

— ULTIMATE CRUSADER'S GUIDE —

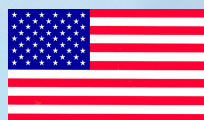
Render2vous Race



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 \$3,900,000 in support of the CF Community
- Donating over \$167,000 back to over 20 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 1,000 CF families with Urgent Financial Assistance and other life enhancing programs
- ... 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, Vanessa Calas, Sean Dunleavy, Paul Smolchek, Gary Stellges, Nikki Stellges, Kathy Aponte, Shane Pompa, Romi Wallach, Heidi Kaye, Matti Antilla, Melissa Foster

Piper's Angels Foundation - www.pipersangels.org



CROSSING FOR CYSTIC FIBROSIS ULTIMATE CRUSADER'S GUIDE

Rendezvous Race

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

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 and the Rendezvous Race has been added as a 32 mile version paddlers can choose to do. The Crossing was inspired because of the incredible health benefits of the ocean for those living with cystic fibrosis and is used to raise funds and awareness for individuals battling this disease.

MOTIVATION

Travis Suit's daughter, Pipers was diagnosed with CF when she was four years old. 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 32 MILE PADDLE

The Rendezvous Race is an alternative to the 80 mile Crossing race for those who would rather paddle a shorter distance or are limited on time or resources to plan the logistics needed for the paddle. This is an open style race where all paddlers are considered competitive. Solo, 2 person relay, and 4 person relay are options for the 14' SUP, prone, and Sitdown (all inclusive for OC, surfski, kayak, dory, etc) divisions. Drafting is NOT allowed.

HOW IT WORKS

Paddlers, captains, and crew must register before the June 1st deadline. There will be a mandatory online safety meeting to review the details of the race, including vital information for captains, crew, and paddlers. Paddlers must pick up their Racer Packet on the specified day, time, and location. Captains, crew, and paddlers will take their boats from Florida to the specified Rendezvous GPS location early morning of the race to be ready and in place for a 6:45am start. There will be different waves of start times depending on the paddler's division. Safety boats with medical staff will be present throughout the fleet for any needs that may arise. Communication between the X4CF Safety Team and captains will be available on VHF. Teams are expected to arrive at the Beach Landing in Lake Worth Beach, FL late morning/early afternoon, prior to the 80 mile paddlers arriving. All participants must abide by the Official Rules for the Rendezvous Race.

FUNDRAISING

Paddlers have a \$500 fundraising commitment upon registering of which your Classy fundraising page will be automatically email to you. Fundraising closes on July 31. Captains and crew of the Rendezvous Race are not required to fundraise. For more information on fundraising, please read the Fundraising Guide and the Fundraising Policy.





SAFETY

In early June, there will be a mandatory online safety meeting that all paddlers, crew, and captains must join via Zoom. This is essential to everyone's safety during The Crossing and make sure each participant understands event logistics and rules. Failure to attend the mandatory safety meeting will result in automatic disqualification.



WEATHER CONCERNS & EVENT CONTINGENCY PLAN

Typically, June is the calmest time of year, but it's known that the chance of a bad storm could cause delays or changes in the event's schedule. If there is a weather concern leading up to the event, all registered participants will be notified via email, social media, and the Crossing website for any changes would could include: moving the event one day earlier or one day later, or delaying by the amount of time needed. Please plan accordingly and refer to the Contingency Plan in the Official Rules for more information.



BOATS & CAPTAINS

Boat requirements include 22 feet or more in length, towing membership, GPS, VHF radio, EPIRB, first aid kit, and other USCG safety requirements. It is recommended the boat has two engines.

Captains must register prior to the registration deadline. Captains should be experienced with their vessel and in ocean conditions. Captains must attend the online Mandatory Safety Meeting in June. Captains for the Rendezvous Race do not have a fundraising commitment.





