive Solo paddler that paddles the 80 miles Beach-to-Beach from Bimini to Lake Worth and does not board their boat or receive forward moving assistance (other than permitted drafting) is eligible for the Iron Paddler Challenge Coin.

3. Boat Support:

Competitive participants are required to secure their own escort boat, captain and crew to assist the competitive participant from Bimini to Florida. As outlined in the General Rules, competitive participants need their captains to register at <https://www.crossingforcysticfibrosis.com/registration> by April 21st. Failure to do so requires Event Director approval for any modifications or additions after the April 21st deadline. In the case that a paddler is unable to find their own boat support and captain by the April 21st registration deadline, they must email boats@pipersangels.org.

4. Escort Boat:

Participants must stay with their escort boat at all times, even in the event of the boat having a mechanical failure. No participant shall advance further ahead than midship of their escort boat, but may parallel their support boat. Competitive participants are allowed to share an escort boat. Any assistance or forward influence from boats other than passing of nutrition and hydration will result in automatic disqualification. If you are engaging directly to the boat, the boat must be in neutral and not moving forward. The participant can paddle to the boat, grab nutrition or hydration and continue. At no time can the participant hold on to the boat or any attached craft or flotation device for any forward advantage.

Subject to hazardous weather conditions requiring mandatory boarding of an escort boat as outlined by these rules, competitive participants must remain on or in their respective board or craft throughout the entirety of the race. Any participant boarding any boat during the event will be considered a withdrawal and automatic disqualification from the event.

5. Drafting:

Due to the long distance of the course, drafting behind escort boats is allowed for competitive participants, but only behind their designated escort boats. Drafting is defined as paddling or otherwise following behind or along a boat's slipstream to gain a forward advantage and reduce the overall effect of drag. Drafting is only permitted within a boat's designated drafting zone. The designated drafting zone is defined as the water space or slipstream directly behind a boat and its engine(s) and does not include the boat's sidewake (with the exception of sidedraft), waves or v-wash. Escort boats are not permitted to exceed the paddler's normal pace, but if the escort boat creates a wake or bump at the paddler's normal speed within the designated drafting zone, the paddler may utilize the wake or bump as long as stroke cadence is consistent and does not go beyond 2 seconds without taking a stroke. The paddler must at all times propel themselves using their paddle. Surfing the wake is prohibited. Surfing is defined as riding the wake without the need to paddle, while maintaining their speed or momentum. The paddler can not at any time position themselves or their board so that they are receiving forward propulsion solely from the draft or the wake. Drafting of other paddlers or other support vessels is strictly prohibited.

6. Competitive Relay Teams:

Competitive relay teams may use more than one board within their respective class and category. Change outs must be completed with the support boat in neutral until the removed paddler is safely onboard and the continuing paddler is in position and ready. Paddlers may choose their interval timing and order at their own will.

7. Safety Equipment:

All competitive participants must wear and provide their own personal flotation device (PFD) and USCG approved waterproof whistle, throughout the duration of the event. All competitive participants must wear official event gear during the duration of the entire race, including, but not limited to, GPS trackers and race numbers, and nighttime safety gear. Official event gear (GPS tracker and race number) will be provided in Bimini by event officials at no charge to competitive participants. The use of official event gear ensures the safety of all participants. Failure to wear official event gear throughout the entirety of the race



will result in an automatic disqualification. However, nighttime safety gear may be removed at the official sunrise time determined by event officials and announced over the designated radio channel. Escort boats must have designated race numbers.

8. Body Position:

Stand up participants are not required to stand for the entirety of the course. Kneeling or sitting while paddling is acceptable. A competitor shall only use the paddle, waves, and wind to propel the board forward during a race. No outside assistance drafting a vessel not in the race, form of a sail, clothing designed to catch wind, or any other speed device not considered the norm to SUP racing is allowed.

9. Equipment Swap

Competitive participants may switch boards, paddles, or fins ONLY in the event of an equipment failure; however, you may not change equipment category.

