



2008 Northville Kiwaniis *Polar Bear Plunge*



Welcome,

Thank you for supporting the 2008 Northville Kiwanis Polar Bear Plunge. This letter provides important information to make your plunge fun (wear a costume), rewarding, *and comfortable*.

Forms

The first form is your Pledge and Sponsor Form. This is used to record all contributions whether from individuals or corporate sponsors. Your Pledge and Sponsor Form will be used by the Plunge Committee to calculate your total contribution and to send a thank you note to your corporate sponsors. When you turn-in your donations, the amount listed on your Pledge and Sponsor Form should match the actual amount of your donation. Donations and the Pledge and Sponsor Form are submitted at the Registration Desk the day of the event. There is a \$50 minimum donation for participation.

The other form is the Legal Waiver and Release Form. This is a required form used to acknowledge that you understand all risks associated with this type of event. All participants must be 21 years or older. Your Legal Waiver and Release Form is submitted at the Registration Desk the day of the event. A separate signed form is required of all participants.

No one may participate in this event without a signed Legal Waiver and Release Form.

Remember to bring both required forms with you. Make as many copies as needed. The Registration Desk is located behind the Planet Fitness building in a large tent.

Event Day Schedule and Tips

11:00 -- The Registration Desk opens. Participants will need to register, drop off donations, and submit your forms before receiving your Plunge Package.

11:30 – Gather for the costume parade and judging.

11:45 – Award Ceremony (for best costumes and greatest donations).

11:50 – Costume parade moves from the Planet Fitness lot to the plunge site.

12:00 – Countdown and **Plunge!!** (with brisk return to warm showers and dry clothes at Planet Fitness)

Plan to arrive at Planet Fitness so you can put dry street clothes in a locker. Bring a lock and consider sharing a locker with a friend since we expect a large crowd. There are separate locker rooms for Men and Women.

I plan to bring a few creature comforts (lessons learned from previous experiences) you should seriously consider. No matter what costume you choose, include old tennis shoes or sneakers. The bottom of the pond is muddy. Don't settle for flip-flops because it's too easy to lose one in all the excitement. Bring a towel and an old blanket to carry with you to the pond. After you plunge, you can dry off with the towel, then wrap-up in the blanket for the walk, or dash, back to Planet Fitness. Finally, think about asking someone to join you as support. Additional moral support is always welcome.

I'm willing to answer any additional questions and I would very much like to address any business or civic organization you know. Please contact me.

Sincerely,

Bill Abbott
Plunge Director
Northville Kiwanis
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