

FOR IMMEDIATE RELEASE

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Frydown Fast Facts

Frydown FAQ

- Cahaba River Frydown 2024 is Sunday, September 29th, from noon to 4 pm.
- A wristband for kids 12 and under is free! Wristbands for those 13 and up are \$20.
- Wristbands are available at the gate and at frydown.com/tickets.
- Comedienne Joy is our emcee.
- Our celebrity judges are:
 - Barnett Wright, [The Birmingham Times](#)
 - Bob Carlton, [AL.com](#)
 - Comedienne Joy, [Comedian and Emcee](#)
 - Chanda Temple, [City of Birmingham Mayor's Office](#)
 - Clare Huddleston, [WBRC](#)
 - Clay Baldwin, [Oak Mountain Brewing](#)
 - Kellie Painter & Niko Berg, [Savoie Catering](#)
 - Nick Nicholson, [Eating Alabama](#)
 - Will Lochamy, [Birmingham Mountain Radio](#)
- The awards ceremony will begin promptly at 3:30 pm.

Entertainment and Fun

Besides catfish, guests can enjoy a carnival-like atmosphere with fun for the whole family. The following activities are included with your wristband.

- Unlimited catfish tasting
- Soft drinks provided by [Coca-Cola United](#) (a \$1 donation is requested but not required)
- The Cahaba River Adventure Experience - an exciting, interactive, and educational experience for all ages.
- Mountain High Outfitters Climbing Wall
- Painted Personalities Face Painting
- Games
- Bouncy houses
- [Hoop for Fitness](#) hula hooping
- Prizes
- Photo booth
- Live Music and Entertainment, including
 - [The Swamp Poppas](#)
 - [Divine Entertainment](#)
 - [Magic City Disco Dancers](#)

Food and drinks

In addition to Alabama's best catfish, the following vendors will be available for purchase.

- Craft beers and cocktails from [Cahaba Brewing](#)
- [Sno Wood Snoballs](#)
- [The Current at Cahaba food truck](#)

More Fun Facts

- Cahaba River Frydown 2024 is the 15th annual catfish cookoff celebrating the river that provides drinking water for more than 1,000,000 Alabamians.
- Frydown 2024 carries on Alabama's long and storied fish fry tradition, creating a space for all Alabamians to celebrate the diverse community that calls the Cahaba River watershed home.
- Frydown is Birmingham's only fish fry competition with judges and crowd tasting, making it a culinary treat and a must-taste event in Birmingham's dynamic food scene.
- The competition is friendly, but every team takes it very seriously! Awards include Best Overall, Crowd Favorite, Most Creative, Best Presentation, Ken Bowen Team Spirit Award, Best Side Dish, and more.
- Teams are encouraged to be creative and prepare the catfish in any way they choose. Guests have enjoyed fish cold-smoked, grilled, sautéed, and countless other creative and varied presentations.
- To purchase tickets, visit frydown.com/tickets.
- To stay informed about volunteer and recreation opportunities on the Cahaba River, visit cahabariversociety.org or follow us on [Instagram](#) and [Facebook](#).

Cahaba River Society is a nonprofit organization dedicated to the protection and restoration of the Cahaba River and its rich diversity of life. Through education, advocacy, and hands-on programs, the Cahaba River Society works to ensure that this essential waterway remains a viable resource for generations to come.