



DAM TO DAM

CLT · NC

FAQ

Q: I've never been on a paddleboard. Is this event for me?

A: This event is for anyone who is up for the challenge. We will offer multiple practice paddles with expert guides to help get you ready. Just like anyone committing to a challenge, whether it is a half-marathon, riding your bike 60 miles, or hiking a big mountain, you should prepare yourself for a full day of paddling down the Catawba River.

Q: Is there a fundraising component?

A: Yes. Each paddler selected must commit to raising a minimum of \$1,500 before the event.

Q: Are there rest stops? What about bathroom breaks?

A: We will paddle as a group and periodically sit/lay down on the boards to rest and regroup. This is a perfect time to jump off your board to cool off, take a "nature break," and visit one of the support boats to eat, drink, and restock before we get moving again. Also, there is a catered lunch at the halfway point where we will go ashore to eat and relax before tackling the remainder of the event.

Q: What happens on the event day?

A: On the day of the event, we will meet early in the morning at the finish location, and all paddlers will be transported to the start where the paddleboards will be waiting. We will start around daybreak. At the finish, all paddlers, families, and supporters are welcome to the post-paddle party!

Q: What do I need to bring with me? Do I need my own board?

A: We will provide the paddleboards, paddles, and personal flotation devices for each paddler. You can use your own paddleboard if you have one. Each board will have bungees for gear storage. We recommend bringing sunblock, sunglasses, a water bottle, and a positive outlook for an epic day! Each

paddler will receive a dry bag to store items (phone, ID, etc), and you are welcome to bring a fanny pack, hydration pack, or similar pack to hold and store food and drink. The support boats will be carrying all the food, drinks, and snacks we will need, and you can paddle over to them anytime during the event.

Q: What if I can't finish?

A: We want you to finish and experience the sense of accomplishment and joy in going Dam to Dam. If, for whatever reason, that is unable to happen, our support boats can get you to the finish safely. This event is meant to be completed, however, so preparing yourself in advance and staying hydrated during the event are important. We like to say, "Just keep putting the paddle in the water and you'll make it." Do it for those in the cancer community fighting much harder battles. Let's paddle for them.

Q: I'd like to get my company involved as a sponsor. What next?

A: Contact Audrey Hood at audrey@24foundation.org to learn more about corporate sponsorship.