



POLAR BEAR PLUNGE

& PANCAKE BREAKFAST

Saturday 1/5 • 8 - 10 a.m.

Plunge is at 8:30 a.m.

Lincoln Village Pool • 3480 Routier Road, Sacramento, CA 95827 • (916) 366-3133

TAKE THE PLUNGE!

Party like it's 32 degrees! Dress up in your wildest costume and take the plunge at Cordova Recreation & Park District's third annual Polar Bear Plunge. Think you've got what it takes? All plungers must complete the attached registration form and submit it along with a \$10 registration fee to any of CRPD's community centers. Register by December 17, 2018 to receive a FREE event t-shirt!

Participants collect pledges to raise funds for the Neil Orchard Senior Activities Center, Cordova Community Pool Renovation Project or a Non-Profit Organization of their choosing. Want to take the plunge for your favorite non-profit organization? Fill out the attached form and return it with your Plunge Registration Application. In order to qualify, the non-profit organization must have a 501(c)3 tax id number. In addition to the \$10 registration fee, CRPD will keep 10% of collected pledges for administrative costs.

This is a fun and thrilling event you have to experience. Grab some friends, get pumped and register today! Don't wait until the last minute. Walk up registrations will be accepted (t-shirts will not be available for walk up registrations).

After the plunge, registered participants can warm up inside the Neil Orchard Senior Activities Center with a complimentary pancake breakfast or do some shopping at the craft fair. Spectators may purchase entry to the pancake breakfast for \$5/person, 9 and up or \$2/person, 8 and under.



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This form must be completed and turned in along with a \$10 registration fee in order to sign up for the Polar Bear Plunge.

Register by December 17, 2018 to receive a free event t-shirt!

Plunger Name:		D.O.B.:	
Phone:		Email:	
Home Address:		T-Shirt Size (Adult): S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/>	
City:		State:	Zip:
Emergency Contact:		Phone:	
Taking the Plunge for (Check One):			
<input type="checkbox"/> Neil Orchard Senior Activities Center <input type="checkbox"/> Cordova Community Pool Renovation <input type="checkbox"/> Other (Complete form on reverse)			

Agreement, Waiver, and Release (Please read carefully)

In consideration for being permitted by Cordova Recreation and Park District (CRPD) to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which may have, or which may hereafter accrue to me as a result of participation in said activity(ies). This release is intended to discharge in advance CRPD (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT (by parent/guardian if applicant is under 18 years of age): I hereby consent that my minor child(ren) listed above may participate in the above activity, and I hereby execute the above Agreement, Waiver, and Release on their behalf. I state that said minor(s) is physically able to participate in said activity. I hereby agree to indemnify and hold persons and entities mentioned above free and harmless from any loss, liability, damage, cost or expense which they may incur as a result of the death or any injury or property damage that the above minor(s) may sustain while participating in said activity.

Photograph Note: By signing this waiver, I understand that CRPD staff may photograph/video me and/or my minor children and that the District may use such photographs/videos to promote District programs now and in the future. I expressly allow, and hereby waive any objection to, CRPD photographing/videoing me and/or my minor children when I and/or my minor children are participating in a CRPD recreation program. I understand that all photos/videos will remain the property of Cordova Recreation and Park District.

I do not approve of having me and/or my minor child(ren) photographed by CRPD staff or its affiliates.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND SIGN IT OF MY OWN FREE WILL.

Signature of Participant (or Parent/Guardian) _____ Date _____

Name (Print) _____



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Be **Cool** and Raise Funds for Your Favorite Non-Profit!

Want to take the plunge for your favorite non-profit organization? Fill out the form below and return it with your Plunge Registration Application by December 17, 2018. In order to qualify, the non-profit organization must have a 501(c)3 tax id number. In addition to the \$10 registration fee, CRPD will keep 10% of collected pledges for administrative costs.

Organization Name:	
Contact Person:	
Phone:	Email:
Address (Street, City, Zip)	
501(c)3 tax id number (required):	

This form MUST be submitted by December 17, 2018



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\$10 Registration fee is due upon sign up. Pledges are due on Saturday, January 5, 2019

CHECKS PAYABLE TO "CRPD"

Plunger Name:	
Phone:	
Home Address:	
City:	Zip:
Taking the Plunge for (Check One):	
<input type="checkbox"/> Neil Orchard Senior Activities Center <input type="checkbox"/> Cordova Community Pool Renovation Other: _____	

Sponsor's Full Name	Street Address	City & Zip	Telephone	Pledge Amount	Payment Method
Jane Doe	3480 Routier Road	Sacramento, 95827	(916) 366-3133	\$0.00	Cash
1.					
2.					
3.					
4.					
5.					
6.					
7.					
See reverse for more sponsorship spots			Total Collected:	\$	

INSTRUCTIONS

1. Start NOW to sign up sponsors
2. Print all information
3. MAKE CHECKS payable to CRPD
4. Pledge sheet and pledge money are due at check in on the day of the event

FOR OFFICE USE ONLY

Date Received:	Received By:
Total Amount Received:	
Check:	Cash:

Sponsor's Full Name	Street Address	City & Zip	Telephone	Pledge Amount	Payment Method
Jane Doe	3480 Routier Road	Sacramento, 95827	(916) 366-3133	\$0.00	Cash
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					
23.					
24.					
25.					
26.					
27.					
28.					
29.					
30.					
			Total: \$		