

— ULTIMATE CRUSADER'S GUIDE —

Paddlers



THE CROSSINGTM FOR CYSTIC FIBROSIS

*Bahamas to Florida Epic Paddle Challenge
& International Championship*



PIPER'S
FOUNDATION FOR



ANGELSTM
CYSTIC FIBROSIS



PIPER'S ANGELS FOUNDATION BOARD OF DIRECTORS
~ Established 2016 ~

February 2021

TO ALL CROSSING CRUSADERS

SUBJECT: Letter of Thanks!

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 2021. Our mission of supporting families affected by CF is only successful and possible with your help, dedication, and unwavering commitment.

In the four short years 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 \$1,000,000 in support of the CF Community
- Donating over \$80,000 back to 9 other non-profit organizations that participated in the 2019 Crossing
- Creating our nationally recognized Unmasking Mindfulness program to teach people with CF meditation as a mental health tool.
- Piper's Angels Foundation is now listed on the National Directory with the CF Foundation as a globally recognized primary support system for CF families
- Supported over 150 CF families with Urgent Financial Assistance
- Creating the largest global day of activism for CF - Warrior Wednesday
-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, where we look out upon the blue waters of Bimini, we remember the 'why' that brought us there, we face the ocean being BOLD IN THE FACE OF FEAR – and we INSPIRE WITH 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
DJ Barker	Lauren Wertepny	Joe Lawless	Heidi Kaye	Matti Antilla	Sean Dunleavy

Piper's Angels Foundation - www.pipersangels.org



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 Ryan Burgess at ryanb@pipersangels.org*

The Bahamas in June	3	Yoga & Meditation	7	Gear Packing List	10	Paddle Out Ceremony	15
What to Expect	3	Hydration & Nutrition	8	Travel Information	11	Key Points to Remember	16
Basic Information	4	Preparation	8	Where to stay	12	Paddling in the Dark	17
Fundraising Tips	5	Paddle Out	8	Bimini Cove Resort	12	The Beach Landing	18
Training Suggestions	6	SUP Boards & Paddles	9	Bimini Big Game Club	13	Registration Information	19
Weekly Paddle Goals	6	Gear & Safety	10	Things to do in Bimini	14		

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. The event was inspired because of the incredible health benefits of the ocean for those living with cystic fibrosis. Travis Suit's daughter, Piper 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 patients 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 because 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 as much as possible. This is an incredible voyage for an incredible cause and the more love we bring to the table, the more rewarding it will be for everyone.



THE BASICS - WHAT TO EXPECT ON THIS PADDLE ADVENTURE

1

This epic adventure is designed to be as fun as possible while enduring through more than 75 miles of open ocean paddling. Safety is our #1 concern. The ocean and Gulf Stream can be highly 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.

2

We will have safety personnel and event officials on roving boats checking in with paddlers and crew members on a regular basis.

3

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 OR VOLUNTEER

- ▶ ALL styles of paddling vessels are welcome, including the following: Stand-Up Paddle board 14', Stand-Up Paddle board 12'6", Stand-Up Surfboard (12' and under), Stand-Up Paddle board Unlimited, Standup Inflatable Unlimited, Prone Stock, Prone Unlimited, OC-1, OC-2, OC-6, Surf-Ski, Kayak Single, Kayak Double, Rowing Single, Dory (2-persons)
- ▶ June is considered one of the best months to cross from Florida to the Bahamas or vice versa, but wind and weather conditions can change quickly.
- ▶ The U.S. Coast Guard will be informed and provided with our navigation plans. U.S. Coast Guard approved PFDs are required.
- ▶ Each paddler has a \$1,500 minimum fundraising goal.
- ▶ 100% of the net proceeds from fundraising goes to the Piper's Angels Foundation for helping families and patients facing challenges with cystic fibrosis.
- ▶ Paddlers and volunteers are responsible for their own travel and transportation of gear to Bimini. However, there will be limited availability on support vessels going to Bimini for those interested and will be designated on a first-come, first-serve basis.
- ▶ Paddlers are responsible for their own accommodations while staying in Bimini. We will provide recommendations based on availability.
- ▶ Recommended parameters for support vessels and escort boats are a minimum of 25 ft. and powered by two engines.
- ▶ During the actual paddle, it is suggested that you bring an ample supply of water, gatorade, fruit, nuts, endurance bars, snacks, and a variety of food items for consumption. We are going to have limited space on the boats, so please be mindful of what you pack and bring with you on this trip.

