

— ULTIMATE CRUSADER'S GUIDE —

# OF WARRIORS



## 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 CF Warrior,*

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](mailto:info@pipersangels.org)*

THE BAHAMAS IN JUNE & SAFETY -----	1	HYDRATION & NUTRITION -----	12
THE BASICS: WHAT YOU NEED TO KNOW -----	2	TRAVEL INFORMATION -----	13
SUP BOARDS & PADDLES -----	3	LODGINING -----	15
SAFETY GEAR & OTHER EQUIPMENT -----	4	THINGS TO DO -----	16
CF GEAR -----	5	PADDLE OUT ROSE CEREMONY -----	17
X4CF MENTORSHIP -----	6	MANDATORY SAFETY MEETINGS -----	18
FUNDRAISING INFORMATION -----	7	KEY POINTS -----	19
BUDGETING & SPONSORSHIPS -----	8	BEACH LANDING & AWARDS CEREMONY -----	20
OUT OF STATE CRUSADER TIPS -----	9	PADDLER CHECKLISTS -----	21
TRAINING -----	10		

## 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.

 It is vital that CF Warriors come prepared for the heat. This means extra hydration, salt, electrolytes, sun protection, and cooling aids.

 Although, you might get busy with the fun in Bimini, prioritize your routine. Maintain the same treatments and schedule as you typically do at home so your health will be your strength during The Crossing.

 You'll want to prepare your team with an understanding of your health and needs. Be sure to communicate transparently so that they will be confident to take care of you if a medical situation arises.

 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.
- ▶ 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](http://crossingforcf.com)
- ▶ Recommended parameters for support vessels are a minimum of 25 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

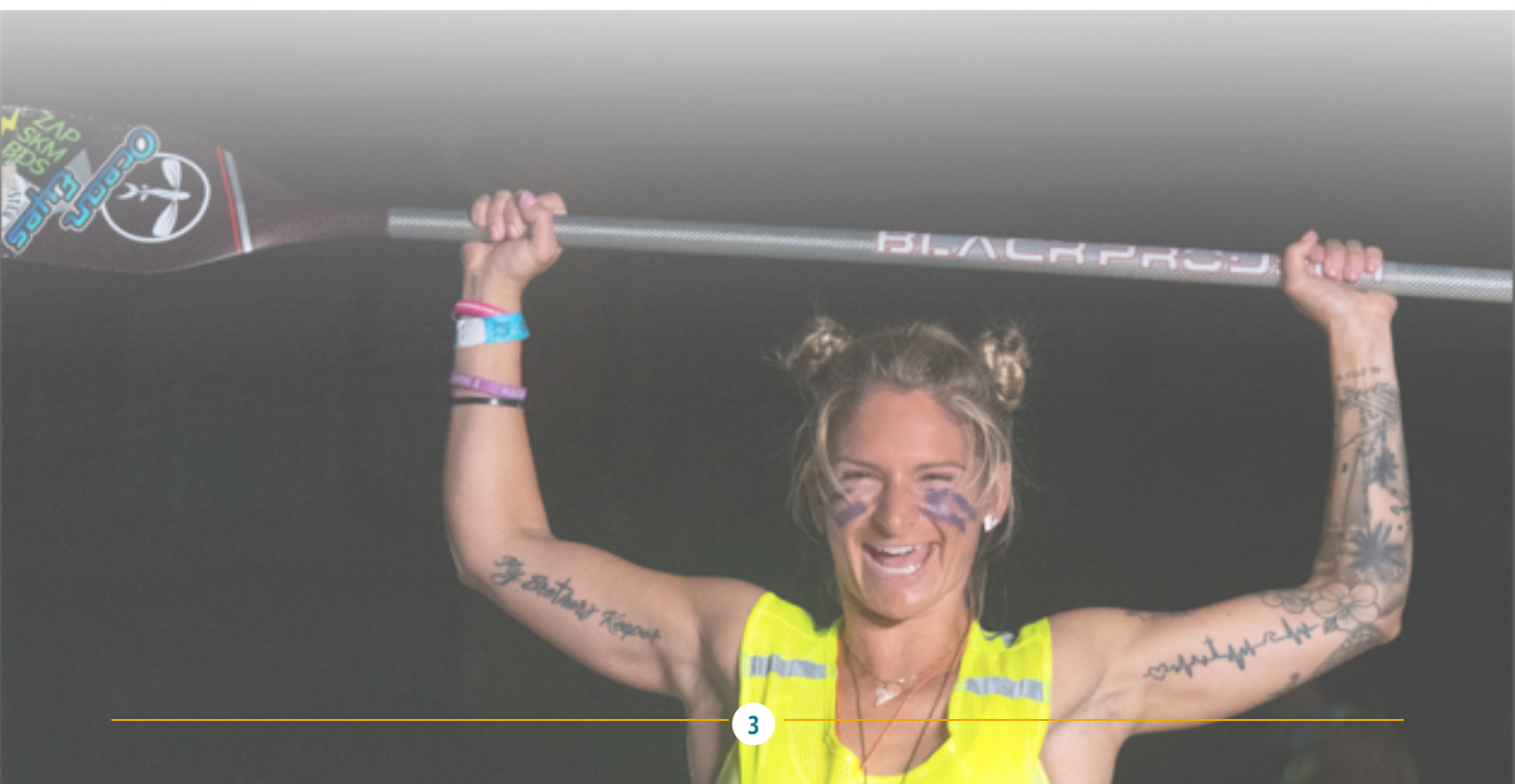
If you are participating in the event as a stand-up paddler, there are many great board options out there for open ocean paddling. Most common board brands include Flying Fish Board Co., Bogaert, SIC, Infinity, 404, NSP, Starboard, ECS, JP Australia, Riviera, BOTE, and Naish. The following parameters 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 (lumbar style or backpack)
- UPF Long Sleeve Clothing (bright colors)
- Neck Buff
- Waterproof White Light for Board
- Garmin Watch or GPS Tracking App on Phone Such as Strava