CREW

Crew members must register prior to the registration deadline. Crew should be limited to individuals who have experience on a boat in the ocean and are there primarily to assist the paddlers and captain with their needs. Crew must attend the online Mandatory Safety Meeting in June. Crew for the Rendezvous Race do not have a fundraising commitment.



EQUIPMENT & GEAR

The Crossing will provide paddlers with a race bib, timing chip anklet, and numbered board sticker that have to be on during the whole race. Paddlers are required to wear their Personal Flotation Device (PFD), waterproof whistle, and leash at all times during the race. For solo paddlers, watercrafts, fins, and paddles may only be switched out if the initial equipment gets damaged during the race. *Relay teams are allowed to switch out boards and paddles for each paddler.

Other gear paddlers might want to bring:

- Paddleboard rack for boat
- Extra paddle and fin, screw and washer
- Gloves
- Sunglasses
- Hat
- Hydration Pack
- UPF Long Sleeve Clothing (light colors)
- Sunscreen
- Anti-chafe ointment
- Neck Buff
- GPS Tracking App on Phone Such as Strava or a GPS watch such as Garmin
- Dry bag
- Solar powered charger
- Towel
- Lake Worth Bag: If you have someone that will be at the beach landing, give them a bag with credit card/cash, electrolytes/hydration, snack, change of clothes, sandals, sunglasses, deodorant, etc or bring this bag in with you if needed (don't forget your phone in waterproof case)





HYDRATION & NUTRITION

Being hydrated is a key element to a successful paddle and to feeling good once you finish. Consuming adequate calories, carbohydrates, fat, and protein within optimal timing are essential to staying fueled and feeling strong during the paddle. Use a Camelback type of hydration pack. Make sure to consume adequate amounts of water and of electrolytes often. Having a snack every hour or two will help maintain your energy. You can keep your extra hydration and snacks in a cooler on the boat and then paddle up to the boat when you are ready for either. Make sure to test out the different supplements, hydration, and snacks you plan to use to know your body reacts well. Your crew and captain should know your plan for timing of breaks and your hydration/nutrition needs.



TRAVEL

You will meet with your captain ahead of time to load the boat wherever the captain/boat is located. Leaving from an inlet between Palm Beach and Fort Lauderdale with your boat & team will be most convenient. Plan to arrive at the GPS Rendezvous location by 6:15am to give ample time to get situated and ready to race.

Coming from out of town, 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. If flying, in your carry on bag, keep your (disarmed) PFD, leash, and paddle clothes. 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 (or bring soft racks and straps) 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 going after The Crossing.





BEACH LANDING

The Beach Landing at Lake Worth Beach Pier is an all-day, spectator friendly event open to the public starting at 10am until approximately 6pm. 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 their earlier than later.

This is such a special event because it 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!

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.



AWARDS CEREMONY

All participants, friends, and family are welcome to join us for the Awards Ceremony on the following Thursday evening. This will be hosted at the Lake Worth Beach Casino Ballroom. If anyone can not join in person, there is a livestream to watch. Trophies are given to the top 3 individuals/teams in each category, including solo, 2 person relay, and 4 person relay with the divisions of 14' SUP, prone unlimited, and Sitdown (all inclusive for OC, surfski, kayak, dory, etc).





RENDEZVOUS RACE RULES

RENDEZVOUS RACE 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-event 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.

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.



RENDEZVOUS RACE RULES

RENDEZVOUS RACE OFFICIAL RULES

These Rendezvous Race General Rules apply to all registered participants.