See the Official Rules for more detailed info.





FUNDRAISING INFORMATION & TIPS

- 1 Each paddler has a \$1,500 minimum fundraising goal.
- 2 100% of the the net proceeds from fundraising goes to the Piper's Angels Foundation in support of their mission and programs created to improve the quality of life of CF families.
- 3 Each paddler will have a GoFundMe personal fundraising page to help them hit their goal.
- 4 The top fundraising paddlers and teams will receive grand prize packages. This includes both the recreational and competitive categories.

THE MOST SUCCESSFUL WAYS TO MAXIMIZE YOUR FUNDRAISING EFFORTS!

- ▶ **Social Media:** It is advantageous to share your journey, updates, and fundraising page across all of your social media channels.
- ▶ **GoFundMe:** Updating your GoFundMe fundraising page often will message any of your current contributors with an email notification in a blog style format with your updated info, photos, and videos.
- ▶ **Matching:** Utilizing matching programs through a company can be a great way to double up on your fundraising.
- ▶ **Fundraising Events:** Planning and hosting pre-parties and small fundraising events can be very effective and super fun! For example, a good idea can be to do a pre-party or promotion at a restaurant or paddle shop, and partner with other types of businesses, like fitness companies, cycling studios, gyms, etc. with the proceeds from the event to benefit your fundraising campaign.
- ▶ **Sponsors:** Asking your sponsors and supporters to share your journey on their social media channels, email newsletters, websites, and blogs can be a great way to extend your reach. Sponsors will sometimes match a predetermined amount of your fundraising as well.
- ▶ **Virtual Paddlers:** Encourage your friends, family, and co-workers to join your fundraising team as a virtual paddler. Virtual paddlers have a \$250 fundraising minimum. It's a great way to be more inclusive and spread awareness for cystic fibrosis and your epic journey.





CROSSING FOR CYSTIC FIBROSIS TRAINING PROGRAM

Are you ready to start training for the paddle of a lifetime? If your goal is to cross from Bimini to Florida this June, this program is designed to get you there. It is scalable to all levels of paddlers and to individual or team. participants.

WEEKLY PADDLE GOALS

Those that can see open ocean conditions should be strongly encouraged to do so safely.

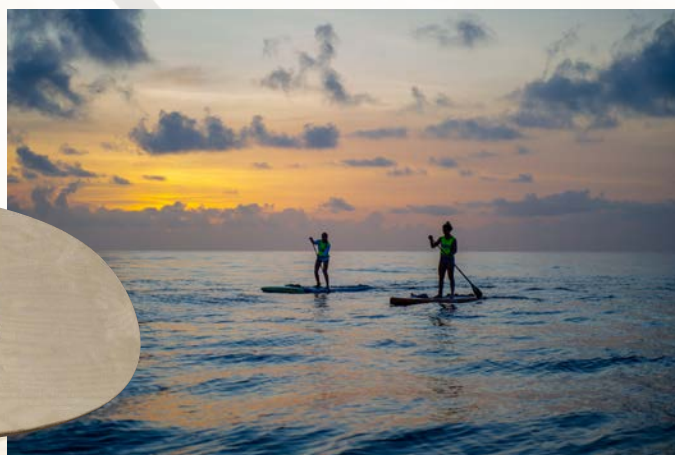
Short Paddles: Two to three, 4-6 mile paddles at a moderate intensity.

Long Paddles: One per week, 10+ miles at a slow pace. (3-4 20+ mile paddles prior to crossing.)

Sprint Paddles: One per week, max out pace. We recommend doing these sprint paddles based on the Phil Campbell, 'Sprint 8' methodology, which break-down as follows. *Complete one, 30 second max out sprint, rest 1-2 minutes, and then repeat for 8 consecutive rounds.* Typically, even the best athletes will find it challenging to complete all 8 rounds if they are giving 100% and maxing out. This program was designed for running, but can apply to paddling as well. The purpose of this workout is to maximize the natural production of Human Growth Hormone (HGH).

Cross Training: It is important to recognize the value of cross training with other activities such as swimming, surfing, cycling, weightlifting, and running. Anything and everything helps, and the most important part is that you are enjoying the burn and having fun along the way.

Stability: Finding ways to train for balance, whether it's on an Indo Board or slack line, are critical to improving your overall stability in the ocean on a board.





TRAINING SUGGESTIONS (CONT.)