## CF GEAR

Your health is our priority and should be yours too! It is recommended that every CF Warrior brings all of their necessary medical devices and medications to maintain treatment regiment during The Crossing.

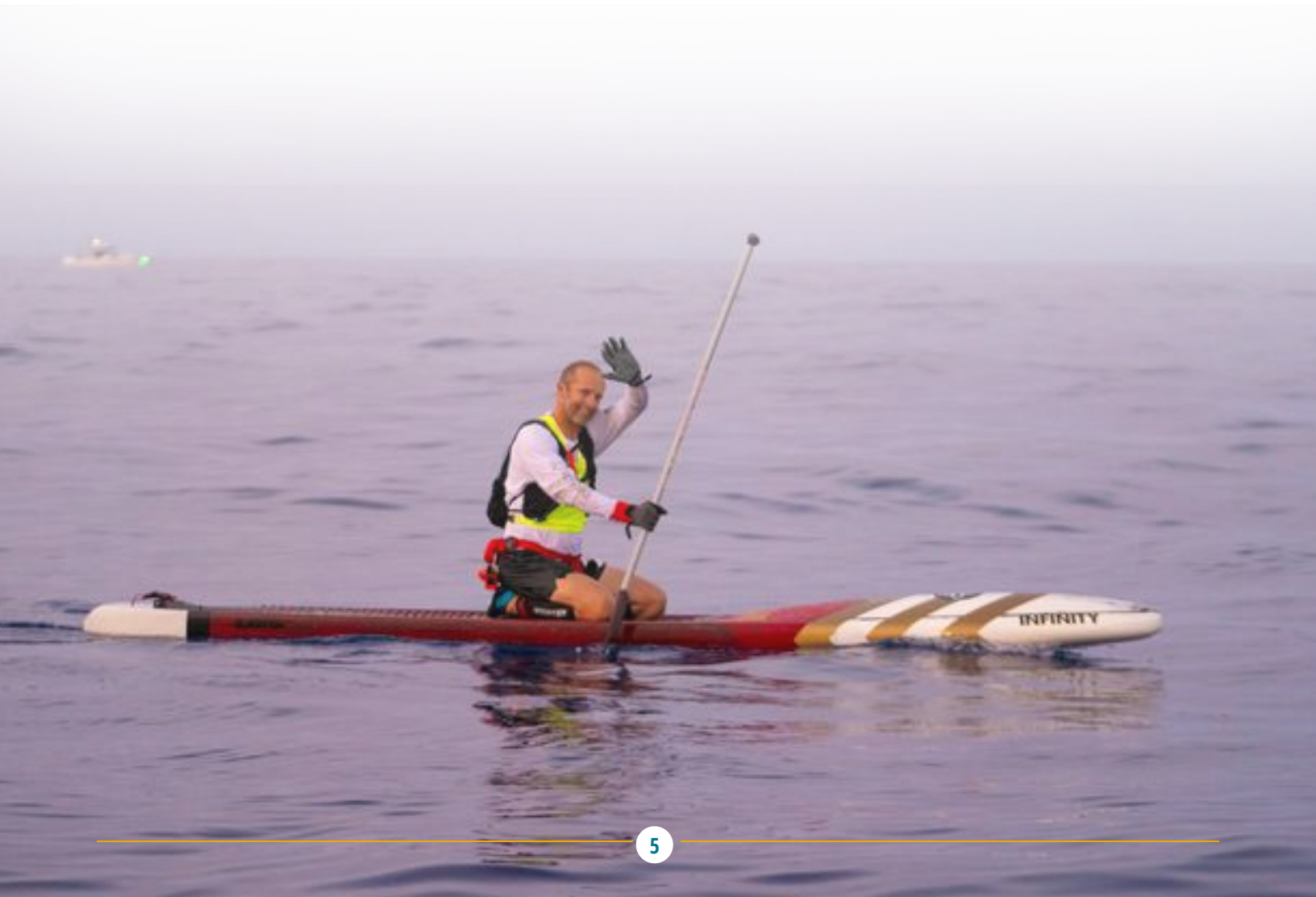
### **PROVIDED BY PADDLER**

- MEDICATIONS
- INHALER
- VEST
- NEBULIZER
- GLUCOSE MONITOR & SUPPLIES
- ALLERGY MEDICATION
- HYDRATION & NUTRITION

### **PROVIDED BY X4CF**

- RED CF WARRIOR BRACELET
- PURPLE FLOWER LEI

**RED CF WARRIOR BRACELET TO BE WORN AT ALL TIMES. PURPLE LEI TO BE WORN AT THURSDAY NIGHT POOLSIDE SOCIAL, FRIDAY NIGHT DINNER, SATURDAY MORNING ROSE PADDLE OUT CEREMONY.**







