

WANTED

Warm hearted people willing to raise \$ and freeze their bodies to help fight cancer...

*The Portage Lakes Polar Bear Club presents:
The 7th annual*

Polar Bear Jump

To Benefit:

February 20th 2010

Swim/Jump Time: 2:00pm sharp!

Arrive by 12:30pm for registration
\$25 min. donation to register

Portage Lakes State Park
5031 Manchester Rd. (State Route 93)
New Franklin, Ohio 44319

IMPROVED SHUTTLE SERVICE & PARKING
Food, Fun, 50/50 Raffle

Eleven million cancer survivors will celebrate birthdays this year. That's a sign of proof, that a world with more birthdays is possible. Together we'll find cures and fight back!



For donations and information on jumping this year please contact:

Kelly or Heather Pariso @ 330-645-0589

Email: pariso12-polarbearclub@yahoo.com

www.portagelakespolarbearclub.com

Helpful Hints for Jumpers

The jump is at 2:00pm but arrive early

- **A SHUTTLE SERVICE WILL BE AVAILABLE TO AND FROM THE PARKING AREA.** The jump itself will begin **exactly at 2:00pm** – but get there by 12:30pm for registration, assignment of a jumper number and to turn in all donations. **You cannot jump without a number.* T-Shirts will be given to all jumpers with \$100 or more in donations. ****There will be NO registrations after 1:40pm****

Protective footwear

- **Wear something on your feet**, i.e., old tennis shoes or "aqua socks," etc. to prevent cuts on your feet from the ice and to prevent your feet from sticking to the snow and ice on shore.

Warm Clothes and boots after the jump

- **Have warm/dry change of clothes and shoes/boots** to put on once you get out of the lake. A Fleece works great as a base layer.

Blanket to sit on and a towel to dry off with

- **Bring a towel and old blanket** to put down somewhere by the shoreline to use as a seat before/after the jump. You could learn the hard way by getting your swimsuit frozen to the ground with you in it!

Do you wear glasses?

- **If you wear glasses**, we suggest you obtain an "athletic strap" or something similar to hold them to your face, or not wear them at all! It is quite difficult to find glasses that have been dropped in the water.

Set up camp

- Once you get to the park, **find a place for your blanket and stuff** this will save you mass confusion at the last minute and give you a fun photo opportunity

Enjoy

- This is a fun event for a good cause so once you have your spot, there will be **T-shirts, food, coffee, and hot chocolate** for a small donation.

Savor the moment

- Finally, when your jumper number is called, the jump will be over before your goose bumps know what hit them, so **savor the moment** out in the lake in front of your fellow Polar Bears – "High Fives" and "Loud Cheers" never feel so good and you've got 365 days until next time!