Journal: We have found that journaling your training paddles into a written or typed document helps provide a tangible way to track your progress. It also offers you an opportunity to record special moments that happen when you're on the water and with friends, such as seeing a huge

school of amberjack encircle the boards like a tornado, or having a five-acre school of finger mullet shower across your boards; writing down these experiences will help you relive the amazing memories. Utilizing a journal as a tool like this can also help teach you more about understanding the dynamics of the

conditions you're paddling in. Recording information such as the date, time, tides, wind direction, current direction and speed, who you are with, what you saw, how you felt, food, hydration, and what you learned, will all help to guide future paddles and build on your waterman skills.



YOGA & MEDITATION

Yoga can be an incredible exercise to balance out a heavy training schedule. Focusing on strength, flexibility, mindfulness and breathing, will help contribute toward a well rounded approach to your health, wellness, and fitness training. Many of the paddlers that have participated in

the Crossing have found adding 1-2 yoga sessions into your weekly routine can be very helpful. Incorporating a regular meditation practice into your daily routine is also a powerful tool for strength, stability, and clarity of mind. When the pressure of training and maintaining a life/work balance is

on the line, meditation is the 'vehicle of the mind' that will deliver freedom from your anxiety and stress by allowing you to drop into deeper states of consciousness and providing your brain with adequate rest outside of sleep.





HYDRATION & NUTRITION

Long Distance Paddling: Hydration & Nutrition Suggestions

PREPARATION

- ▶ The day before you paddle out, make sure to load up on complex carbs, legumes, fruits, vegetables, and stay hydrated.
- ▶ Consider purchasing a Camelbak or water bottle holder for the paddleboard before you go.

PADDLING OUT

- ▶ The rule of thumb as far as fluid intake is 24 ounces per hour of paddling.
- ▶ Water is best. Gatorade and coconut water are great too for providing electrolytes (potassium and sodium in particular). Freezing water/Gatorade the night before makes for cold water the next day. Drink before you get thirsty.
- ▶ Tailwind Endurance Fuel Powder is a popular source for calories, electrolytes and hydration.
- ▶ Carbohydrates are the most important nutrient for maintaining glycogen stores (energy stores) in your body.
- ▶ Shelf-stable items that you can take on your trip include:
 - ▶ Clif bars (or any other high carb/high calorie bar), Trail mix with salt, Beef Jerky, Sardines/crackers
 - ▶ Energy balls (throw some pitted dates, oats, nuts, honey in a food processor)
 - ▶ Bagel with peanut butter or classic PB&J's
 - ▶ Fruit (bananas for replenishing potassium, apples, kiwis, and oranges)
 - ▶ Gels, Powdered Meal Replacement mixes

Avoid excess protein/protein powders because this may cause dehydration during the trip. However, protein is crucial for recovery once you finish a long day of paddling.

RE-FUELING DURING THE CROSSING

For the solo recreational paddlers, each support boat will be provided with a small raft (see photo below) to distribute nutrition and hydration to the paddlers. This can be a very helpful tool for all team and competitive escort boats to consider. It's important not to get too close to the boats during the breaks to avoid damage of both the boats, boards, and people.



When the volunteers on the boats float the raft back to the paddlers, it makes it easy to retrieve your items. It will be helpful to give the crew on your designated boat an idea of what you want on your breaks, and to have everything organized and packed in a simple way to locate near the back of the boat. It can be helpful to keep your Camelbak on and just refill them on your board. The Camelbaks also act as storage for smaller nutritional items.





SUP BOARDS

If you are participating in the event as a stand-up paddler, there are many great board options out there for open-ocean paddling. We've listed a few of the favorite style and brands of boards that have been used on the Crossing.

What Makes An Ocean Board:

- ▶ Lighter Weight / Carbon Fiber
- ▶ More Volume (mass) in the nose of board helping to keep the board elevated
- ▶ More rocker in nose allowing the board to stay out of the water when riding bumps or swells
- ▶ Square back or 'thumb' tail allowing for a wider footprint and more stability
- ▶ Recessed deck for lower center of gravity and keeping your body closer to the water
- ▶ BOARD SIZE: Intermediate and above recreational paddlers generally use a wider board for stability - 28" to 32" wide. Advanced Competitive Division paddlers will typically paddle on 24" to 28" wide boards.