10. Hazardous Weather/Event Delay/Cancellation:

X4CF officials may, in their sole and absolute discretion, cancel or delay the event for any reason including, but not limited to, a hazardous environment. A hazardous environment may result from weather, water, sea life, or any other condition an X4CF agent deems, and the determination of a hazardous environment rests solely in the discretion of X4CF agents and will be assessed continuously throughout the event. Participants and parties acknowledge the communication of event status is difficult and often impossible in an event of this size and nature. It is therefore the duty of the participants and parties to make every effort to obtain from a X4CF official the event status, it is not the duty or liability of X4CF agents to get this information to parties or participants, and if the environment appears hazardous the party or participant shall take all precautions necessary to preserve their safety regardless of whether the event is delayed or canceled. It can't be stressed enough, this is a large event and communication is often not possible. It is therefore the responsibility of the participant of the party to do what is necessary to preserve their safety regardless of the event status. In the event of cancellation or delay, the following shall apply:

Any notice of cancellation or delay will be broadcasted on the designated event channel, social media, and emailed to registered participants. If canceled or delayed all participants are expressly prohibited from entering ocean waters (even with a support boat) until such time that an X4CF agent announces the reinstatement of the event. All participants must board their respective support boat without exception. Participants shall only re-enter ocean waters if and only if X4CF officials announce on the designated radio channel the event is officially resumed. It is expressly understood by all participants, parties, captains and crew that the cancellation or delay or reinstatement of the event does not ensure their safety, and all must determine in their own judgment whether to participate under the given conditions based on factors including but not limited to the seaworthiness of their boat and their own seamanship and waterman capabilities.

No refunds of fees or donations (partial or in whole) shall be made due to cancellation or delay.

CROSSING FOR CYSTIC FIBROSIS CONTINGENCY PLAN

This contingency plan aims to ensure the safety and well-being of all participants, staff, and volunteers involved in the Crossing For Cystic Fibrosis event. By implementing these measures and protocols, we aim to mitigate risks and respond effectively to any unforeseen circumstances.

Key Contacts:

- **Event Director:** Travis Suit, travis@pipersangels.org, 561-246-0205
- **Director of Safety:** Josh Ferris, joshferris@pipersangels.org, 321-544-5735
- **Medical Director:** Dr. Ray Vazquez, 561-243-0394
- **Communications:** info@pipersangels.org

Weather Contingencies: Weather will be monitored leading up to and during the event. If adverse weather conditions such as lightning, strong winds, or rough waves are forecasted or present at the time of the event:



- Registered Participants will be notified of any delays or schedule changes via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- If the X4CF Director of Safety deems unsafe conditions for the original event day and time, the Beach Launch and paddle would be rescheduled to one day before or one day after, depending on conditions. **All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.**
- The Lake Worth Beach Landing celebration event will be adjusted according to the day of departure from Bimini if participants do not launch on the originally scheduled departure date.
- If there are any changes to the competitive paddling divisions outside of the outline Official Rules, the changes will be relayed via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- Captains' meetings and event check-in days and times in Bimini may be adjusted depending on event needs based on any weather delays, which will be communicated via email to registered participants.

11. Doping

The Event is a doping-free event. The Official Competitive Committee hereby expressly adopts and incorporates herein the World Anti-Doping Code 2015 (with 2018 amendments), as created and published by the World Anti-Doping Agency, including but not limited to all definitions, prohibitions, and testing protocols. Doping or the use of any prohibited substance, as defined in the World Anti-Doping Code, is expressly prohibited in The Crossing For Cystic Fibrosis. By registering as a competitive participant, you expressly consent that you are in compliance with the World Anti-Doping Code. Failure to comply with the World Anti-Doping Code will result in automatic disqualification. For more information, please visit <https://www.wada-ama.org/>.