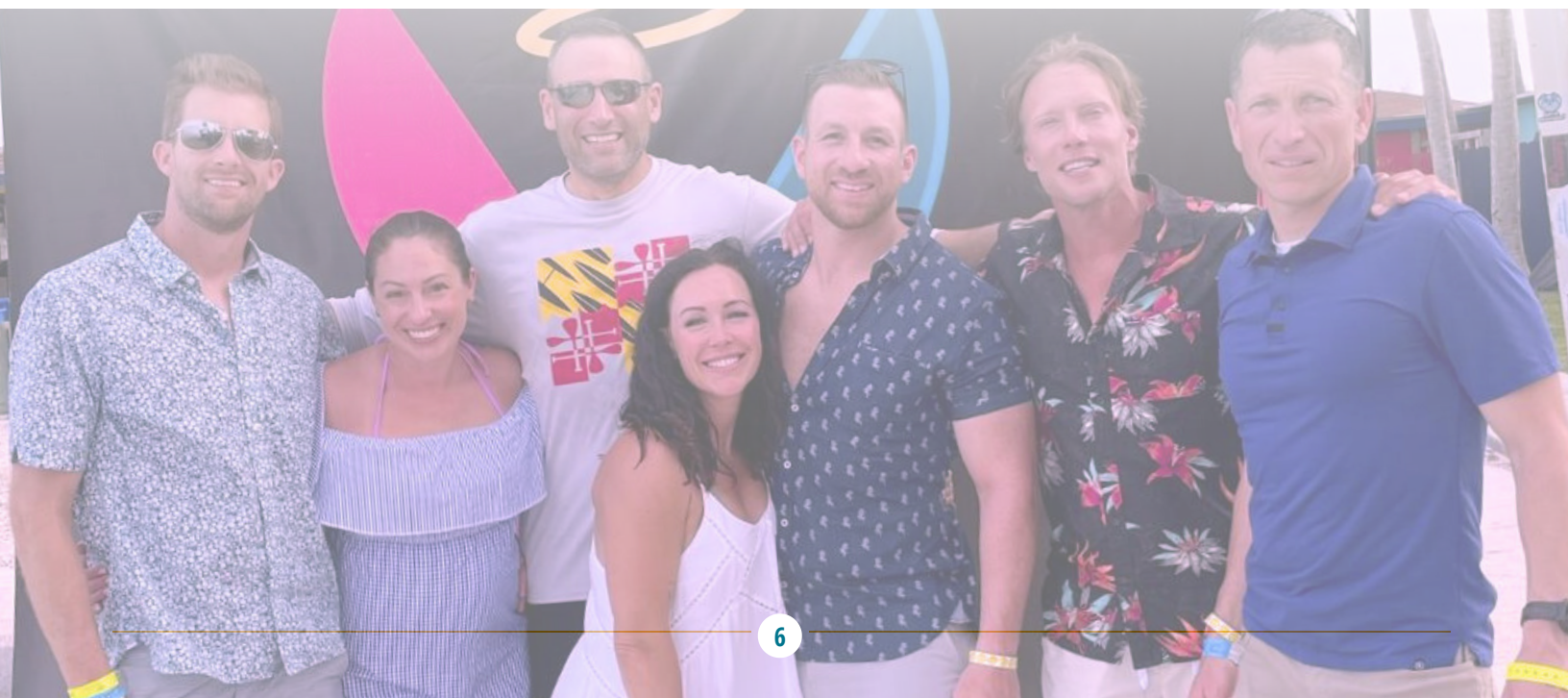
## X4CF MENTORSHIP PROGRAM

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. 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.

## CF WARRIOR MENTORSHIP PROGRAM

As a CF Warrior registered for The Crossing, you get an additional mentor who is an experienced CF Crossing Crusader. We understand the complexities and additional needs a person with CF has when it comes to participating in this event, therefore we have created the CF Warrior Mentorship Program. Your CF Warrior Mentor can help to answer any questions you have as well as provide guidance as you embark on this X4CF journey!







## FUNDRAISING INFORMATION

As a CF Warrior 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 so that other individuals in your similar situation can also feel empowered.



## GETTING STARTED FUNDRAISING

- 💰 Did you know there is a Fundraising Guide for The Crossing?! Please find this on the [crossingforcf.com](http://crossingforcf.com) website to gain a wealth of knowledge and tips on fundraising.
- 💰 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 Paddler to optimize your advocacy and team fundraising efforts.
- 💰 Make your fundraising efforts personal to your journey with cystic fibrosis. You are a CF Warrior, share your story with everyone!





