



## 2008 Joey's Polar Plunge New Year's Day 2008 We're Freezin' for a Reason

| (NAME)    | (PHONE NUMBER) | (EMAIL ADDRESS) |            |
|-----------|----------------|-----------------|------------|
| (ADDRESS) | (CITY)         | (STATE)         | (ZIP CODE) |

Is a certified member of the JOEY'S POLAR PLUNGE TEAM 2008. All donations will be used to help Camp Sunshine, a retreat for children with life-threatening illnesses and their families. Please give generously. Donations are a significant part of making camp a reality. Our goal this year is to raise \$30,000 for Camp Sunshine.

***Participants: please check in at 8 am with the L Street Brownies, then go to the back left corner of the gym. Group picture at 8:30 am, Plunge at 9 am. Please bring your pledge sheets and money on the day of the plunge, in a sealed envelope with your name and dollar amount raised on the envelope. When possible, checks are preferred. Spectators are welcome!***

### Rules and Regulations

- Participants who raise a minimum of \$100 in pledges will receive a Joey's Polar Plunge hat.
- No Pushing! All participants must enter the water of their own volition. Please do not enter the water until asked to do so.
- Participants will plunge their willing bodies into the water.
- No dry suits or wetsuits. Participants may smear their body with a liberal coating of bear fat. *Note: This may negatively impact your social standing.*
- No 'endurance' contests will be permitted. Participants must jump in and get out. Yelling is optional.

## JOEY'S POLAR PLUNGE WAIVER

Although all precautions are taken to ensure the safety of all participants, participation in this event is at your own risk. Camp Sunshine does not recommend the Joey's Polar Plunge for anyone with heart or medical problems. Camp Sunshine will not be responsible for any loss or damage. I, \_\_\_\_\_, agree to participate in the 2008 Joey's Polar Plunge at my own risk, and agree to hold Camp Sunshine, Joey's Polar Plunge, Staff, and Event Sponsors harmless and blameless in the event of injury or death resulting from participation in this event.

\_\_\_\_\_  
*Signature of Participant (or guardian if under 18)*

\_\_\_\_\_  
*Date*