TYPES OF PADDLES

For longer paddles, you want to reduce your weight and overall expenditure of energy. Lighter is generally better, and it is important to get a smaller size blade on your paddle (less than 90 square inches) to keep from pushing to much volume of water with the face of your blade and getting burned out. A lot of paddlers add grip tape to the shaft of their paddle for a better hold. Talk to a local paddle shop and try before you buy when possible.



SUGGESTED BOARD BRANDS (NOT A COMPLETE LIST)

Flying Fish Board Co.	404
JP Australia	SIC
Bogaert	BOTE
NSP	SUNOVA
ECS	

SUGGESTED BOARD SHOPS (NOT A COMPLETE LIST)

Zeke's
Flying Fish Board Co.
Blueline
Bogaert's
Spunky's Surf Shop





GEAR & SAFETY

Be smart on the water! If you are doing ocean training paddles offshore, it is necessary to let someone know where you are going and what your plan is. There have been too many experi-

enced watermen lost at sea or caught in dangerous circumstances to take this situation lightly.

Below is a list of suggested safety gear to keep with you anytime you're on the water:

- | | | |
|--------------------------|-------------|--------------------------------------|
| ▶ GPS Tracker | ▶ Gloves | ▶ Sunscreen |
| ▶ Dye Marker | ▶ Hats | ▶ Long-Sleeve High Performance Shirt |
| ▶ Water Activated Strobe | ▶ Shirts | ▶ Coast Guard approved PFD |
| ▶ Camelbak | ▶ Neck Buff | |

****Wearing anything in bright colors is a good idea for high visibility on the water and in low light conditions.***

GEAR PACKING LIST

- | | |
|--|--|
| ▶ Passport, ID, cash (small bills), wallet (access to ATM's on Bimini is limited and not guaranteed) | ▶ Paddlers will be provided with the following: whistle, glow-stick, safety vest, satellite GPS tracker (paddlers will receive these items at our safety meeting on Friday in Bimini). |
| ▶ Board, paddle, leash, PFD, hat, sunglasses, Camelbak, bright sun wear, sunscreen, protective phone case, neck buff | |
| ▶ Sea sickness meds or sea sickness wrist bands | ▶ Food & Beverage: Please pack and bring anything special you'd like to eat or drink on your trip. Not all of the hotel rooms in Bimini have refrigerators or small kitchens for storage, so you may need to keep some items in coolers. |
| ▶ GoPro, camera, iPad, personal items, toiletries, bug repellent, snorkel gear, yoga mat, towels | |

CREW MEMBERS: Bring a quality flashlight for the dark hours of the paddle.





TRAVEL INFO

Options for getting to Bimini, Bahamas:

There is limited availability on our support boats leaving Florida and headed to Bimini. The only group of paddlers guaranteed a ride over to Bimini by boat are the recreational solo paddlers. For volunteers or crew, please RSVP by emailing: boats.info@pipersangels.org.

All event participants, including captains, volunteers, crew, and spotters MUST register on GoFundMe.

There are commercial airline flights that are very convenient because the flight is less than 30 minutes long from anywhere in South Florida, but you will have to arrange for transportation of your

board on a boat heading over, as most of these flights do not have capacity for them. This is also a great option if you have family or friends also coming over to visit before we depart.

Taking a private boat over is by far the most popular option. Whether you have a friend or family member with a boat that has volunteered to support you on your journey as an escort boat, or you are looking to hire a captain, having a private boat is the most advantageous way to go for carrying gear or other boat occupants. Escort boats registering with the event are required to be at least 22ft long and have two engines.

***Please Note: The Bahamas charges boat entrance fees which are: boats up to 35ft \$150.00, and 35ft and up \$300.00.**

There is a fast boat service out of Miami that goes to Bimini and can transport bags and gear. The issue is that when you arrive in Bimini, you'll have to coordinate or find transportation to your hotel, and local transportation can be challenging to come by since Bimini is so small.

Cruise schedule: Call 877-286-7220 / 786-752-4670

www.biminishuttleboat.com





WHERE TO STAY

Bimini has plenty of beautiful places to stay! Check out the following suggested venues.

BIMINI COVE RESORT

The private beach featured in the photo below will be the start location for the Crossing For Cystic Fibrosis event!

With over 200 units (majority of which are privately owned and uniquely furnished) and an ever growing list of amenities, Bimini Cove Resort is truly an island, condominium community that is perfectly aligned as the future home of the Crossing event. For families traveling with small children (and grandparents), sailboaters beginning

their journey throughout the Caribbean, leisure yachters hoping to escape the hustle and bustle of Miami, weekenders and day-trippers, fishing enthusiasts, diving fanatics and shark lovers - Bimini Cove Resort & Marina offers a quaint, home-away-from-home experience. Come see for yourself!