## WHAT TO EXPECT WHEN BUDGETING

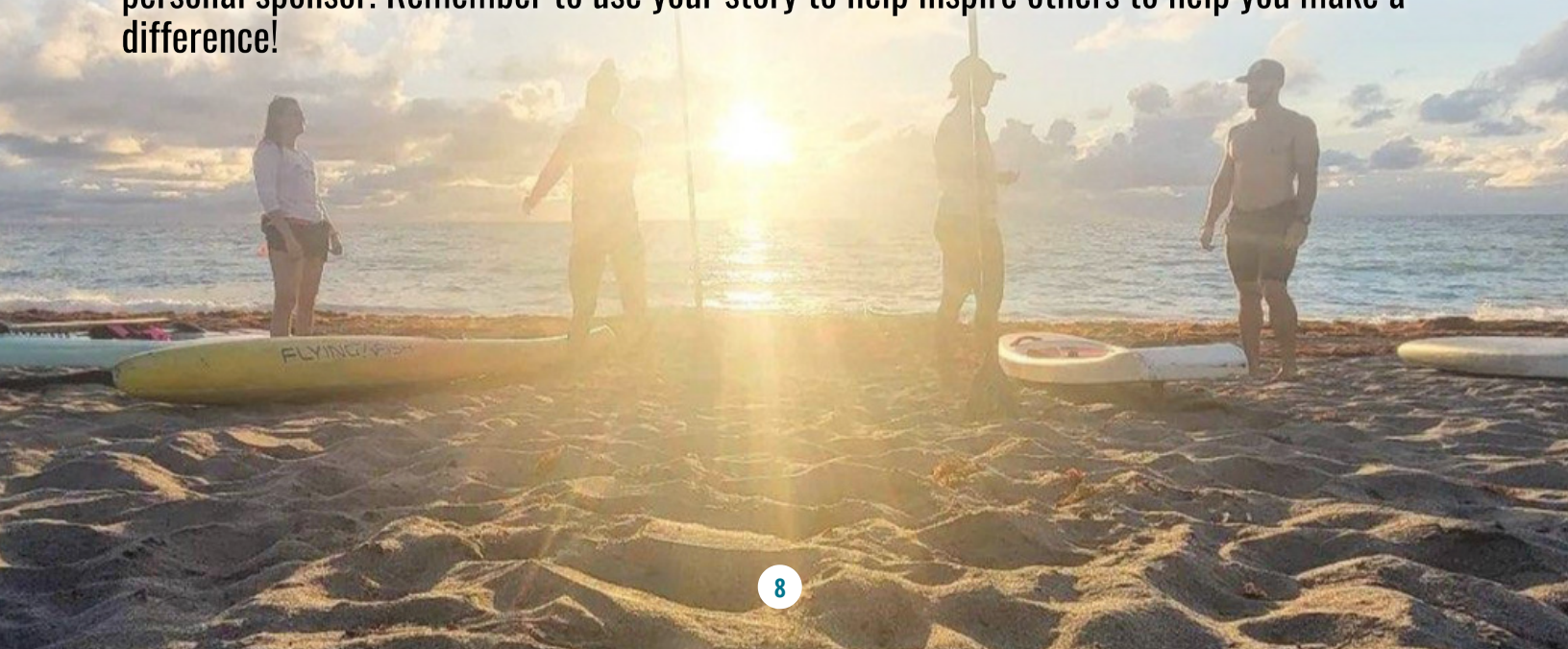
As a recreational solo paddler (limited to 40 participants), your registration cost helps to cover your captain's expenses so you will only be responsible for your lodging, hydration, nutrition, etc.

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.

CF Warriors have the opportunity to apply for the Forever Stoke Scholarship which can help cover expenses related to The Crossing. This is dependent on your needs and what Piper's Angels Foundation can approve. Apply at [pipersangels.org/forever-stoke](http://pipersangels.org/forever-stoke)

## 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. Remember to use your story to help inspire others to help you make a difference!







## CROSSING 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
- Plan monthly team meetings with your captain, crew, and other paddlers on your team (invite your CF Mentor to join)
- Communicate with CF Care Team about what you are doing and any support you might need in any way
- Make sure you're involved in the monthly CF Warrior Zoom Sessions and CF group communications
- Organize and prepare your treatments so they're easily accessible for packing
- Obtain doctors notes for your treatments if you're traveling by plane

### 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
- Use a balance board to train at home. Do your treatments at the same time if you want to multitask!
- If you don't have a board or can't get one to Florida, don't be afraid to reach out to others via social media or get connected through your X4CF Mentor. Piper's Angels Foundation has designated boards CF Warriors can borrow on a first come-first serve basis.

### Travel:

- 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. \*Remember you might need your doctor's note for traveling with your treatments
- 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
- Bring all medications and treatments you need. Pack them in a dry bag or waterproof container. Your health comes first!

### Best Advice from Other 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."
- "Be proud of how brave you are to take on this journey. As a CF Warrior, this event is because of how you inspire others."



