



Dare to Take the Plunge!

PACA's Polar Bear Plunge

Saturday, March 14th • 9:30 am

Registration starts at 9:00am

Lake Arrowhead Park

265 Lake Arrowhead Road, Luray, Virginia

www.pagecoalition.org

Family Friendly Event • Awesome Prizes

• Event T-Shirt •

Race to the Glacier!

Teams & Individual Participants Welcome!

Event Organized By:



PACA's Polar Bear Plunge

Race Registration: Adults and Children (ages 11 and up)

Individual Registration \$35 _____

Team Registration \$30 _____

Must Register by January 31st to receive a t-shirt

\$5/person discount for team participants. Teams can be all men, all women, or mixed.

Each team must have a team captain, team name, and at least 5 people.

Make checks payable to: PACA or pay online at www.paca-event.com

Name: _____ DOB: _____ Age: _____

Address: _____
(Street) (City) (State) (Zip)

Phone: _____ Email: _____

Emergency Contact (cannot be another racer) – Name: _____

Relationship: _____ Phone: _____

Team Name: _____ Team Captain: _____

TC Email: _____ TC Phone: _____

T-Shirt Size (please circle one): YM YL AS AM AL AXL A2XL (\$2 extra) A3XL (\$2 extra)

Liability Waiver must be signed to participate in PACA's Polar Bear Plunge.

I recognize that participating in this event is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of event officials relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow, and/or ice, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Page Alliance for Community Action, its directors, officers, staff, volunteers and employees, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. **I GIVE PERMISSION TO USE MY PHOTOGRAPH IN FUTURE EVENT PROMOTIONS.**

_____ (Initials) I have read and accept the above waiver.

Signature of Participant:

(or parent or guardian if under 18) Date: _____