



Cahaba
River
Society



CAHABA RIVER
FRYDOWN

PRESENTED BY:



**FRYTEAM
PACKET**

TABLE OF CONTENTS

CAHABA RIVER SOCIETY	1
ABOUT FRYDOWN	2
WHAT TO EXPECT	3
TIMELINE AND KEY INFO	4
HEALTH AND SAFETY	5
AWARDS	6
APPLICATION	7
LIABILITY	8



CAHABA RIVER SOCIETY



Cahaba River Society is a nonprofit organization dedicated to restoring and protecting the Cahaba River watershed and its rich diversity of life.

EDUCATION

We deliver hands-on science learning to thousands of students each year, bringing them to the river to explore ecology, water quality, and environmental responsibility.

STEWARDSHIP

Through cleanups, invasive species removal, and habitat restoration, we work with volunteers to care for the Cahaba and its surrounding lands.

RECREATION

We guide canoe trips and public paddles that immerse people in the beauty of the Cahaba and build a lasting appreciation for its protection.

OUTREACH

We raise awareness about the Cahaba's value through events, partnerships, and community engagement that inspire action and support for our mission.

LET'S FRYDOWN!

About Frydown

Cahaba River Frydown is Cahaba River Society's largest annual fundraiser and one of Birmingham's most beloved community events. Held at Cahaba Brewing Company, Frydown brings together food lovers, families, river advocates, and local businesses for a day of fun, flavor, and impact.

This one-of-a-kind culinary competition raises critical support for our programs that protect and restore the Cahaba River. More than just a cook-off, Frydown is a full-scale festival of community, conservation, and culinary creativity. Features include live music, kids' activities, environmental education stations, cold beer from Cahaba Brewing, and of course, delicious food. With exciting prizes and festival-style entertainment, Frydown promises a memorable celebration of food, family, and fun all while raising awareness for one of the most biodiverse rivers in the country and a major drinking water source for hundreds of thousands of Alabamians.

Your team's participation directly supports clean water, outdoor learning, and a healthy river for all. Thank you for making a difference!

About the Competition

Get ready to bring the heat—and the flavor! **Each team will prepare catfish and side dish portions for both the judging panel and the public.** Feeling sweet? **You can also provide an optional dessert!** Presentation matters, creativity counts, and team spirit shines! You're encouraged to decorate your tent, show off your team theme, and bring the energy. Think of it as a food competition meets festival flair!

Despite the name, we encourage our teams to be creative and prepare the catfish any way they choose. Whether you're in it to win or just for the fun, your team helps make Frydown a standout celebration of food, community, and conservation.

WHAT TO EXPECT

You bring the flavor—we'll cover the basics. Whether it's your first Frydown or you're a seasoned fryer, we want your team to feel prepped and ready for a fun, smooth day.

WHAT WE PROVIDE

- 350 ¾lbs fillets of catfish for team to prepare for roughly 2,000 people and the judging panel
- Serving pieces for presentation to judges
- Disposable serving materials for guest (cutlery, napkins, serving cups)
- Eight (8) Fry Team admission passes
- 10'x10' tent
- 6' table
- Access to potable water (**see below**)
- Team name sign
- Paper towels
- Garbage bags
- Food safety gloves
- Fire extinguisher
- Milk crate for propane tank

WHAT YOU PROVIDE

- All ingredients other than fish (spices, batter, side dishes, etc.)
- All cooking gear! (utensils, pans, coolers, etc.) – **NOTE: if you need gas, you will need to bring propane gas with you in a tank.**
- Burners, fryers, or other cooking gear. CRS will not have any extra on site.
- Food thermometers (**required**)
- Tent decorations, custom signs, team costumes, etc
- Additional tables
- Chairs
- Optional: Your company's banner for your tent space
- A can-do attitude, team spirit, and love for the river!

TIMELINE AND KEY INFO

You bring the flavor—we'll cover the basics. Whether it's your first Frydown or you're a seasoned fryer, we want your team to feel prepped and ready for a fun, smooth day.

Event Date: Sunday, October 5, 2025

- 6:30-8 am: Team load-in **(15 min per team)**
- 9 am: Mandatory meeting with Fryboss **(Team captain)**
- 11am: Judging begins
- 12 pm: Gates open to the public
- 3:30 pm: Awards Ceremony
- 4 pm: Frydown ends
- During load-in please plan to drive to your site, quickly unload, and immediately park in the FryTeam parking.
- You'll receive an assigned load-in time, detailed map, schedule, and parking info closer to the event.



HEALTH AND SAFETY

We want your team—and everyone attending Frydown—to have a safe and enjoyable experience. Please follow the guidelines below to help ensure food safety and fire safety throughout the event.