## 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. How will you fit your treatments into this new schedule?

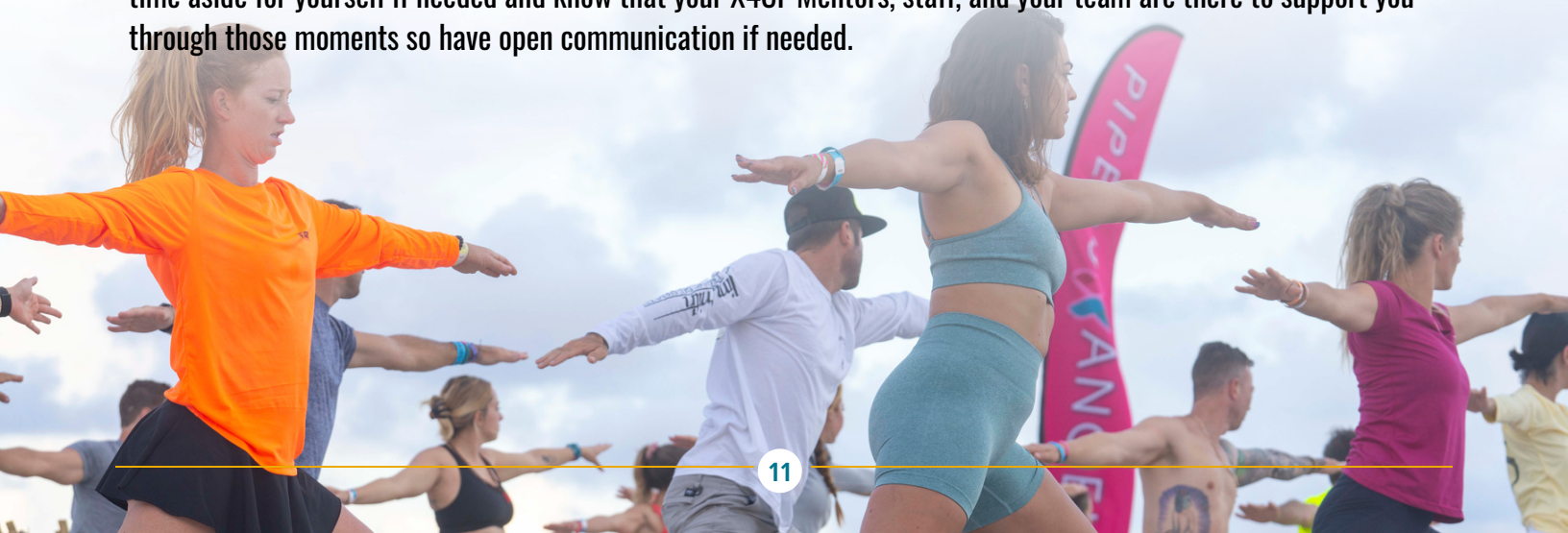
### **Journal:**

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. As a reminder leading up to this event, know that you are not defined by your diagnosis, but by your bravery. Writing personal mantras or affirmations that you can recite during your paddles will help you find your confidence.

### **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.

As a CF Warrior, coming to The Crossing may feel overwhelming at times. Many people will want to meet you, hear your story, share theirs, and explain their 'why.' The events you'll get to experience within The Crossing can be emotional at times. Be prepared to allow yourself to feel and process those emotions however you may need. Set time aside for yourself if needed and know that your X4CF Mentors, staff, and your team are there to support you through those moments so have open communication 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 and to maintain blood glucose levels.
- ▶ Make sure to eat something at least every 1-2 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.
- ▶ Have your enzymes easily accessible so that you can properly utilize the nutrients you consume.

## 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. 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.



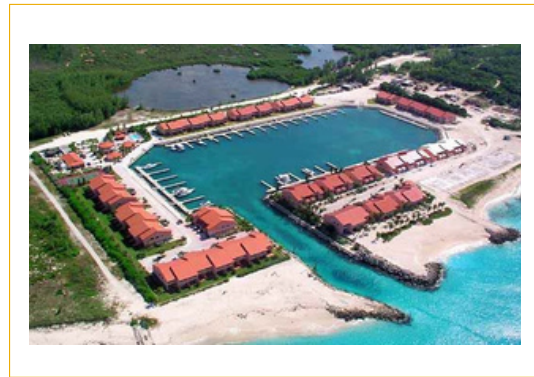
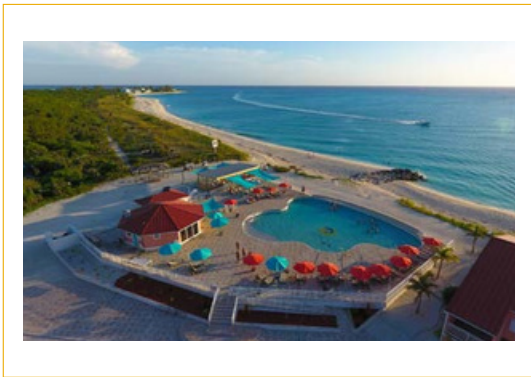
The fast ferry is a boat service out of Miami that goes to Bimini. This is a good option, but you must check the ferry schedule since it does not run every day. Also, once you arrive in Bimini by plane or fast ferry, you must coordinate your transportation to your hotel prior since it isn't east to find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





