

# Keep winter cold! CCAN's Polar Bear Plunge

January 10, 2008

## Schedule

10-10:30 - Registration

10:30 – Music by Pat Humphries and Sandy Opatow of Emma's Revolution

10:50 – Climate fashion show—we're looking forward to seeing people's creative costumes!

11 – Mike Tidwell will remind us of why we're doing this crazy action, after which we'll adjourn to the tents to change into our swimming gear, come back and take the plunge to keep winter cold!

Complimentary coffee by **Chesapeake Bay Roasting Company** (<http://www.cbayroasting.com/index.htm>) and muffins and other treats by **New Leaf Vegan Society** (<http://newleafvegan.org>).

## Directions

The Chesapeake Bay Foundation is at 6 Herndon Avenue in Annapolis. You can get there by taking US 50 east to exit 22, Md-665/Aris T. Allen Blvd. Go about 7.3 miles as 665 changes into Forest Drive and then Bay Ridge Rd. After those 7.3 miles, turn right onto Herndon Road and go a short distance and you'll see the Chesapeake Bay Foundation building and the parking lot for it. After you park walk down to the beach.

There's limited parking at the location, and we believe in carpooling wherever possible anyway! We've created a rideshare bulletin board that you can use to post rides and find rides. Go here to check it out: <http://plunge09.erideshare.com/>, the password is "ccan".

## Post-Plunge Party at the Rockfish

Following our dip into the bay we'll be heading over to the Rockfish restaurant for some food and drink and socializing. There's more information about this restaurant at <http://www.keepwintercold.org>. **Please email Lori Hill at [lori@lorihillevents.com](mailto:lori@lorihillevents.com) if you plan to attend and be sure to indicate the total number of guests.**

## Waiver

Please sign the attached waiver before you plunge. We'll have copies available Saturday morning, but if you're able to download, sign and bring this with you, that will make things go more smoothly as over 200 of us arrive from 10 a.m. on. Thanks!

## Weather

Speaking of keeping winter cold, the weather reports for the day are for temperatures getting up to 40 degrees and a 50-50 chance of rain. Don't forget an umbrella or rain gear, as well as a towel to dry off after coming out of the bay. You might also want to bring a blanket to help keep you warm just before and right after we go in.

If you have any questions or concerns, please contact:

Ted Glick

240-396-2155

[ted@chesapeakeclimate.org](mailto:ted@chesapeakeclimate.org)

## Waiver and Release of Liability

If you are planning on plunging, we ask that you read the following Waiver and Release of Liability. All plungers will need to sign a Waiver before taking the "plunge."

I agree that I am entering and participating in the Polar Bear Plunge on Saturday, January 10<sup>th</sup>, 2009, of my own free will.

I am medically able to participate in this event.

I agree to abide by the decision of any event official relative to any matter.

I authorize event officials to provide and request emergency medical treatment for me.

I assume any and all other risks associated with participating in the event, including, but not limited to, illness, traveling to or from the event, falls, contact with spectators or other participants, the effects of the weather (including the temperature extremes and humidity), and the surface and subsurface condition of the roads, sidewalks, water, and water bed, all such risks being understood and appreciated by me.

In consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge The Chesapeake Climate Action Network, all subsidiaries, affiliates, assigns, representatives, volunteers, successors of The Chesapeake Climate Action Network including event officials, volunteers, as well as any and all other sponsors, suppliers, agents, independent contractors, employees or any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind or nature whatsoever arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of such persons or parties.

I represent that I am over twenty-one (21) years of age, or that a parent or guardian is co-signing with me below.

I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, my name, pictures or video of me participating in this event without liability, duty, or obligation to me.

Entries cannot be accepted without a valid signature.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant name (please print) \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian name (please print) \_\_\_\_\_