The Crossing For Cystic Fibrosis Team will notify ALL paddlers when Bimini Cove reservation platform is ready. It is highly suggested that reservations be made for paddler/crew accommodations as SOON as possible - rooms and properties will fill quickly.

Contact Crossing team member for more details or visit the website.





WHERE TO STAY (CONT.)

BIMINI BIG GAME CLUB

The Bimini Big Game Club is a wonderful option to stay in Bimini. You'll be right in the heart of little Alice Town, and close to the stores, bars, and shops.

Founded in the 1930's as an elegant dinner club and relocated and expanded in 1947 to its current home, the Bimini Big Game Club has a rich history hosting world-class fishermen, avid divers, and dignitaries alike.

The resort offers the best of the Bahamas whether you are taking a break from a fast paced lifestyle, looking to catch the 1,000 lb Blue Marlin or exploring the undersea mysteries of the infamous Bimini Road. Generations of families call Bimini Big Game Club their destination away from home.



Contact Crossing team member for more details or visit the website.





THINGS TO DO IN BIMINI, BAHAMAS

Come early and relax and enjoy the tranquility before the epic journey home.

- ▶ There are a lot of incredible things you can do in Bimini, especially if you come over on a boat and have the ability to get around on the water. These activities include snorkeling, diving, fishing and spearfishing.
- ▶ Many paddlers and groups will come over earlier in the week to benefit from having an extra few days in Bimini to explore.
- ▶ For paddlers, it's important not to let the beauty of the Bahamas distract you from the purpose as to why you are there, to successfully paddle across the Gulf Stream, and spending too much time in the water or sun you can wear yourself out physically. It's a spectacular place to paddle around and enjoy the gorgeous blue-green waters.
- ▶ On the island, it is fun exploring with picturesque views to see. Taking a stroll through colorful little Alice Town and eating some fresh conch salad is a favorite past time. Bimini is small, so it doesn't take much to get around.
- ▶ Some places offer golf cart rentals to ride around. The very far north end of Bimini has Bimini World Resorts, which is a huge development that has restaurants, a casino, and more.