## LODGING RESERVATIONS

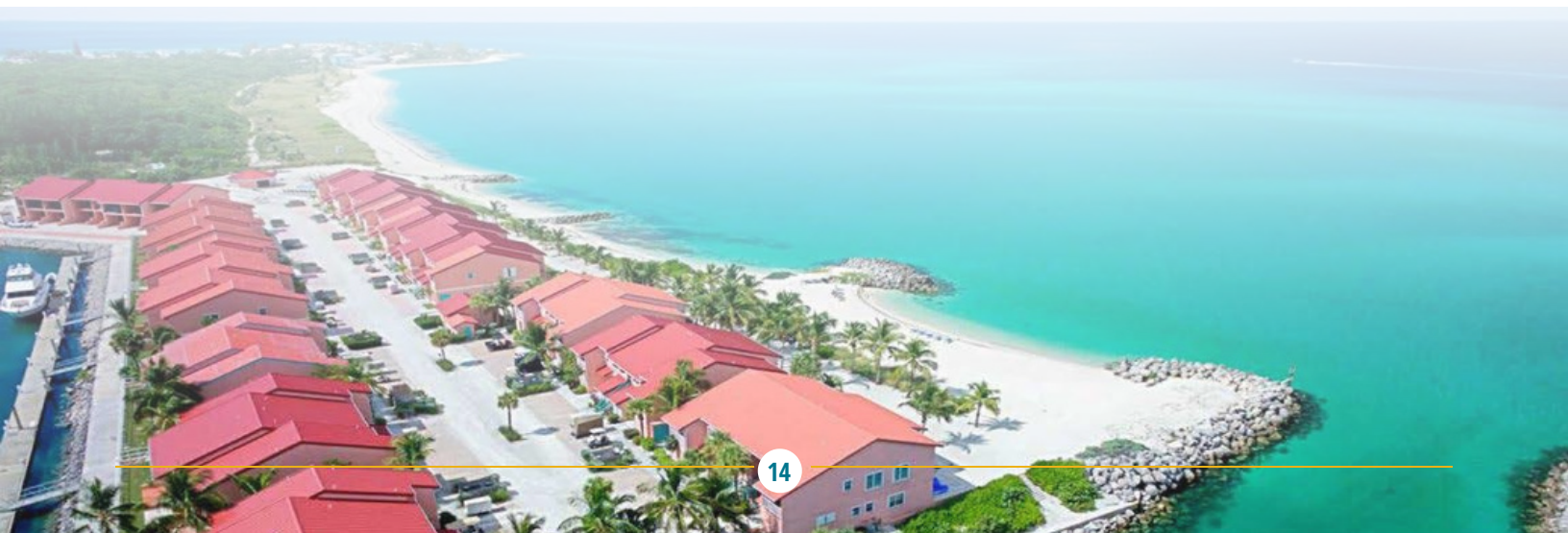
The two main lodging venues for the Crossing For Cystic Fibrosis are Bimini Cove Resort on the south island and Bimini Big Game Club on the north island. Most participants stay at these venues since this is where we host check-in and other events. Lodging requests for reservations opens in March at [crossingforcf.com](http://crossingforcf.com). You may book a private home (recommended for larger teams) or a room at another hotel if preferred. Space is limited in Bimini, so typically teams with bunk together.



### WHERE TO STAY: BIMINI COVE RESORT, SOUTH ISLAND **\*\*CFer RECOMMENDED!**

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. This lodging venue is highly recommended for individuals with CF as it allows for accessible and proper storage for medications, treatments, and nutrition.

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 the CF Warrior Sunrise Treatment Session happens, where the launch for the Paddle Out Rose Ceremony is, and where The Crossing Bimini Beach Launch begins.