- 1. Registration:** All individuals participating in the Crossing For Cystic Fibrosis Rendezvous Race event including paddlers, captains, crew must be registered by the event deadline. To register please visit <https://www.crossingforcysticfibrosis.com/registration> and for event information visit <https://www.crossingforcysticfibrosis.com/>
- 2. Registration Deadline:** The Rendezvous Race event's registration deadline is June 1st.
- 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 for paddlers is \$99 plus tax. There is no registration fee for captain and crew. If a paddler is going to captain their boat during a relay, they must register under both categories.
- 7. Registration Includes:** Race Bib, Event Challenge Coin, and a Crossing Crusader Medal (for paddlers only)
- 8. Registration Refund & Changes:** Registered participants who cancel or withdraw their registration or switch to virtual paddler are not eligible for a registration refund. Registration and associated fees can not be rolled over to the following year. To change registration from the 80 Mile Crossing Race to the Rendezvous Race, there will be a \$250 fee. The initial \$2,000 minimum fundraising commitment will remain for that paddler instead of the \$500 Rendezvous Race minimum fundraising commitment.
- 9. Fundraising Minimum:** Each registered Rendezvous Race paddler has a \$500 fundraising minimum (except those who switch from the 80 Mile Crossing Race, will remain committed to their \$2,000 minimum goal). Captains and crew for the Rendezvous Race are not required to fundraise. Final contributions must be received by July 31st at 11:59pm EST.



RENDEZVOUS RACE RULES

10. Fundraising Commitment: If a registered paddler withdraws from the event or cancels their registration they will remain responsible for their minimum fundraising commitment. 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. Please refer to the Fundraising Policy at the end of this document for more information.

11. Support Boats: All paddling participants must obtain and provide their own support boat, and all captains must register by June 1st at <https://www.crossingforcysticfibrosis.com/registration>. Failure to do so requires Event Director approval for any modifications or additions after the registration deadline. Support vessels and escort boats must be a minimum of 22ft. with dual or more engines preferred. 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. In the case that a paddler is unable to find their own boat support and captain by the June 1st registration deadline, they must email boats@pipersangels.org.

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 floatation 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.

12. 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.

13. Event Radio Channel: The official event channel will be determined by the Director of Safety prior to the event and confirmed at the online mandatory captain's meeting in June.

14. 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.



RENDEZVOUS RACE RULES

15. 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.

Solo paddlers who board their support boat will be disqualified from the event. Paddlers boarding their support boat and relocating results in a disqualification unless directed by X4CF officials, or if lightning or a waterspout is in their immediate area. Paddlers are only permitted to board their support boat and relocate if directed to by X4CF officials and only to the designated drop zone.

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



RENDEZVOUS RACE RULES

CROSSING FOR CYSTIC FIBROSIS RENDEZVOUS RACE 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/ Rendezvous Race 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, social media, and the crossingforcf.com website.
- If the X4CF Director of Safety deems unsafe conditions for the original event day and time, the event would be rescheduled to one day before or one day after, depending on conditions. **All paddlers, captains, and crew are encouraged to plan their event participation based on the potential that the event 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 if participants do not paddle on the originally scheduled event date.**

16. Starting location coordinates: N 26 10'035, W 79 51'016

17. Schedule: All participating boats and paddlers must arrive at the Rendezvous Race location coordinates by 6:00am to line up in their designated wave and get ready to launch. First wave to launch at 6:30am, remaining (5) waves will follow directly after one another. Waves will include:

1. Prone Men & Women Solo
2. Prone Relay
3. SUP Men & Women Solo
4. SUP Relay
5. Sit Down Men & Women Solo
6. Sit Down Relay

18. Wave Starts: Prior to each wave of participants being given the signal to start, each participant will be in position in their assigned starting wave. They will be on their craft, paddle in hand, and ready. 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 wave prior to the official start signal.