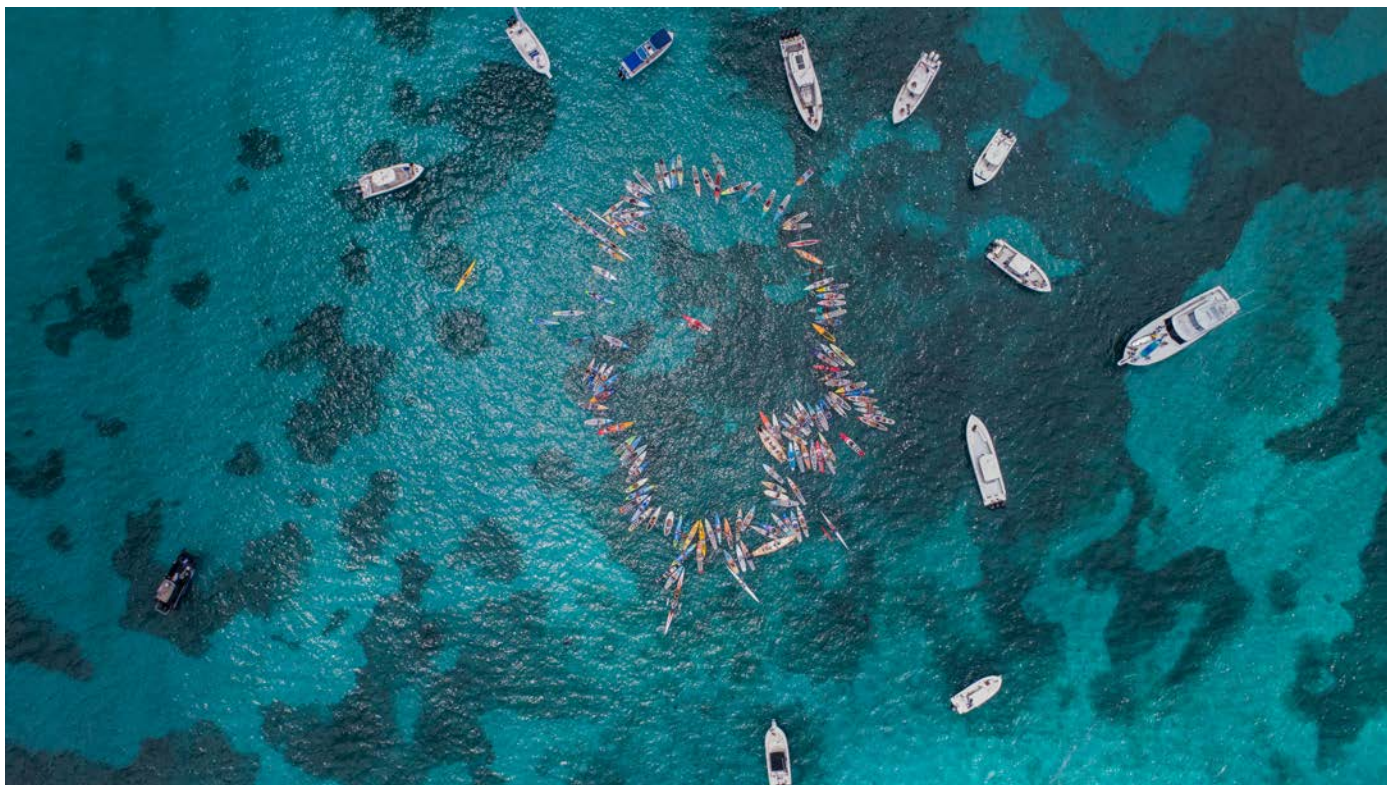


THE EPIC LOVE - PADDLE OUT CEREMONY

The highlight event in Bimini.

We will be hosting a paddle out ceremony in honor of the cystic fibrosis warriors and community off the beach of Bimini Cove Resort at a predetermined time on Friday,

June 25th 2020. You will be notified of further details closer to the event in the final event itinerary.





MANDATORY SAFETY AND CAPTAINS MEETING

There will be a mandatory safety briefing for captains, paddlers, crew, and spotters at a specified time and location provided in the final event itinerary. We will review all necessary safety and rules for the event.

Participation in the safety briefing is mandatory for all participants - which includes captains, paddlers, crew, and spotters. **Failure to attend will result in automatic disqualification.**

**Our safety briefing will be available in an online format in the first two weeks of June.
Online participation is encouraged to free more of your time in Bimini as
Safety Briefing times in Bimini will be limited.**



KEY POINTS TO CONSIDER AND REMEMBER

Paddling in the ocean is a huge team effort, and it requires constant attention to boat position, paddlers positions, and communication between the paddlers and the boat. You want to keep an average pace of 3mph.

Flexibility and open-mindedness to constant change is absolutely necessary. There are so many factors to consider, from the conditions of wind, current, swell; to the environment of darkness, heat, wildlife; to the human aspects of sea sickness, exhaustion, falling off boards, taking breaks, hydration, and nutrition. Everyone who is going on this trip needs to drop any preconceived notions of what is going to happen, and simply prepare for anything to happen. Telling stories and over-thinking how it's all going to work is a waste of mental energy. The story will unfold in the moment, and it's critical to be

willing to adjust your plans or mindset based on the constantly changing scenarios.

Slow is pro. It's easy to let the adrenaline and excitement of the Bimini trip and Crossing event takeover. Keep in mind that paddling at a faster pace may be your norm, however, conserving energy reserves for the second half of the paddle, and especially the final 15 to 20 miles is crucial to not over exert yourself. Almost everyone on this paddle, no matter what your experience level, will be paddling to survive by the end.

Maintaining good form is important not only for efficiency, but also for making good time. When you lose your basic form because of the conditions or exhaustion, you lose your power, so staying self-aware, but also motivating those paddlers around you to keep form is helpful.



KEY POINTS (CONT.)

PADDLING DURING THE CROSSING & IN THE DARK

The Launch - Leaving Bimini: Beach check-in will be open at 9 pm and close promptly at midnight. The beach launch will begin at midnight and takes approximately 1 hour in the early morning hours. We leave at this time to give ourselves enough allowance of time to make it back to Florida by sunset.

Everyone will need to be staged and on the beach of the Bimini Cove Resort by 11:30 pm. These details are subject to change. Paddlers who are late will be disqualified. Paddlers will be deployed in waves based on their registered category. It is very important to be extremely careful when leaving the beach in Bimini because there can be hidden rocks on the bottom.