BOAT CAPTAIN CONDUCT

Boat Captains will be briefed in detail on the event start procedures in Bimini. The operation of multiple craft in the dark requires extreme CAUTION. Any captain viewed as being reckless or endangering any other participants will be removed immediately.

There will be three (3) points of rendezvous as staging areas for the captains in preparation for beach launch. Please plan accordingly to be in position at your assigned point by 11pm and no later than 11:40. The event will start promptly at midnight. Failure to be in position for your paddlers may result in time penalties for competitive paddlers, or disqualification for recreational paddlers.

The Western edge of the Bahamas has 24 hour freighter traffic traveling North and South. These large vessels average 10-15kts and are managed by autopilot on a predetermined path. Diligent lookout and recognition, especially during the night, is imperative to the safety of the event. Please adjust course as necessary and as early as possible to avoid close contact.

Cutting off or blocking other paddlers, competitive or recreational, is considered reckless and unnecessary. It is a large ocean and all participants must give safe distance to other craft on the water. Once the Lake Worth Pier is in sight and paddlers are at the prescribed distance where an escort boat is no longer needed the paddlers are to proceed in an orderly direct course to the finish line. Any time prior to that the slower boat/paddler must give way to other participants.

This event is in existence first and foremost to aid those in need. If while on the water a captain/crew observe another vessel in need it is the obligation of those around to assist in any way possible, without entering into a known hazardous or life threatening situation.



NOTES

1. SUP Board Sizes
 - a) SUP CLASS: Length - 14' ft
 - c) Board Weight: - No weight restriction
 - d) Board Dimensions: No minimum or maximum width size
 - e) Board Design: Multi-hull SUP's are NOT allowed
2. Prone Board Sizes
 - a) PRONE CLASS: Length - 14' ft and under
 - c) Board Weight: - No weight restriction
 - d) Board Dimensions: No minimum or maximum width size
3. OC6 and Dory's
 - a) All OC6 and Dory's will be approved via pictures, weight, and dimensions to race officials. All OC6 craft will be Stock models only. Dory's are 2 person, row/surf boats.

DEFINITIONS

1. SUP Board attachments and Paddle
 - a) Fin: Fins may be of any length, width or shape, provided the fin design does not promote the upward lift characteristics of a foil and with the center fin always to be in line with the length of the board. Side fins may not be angled greater than 30 degrees from perpendicular to the bottom of the board (90 degrees). Center fin(s) must only have two surfaces that are symmetrical and may NOT have one or multiple points protruding from any of the surfaces. Side fins may have two different shape surfaces. Fins are fixed to the bottom of the board, do not pivot, do not have controls for steering and must be in a fixed position throughout a stated race or format.
 - b) Foil: Foils are defined as any fin that is angled greater than 30 degrees from perpendicular to the bottom of the board (90 degrees), or any fin with appendages, or any fin designed to promote an upward lift. Foils may be of any design and shall only be allowed in the SUP Unlimited Class.
 - c) Rudder: Rudders are defined as any fin or foil that pivots in order to steer the board. The participant will usually have a device on the deck that controls the angle of the rudder in order to steer the board
 - d) Multi-hulls: Multi-hulls are defined as two or more separate hulls attached together in any manner, or any board with a concave bottom greater than two inches (2" or 5 cm) deep measured at any cross section on the bottom of the board.
 - e) Length: The board length is measured from nose to tail at ninety (90) degree angles from the boards natural flat lying position with the deck facing up.
 - f) Paddle: A paddle shall be a single blade design, with one blade on one end and a handle on the other end. The length of a paddle may be adjustable. A double ended blade paddle may be used while racing however will be scored as their own division based on board size and gender. A replacement paddle may be fixed to the board.

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.

Frequently Asked Questions

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 \(Florida to Bahamas\)](#).

Frequently Asked Questions

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.

Frequently Asked Questions

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.

Frequently Asked Questions

BIMINI

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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.

Frequently Asked Questions

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.

Frequently Asked Questions

TRAINING

- 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__