RENDEZVOUS RACE RULES

- 19. Roving Vessels:** There will be multiple roving boats on the water during the event.
- Event officials and video/photo production crew will be stationed on multiple roving boats for monitoring the progress of the event.
 - Additionally, there will be multiple Safety Boats roving during the event.
 - On our roving support vessels we have medical volunteers.
 - The Roving/Safety boats will be in contact with the Event Directors, and will provide captains information throughout the event when necessary.
- 20. Drafting:** Drafting of the support board or other paddlers is NOT ALLOWED during the Rendezvous Race.
- 21. Food/ Beverage Provisions:** All paddlers, captains, and crew are responsible for their own food supplies during the event. Please make necessary arrangements for your team/crew.
- 22. Competitive Relay Teams:** Competitive relay teams may use more than one board and paddle 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.
- 23. Safety Gear:** 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 stand up participants are required without exception to wear a leash attached to their board/craft and to their person at all times. All competitive participants must wear official event gear during the duration of the entire race, including, but not limited to, race numbers. Failure to wear official event gear throughout the entirety of the race will result in an automatic disqualification. Escort boats must have designated race numbers which will be provided prior to race day.
- 24. 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, form of a sail, clothing designed to catch wind, or any other speed device not considered the norm to SUP racing is allowed.
- 25. 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.



RENDEZVOUS RACE RULES

26. Awards:

NOTE: This is an open competitive race, meaning all participants are eligible for awards/placement. There are no cash prizes, but the first, second, and third place finishers for the following categories will be given a trophy at the Awards Ceremony:

- Prone Men Solo
- Prone Women Solo
- Prone 2 Person Relay
- Prone 4 Person Relay
- SUP Men Solo
- SUP Women Solo
- SUP 2 Person Relay
- SUP 4 Person Relay
- Sit Down Men's Solo
- Sit Down Women's Solo
- Sit Down 2 Person Relay
- Sit Down 4 Person Relay

27. 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.

28. 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.

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/>.

29. 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.



RENDEZVOUS RACE RULES

30. Violations and Associated Penalties: 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.

*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 the boat or a fellow paddler – Disqualification
- 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

31. 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 or award and/or refund entrance fees, and may prevent the disqualified persons from registering for future events (at the sole discretion of X4CF agents).

32. 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.



RENDEZVOUS RACE RULES

33. 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.

34. 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.

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

BOAT CAPTAIN CONDUCT

Boat Captains will be briefed in detail on the event start procedures during the Mandatory Online Safety Meeting in June. Any captain viewed as being reckless or endangering any other participants will be removed immediately. Please adjust course as necessary and as early as possible if needed for any reason for all participants' safety. Cutting off or blocking other paddlers is considered reckless and unnecessary. It is a large ocean and all participants must give safe distance to other crafts 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. 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.



RENDEZVOUS RACE RULES

FUNDRAISING POLICY

The Crossing For Cystic Fibrosis Rendezvous Race Fundraising Policy:

At the Crossing For Cystic Fibrosis, we deeply appreciate the dedication and effort of our participants in raising funds that support the mission of Piper's Angels Foundation. To ensure fairness and maintain the integrity of our fundraising efforts, we have established the following fundraising policy. This policy includes the rules, consequences for unmet fundraising commitments, and procedures for addressing extenuating circumstances.

*Fundraising Policy subject to change

1. Fundraising Rules:

- Each participant is required to meet a minimum fundraising goal as specified upon registration.
 - Rendezvous Race Paddlers: \$500
 - 80 Mile Crossing Paddlers (includes those who switch to Rendezvous Race): \$2,000
- Participants must use their personal fundraising pages, not the team page, to collect donations.
- Team fundraising efforts should be split among personal pages so that by July 31st, each page reflects the full personal fundraising commitment. Failure to reflect the minimum fundraising amount on a registrant's personal page will lead to charging of the remaining fundraising minimum amount to the card on file (see Section 2 "Unpaid or Unresponsive Fundraisers" and Section 5 "Team Fundraising" below).
- Funds from a fundraising page are non-transferable to other fundraising pages unless requested by the donor within 30 days of transaction, and approved by PAF staff.
- To change registration from the 80 Mile Crossing Race to the Rendezvous Race, there will be a \$250 fee. The initial \$2,000 minimum fundraising commitment will remain for that paddler instead of the \$500 Rendezvous Race minimum fundraising commitment

2. Unpaid or Unresponsive Fundraisers:

- Participants who have not met their minimum commitment will be emailed a fundraising reminder 7 days prior to the campaign closing.
- If the participant informs Piper's Angels Foundation that they can not afford to pay their remaining minimum commitment, the participant will be granted a 14 day extension to continue fundraising and collect the remaining funds. After the 14 day extension, the participant's card on file will automatically be charged.
- Participants who fail to communicate or make arrangements for their fundraising commitments will be subject to the consequences outlined in the fundraising policy. Persistent non-responsiveness may lead to suspension or ban from future Crossing For Cystic Fibrosis events.