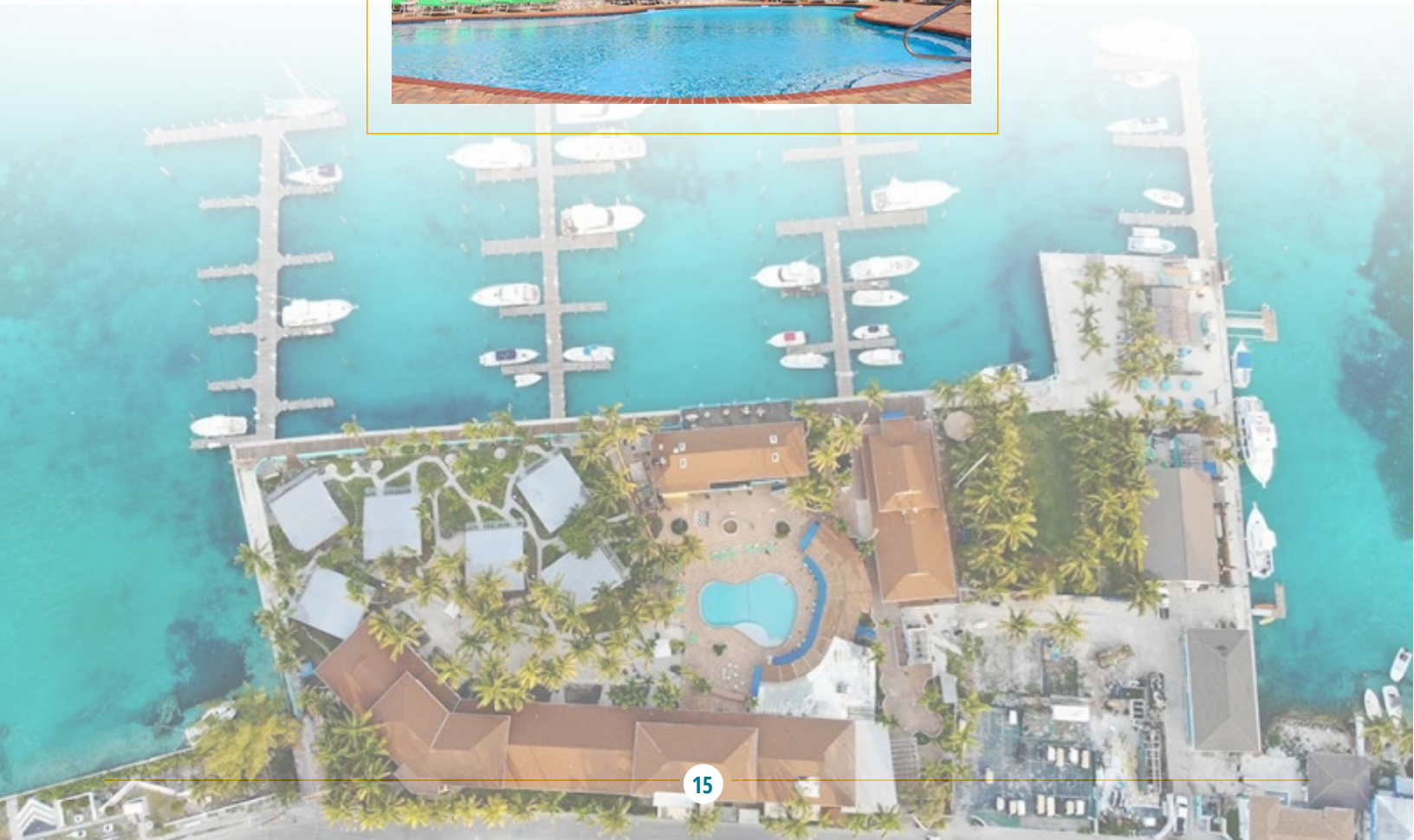
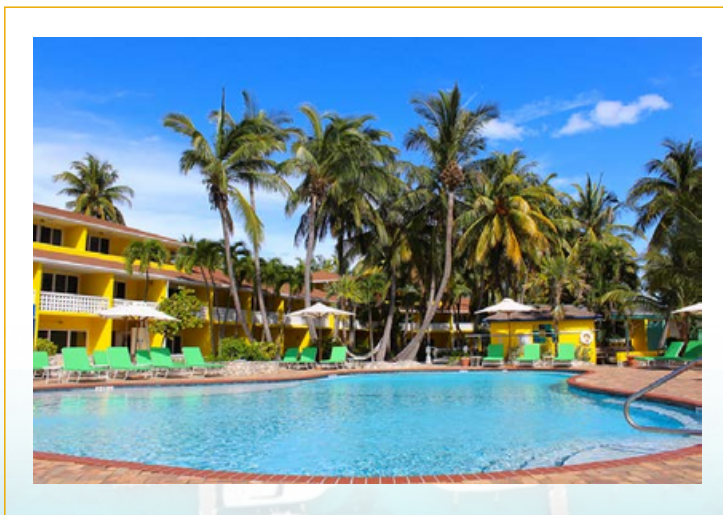




## WHERE TO STAY: BIMINI BIG GAME CLUB, NORTH ISLAND

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. You will want to make sure you have coolers with ice to keep your nutrition, hydration, and medications stable.

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.



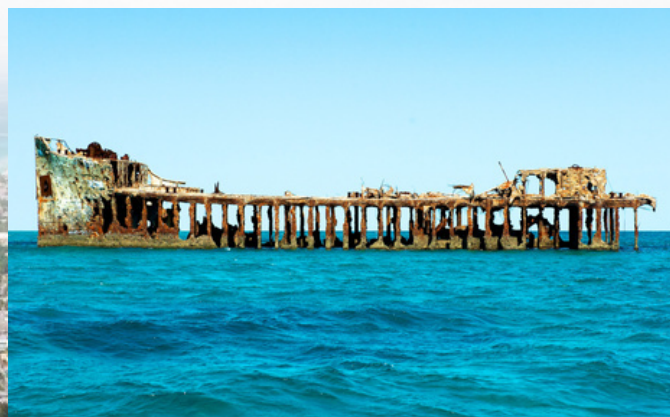




## THINGS TO DO IN BIMINI, BAHAMAS

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.



This moment in particular can be particularly emotion provoking for CF Warriors, so it is important to prepare yourself for it. Know that everyone around you is there to support you, to lift you up, and to stand hand-in-hand with encouragement. Remember your strength and remind yourself of how much you are truly capable of. Once again, allow yourself to feel and process these emotions as you need to.