Paddling In The Dark: This is usually one of the most intimidating aspects of the paddle that participants will ask questions about. If you ask anyone who has paddled this event before, they will tell you that paddling at night is not as big of a deal as people can make it out to be, and actually becomes a very beautiful and memorable part of the experience. Each paddler will leave the beach and head toward their designated boat. Each boat typically has spreader lights, underwater neons, and or other light emitting indicators so the paddler knows which boat is theirs. It is best to stay as close to your escort boat as possible. If you're paddling in a group and someone falls off their board, everyone is coached to yell 'man down', so the boat crew and captain knows someone is off their board, in which case, the captain will take the boat out of gear and wait for the paddler to catch up. For more novice paddlers, it is suggested to paddle on your knees for as long as you're comfortable until you're ready to get on your feet, or alternate between the positions of standing and kneeling. It is recommended to conserve as much energy as possible until the sun comes up. Unless you're in a race category, the goal of this challenge is to survive, not to paddle as fast as possible.

Sometimes the adrenaline of the event and paddling in the dark can be overwhelming, but you will need to mindfully dial yourself down to find a slow and steady pace. The goal being an average of 3mph.

Night-Time Safety Gear: Each paddler will be required to bring and wear their own Coast Guard approved PFD and leash. We will provide a real-time satellite tracking device, reflective vests, whistles, and glow sticks for each paddler to keep on them during the nighttime portion of the event. Once the sun comes up and the official sunrise time is reached, paddlers are allowed to remove this night specific safety gear. Leashes and PFD's are required for the entire duration of the event.

Paddling Daylight Hours: One of the magical aspects of this paddle challenge is being free from technology, out of sight of land, and gliding over the deep blue cobalt waters of the Gulf Stream. Paddlers have had pods of porpoises and schools of mahi approach them. Paddlers have also seen giant sunfish, turtles, whales, and sharks. All of these ocean dwelling creatures are simply curious as to what you are and why you're there. Being in the middle of the ocean is like being in the middle of a desert, so when something new comes along, it can be uplifting and exciting. Keeping your situational awareness as sharp as possible will help you witness some of the amazing moments that can happen while paddling in the Crossing For Cystic Fibrosis. When your body starts to ache and your mind starts to become weak, remember why you are doing this, challenging and pushing yourself to a new limit, fighting for an entire community of people that suffer their entire lives from a devastating disease. Just keep paddling and know when you hit that beach on the other side, it will be one of the greatest feelings and accomplishments in the entire world.





THE BEACH LANDING & AWARDS CEREMONY

Date: Sunday, June 27th

Time: Most paddlers will arrive in the afternoon between noon and 5 pm. Live tracking updates will be available on our website and Crossing For A Cystic Fibrosis Facebook page.

Location & Parking: Our target destination is the south side of the Lake Worth Pier at Lake Worth Beach Park. 10 S Ocean Blvd, Lake Worth, FL 33460.

*There are over 200 hundred parking spaces available in the park. The parking is metered.
There are bathroom facilities available and restaurants in the park.*

Board Caddies & Temporary Storage:

We will have volunteer support staff to help with monitoring and carrying boards from the beach to vehicles. We will have a large box truck on hand to temporarily store boards in a secure vehicle if needed.

Awards Ceremony: Awards will be presented online due to COVID 19 mitigation and safety protocol.



Places to stay:

Fairfield Inn by Marriott

- 2870 S Ocean Blvd, Palm Beach, FL 33480
- <https://www.marriott.com/hotels/travel/pbiff-fair-field-inn-and-suites-palm-beach/>
- Suggested Date: Sunday, 6/27
(4 minute walk or drive from beach landing)
- Must call to request blocked room rate under "Crossing for Cystic Fibrosis"

Tideline Ocean Resort and Spa

- 2842 S Ocean Blvd, Palm Beach, FL 33480
- <https://www.tidelineresort.com>

- Suggested Date: Sunday, 6/27 (4 minute walk or drive from beach landing)
- Must call to request blocked room rate under "Crossing for Cystic Fibrosis"

Eau Palm Beach

- 100 S Ocean Blvd, Manalapan, FL 33462
- (800) 328-0170
- <http://www.eaupalmbeach.com/>
- Suggested Date: Sunday, 6/27 (4 minute walk or drive from beach landing)
- Must call to request blocked room rate under "Crossing for Cystic Fibrosis"