Food Safety

- All meats and perishables must be stored in a cooler with ice or cold packs.
- Cook all food to safe internal temperatures (145 degrees). Teams must provide their own food thermometers.
- Wash and sanitize hands and cooking utensils regularly.
- Food service gloves **must** be worn while preparing and serving food. A limited number will be provided; please bring extras if possible.
- Long hair should be tied back, and cooks are encouraged to wear hats.
- If beer is used in any part of your recipe, **DO NOT** use partially consumed beer. Additionally, if you opt to bring your own beer for your recipe, do not consume or distribute to the guests.

Propane & Fire Safety

- All burners and cooking equipment must be set up outside of your tent—no cooking under tents is permitted.
- All propane tanks must be secured in a milk crate or stable base as required by the Fire Marshal.
- Please check your gas equipment for leaks before the event. We will not have extra burners or fryers on site.

Clean-Up & Conduct

- Keep your area tidy and dispose of waste properly. Trash cans will be available throughout the event site.
- Personal consumption of **purchased** alcohol is permitted. Do not distribute drinks to guests or use opened containers in food preparation. **Outside alcohol is not permitted.**
- Only up to 8 people may be on a FryTeam. Anyone without a FryTeam wristband is **not allowed** to be in a FryTeam cooking area. **General admission wristbands do not permit admittance in FryTeam cooking areas.**

AWARDS



Get ready to bring the flavor, the flair, and the fun! As a competing FryTeam, you'll be cooking not just for taste, but for glory. Your food will be judged not only by a panel of celebrity judges, but every Frydown guest is a critic too. Presentation, creativity, and crowd appeal all count. Whether you're serving up classic Southern fare or putting a bold twist on tradition, make it unforgettable.

Crowd Favorite

Frydown guests get to taste the teams' creations and vote for their favorite using a raffle ticket. One ticket per guest, so the more fans you bring, the better your chances! The team with the most tickets wins this coveted award.

Best Side Dish

Every great main needs a standout side. This award goes to the team serving up the best supporting dish.

Best Dessert

End on a sweet note! This award goes to the team with the most delicious and memorable dessert.

Fish with an Attitude

This one's for the bold and imaginative. The Fish with an Attitude award goes to the most creative team. Think beyond boiled shrimp and cocktail sauce! Show off your personality and tell your story through your dish.

Best Dressed

From team name to uniforms, hats, and how you plate your food, this award recognizes the full presentation package. Go big! Style points here can also help you snag the Crowd Favorite title.

Baddest Fish in the River

This is the top honor. The Baddest Fish in the River award goes to the team that brings the best overall combination of flavor and presentation according to our panel of judges. Let's see what you've got!

APPLICATION

*FULL BALANCE IS DUE WITH APPLICATION.

Submit application & make check payable to:

Cahaba River Society, 2717 7th Ave. S.,

Ste. 205, Birmingham, AL 35233

or

submit application via email at paigeg@cahabariversociety.org,

with credit card payment and to confirm application receipt.

APPLICATIONS ARE DUE NO LATER THAN September 1, 2025

APPLICATIONS ARE NOT COMPLETE WITHOUT PAYMENT AND SIGNED LIABILITY RELEASE

1. I acknowledge that I am independent from Cahaba River Society (CRS).
2. Frydown is a rain or shine event. No refunds. No water, gas or electricity connections will be provided by CRS. The location of all fry teams will be assigned by CRS.
3. CRS is not responsible for any lost, stolen, or damaged property while at Frydown.

FRYTEAM NAME (PRINT): _____

TEAM MEMBERS (LIST): _____

TEAM CONTACT PERSON'S NAME _____

CONTACT PHONE PRIOR TO EVENT# _____

CONTACT CELL NUMBER FOR DAY OF EVENT # _____

CONTACT EMAIL _____

SIGNATURE _____ DATE _____

ENTRY FEES:

_____ \$500 – Team Fee

Questions? Contact Paige Goldschmidt, Membership and Fundraising Manager

paigeg@cahabariversociety.org

205-541-2420

LIABILITY

RELEASE OF LIABILITY (Read before signing)

IN CONSIDERATION OF being permitted to participate in the Cahaba River Society Frydown event, I do for myself, company, legal representatives, heirs and assigns, hereby release and discharge Cahaba River Society, its officers, directors, employees, members, volunteers and event coordinators (hereinafter "Releasees") from any and all liability, loss, damage, action, cause of action or claim resulting therefrom, on account of injury or damage, whether caused by the negligence of the Releasees or otherwise, while participating in said event.

I do hereby assume full responsibility for the risk of injury or property damage while participating in the event. Further, I hereby waive any claims, causes of action, actions or liability against the Releasees as a result of the event.

(Please sign below. If you are signing on behalf of a company or organization, please indicate the company or organization name and your title)

IN WITNESS THEREOF, I have executed this Release, on this date _____ .

Company / Organization Name:

Your Name & Title (print please):

Your Signature: _____