## 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.





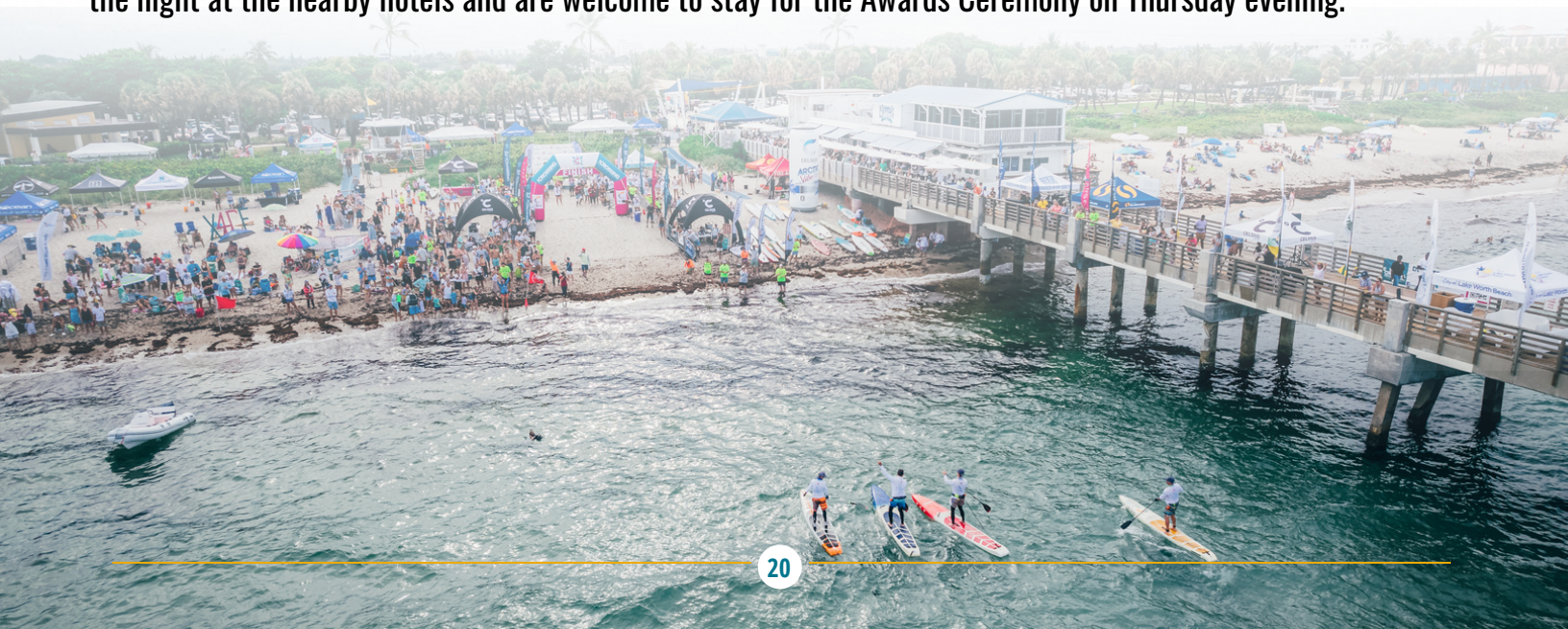
## THE BEACH LANDING & AWARDS CEREMONY

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](http://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, snack, medication, inhaler, etc UNLESS you have a friend or family member on the beach who is bringing this for you) 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
- 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
- ADD INFO@PIPERSANGELS.ORG TO YOUR PRIMARY EMAIL LABEL TO MAKE SURE  
YOU GET ALL IMPORTANT UPDATES FROM THE CROSSING
- READ THE X4CF WEEKLY NEWSLETTER EMAIL
- IF YOU HAVE ANY REGISTRATION CHANGES, EMAIL INFO@PIPERSANGELS.ORG



## 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](mailto: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
- BE CONSISTENT WITH YOUR TREATMENT AND MEDICATION REGIMENT



## 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.**
- WRITE DOWN YOUR MEDICATION/TREATMENT REGIMENT TO SHARE WITH YOUR TEAM FOR EMERGENCY PURPOSES**
- PACK TREATMENTS (USE A SMALL COOLER FOR MEDICATIONS THAT NEED TO STAY COLD)**





## 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
- CF MEDICATIONS
- MEDICAL DEVICES FOR TREATMENTS



## 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
- SALT TABLETS





## 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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## CF WARRIOR TIPS

This event will be unforgettable! You will feel empowered, loved, and strong, but overall you will feel you are part of a family. There will be a lot going on such as meeting new people, on island events, and all the other fun things your team has planned, therefore these tips will help prepare you for your Bimini and Crossing paddle experience!

- Remember to take time for yourself, keep up on your regiment, rest when needed, and stay hydrated.
- An easy way to transport treatments is in a drybag or waterproof container in the cabin of your boat. Medication that needs to stay cold can be placed in a waterproof container in a cooler of ice or on the boat's fridge if it has one.
- During The Crossing, keep your treatments and medical equipment easily accessible in case of emergencies.
- Be open with your team and crew about your goals and dreams.
- Communicate about how you want to be communicated to during The Crossing about medical care.
- Designate one person on your team to be your advocate when it comes to your medical needs and decision making.
- Enjoy, enjoy, enjoy! Allow yourself to feel every ounce of emotion and empowerment!