3. Extenuating Circumstances:

- For extenuating circumstances where payment can not be made, the participant must inform Piper's Angels Foundation within the 14 day extension by emailing a hardship letter to info@pipersangels.org. The hardship letter should detail the situation and provide any supporting documentation. Each case will be evaluated individually. Participants should make a partial payment if possible and communicate this in their hardship letter.



RENDEZVOUS RACE RULES

4. Two Strike Policy:

- For any participant that does not meet their minimum fundraising commitment, the Strike Policy will be enforced.
- First Strike: The first "strike" notice will be issued to the participant if they do not reach their fundraising commitment by August 14th. The first strike means that if the participant registers for a future Crossing For Cystic Fibrosis event, they will be liable to pay the remaining unpaid commitment upon registration via Zelle to admin@pipersangels.org. If this participant fails to make the remaining unpaid commitment upon registration, their registration will be canceled. This pertains to all participants including those with extenuating circumstances.
- Second Strike: If a participant who previously did not meet their fundraising minimum by July 31st of their Crossing participation year, but paid their remaining unpaid commitment upon registration for a later event does not meet their fundraising minimum by July 31st of the current Crossing campaign, this will result in a second "strike" notice. The participant will be required to make an immediate payment for the remaining commitment no later than August 14th. If there are extenuating circumstances or the participant can not afford the full payment, 50% of the unmet amount will be automatically charged to their card. Participants who do not pay the full amount for their unmet fundraising commitment will face a ban or suspension from future Crossing For CF events.

5. Team Fundraising:

- Team fundraising efforts must be approved by the Piper's Angels Foundation by emailing info@pipersangels.org within 30 days of registration and 30 days prior to the team's fundraising event(s). Participants should ensure they are following all guidelines provided by PAF and X4CF.
- Team fundraising efforts should be split among personal pages so that by July 31st, each page reflects the full personal fundraising commitment.

6. Forgiveness Policy:

- In certain cases, partial forgiveness of the unmet fundraising amount may be granted based on the participant's individual circumstances and the evaluation of their hardship letter.
- Forgiveness decisions are made on a case-by-case basis and are at the discretion of The Crossing For Cystic Fibrosis management and Piper's Angels Foundation Board of Directors.

7. Temporary Suspension/Ban:

- Participants who do not comply with the fundraising policy, including repeated failure to meet fundraising minimums or lack of response to strike notices, will face a temporary suspension or ban from future events.
- The duration of the suspension or ban will be determined based on the severity and frequency of non-compliance.

8. Communication and Support:

Participants are encouraged to communicate any issues or concerns regarding their fundraising efforts as early as possible. We are here to support and work with participants to ensure their success. Please email info@pipersangels.org



RENDEZVOUS RACE RULES

We appreciate your commitment to the Crossing For Cystic Fibrosis and thank you for your understanding and adherence to these policies. Together, we can make a significant impact in the fight for CF Warriors and families worldwide. If you have any questions or need assistance, please reach out to us at info@pipersangels.org

NOTES

1. SUP

- 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

- a) PRONE CLASS: Length - no maximum or minimum length
- c) Board Weight: - No weight restriction
- d) Board Dimensions: No minimum or maximum width size

3. Sitdowns

- a) The Sitdown division includes all self propelled sit-in crafts including surfski, OC, kayak, and dory

DEFINITIONS

- 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.