

## *Event Schedule*

**10:00-11:30 AM**  
**Registration & Check-In**

**12:00 Noon**  
**First plunge**



For more information, visit  
[www.sjracademy.org](http://www.sjracademy.org)  
"Polar Plunge" tab on bottom left

Email:

[polarplunge@sjracademy.org](mailto:polarplunge@sjracademy.org)

Find us on Facebook:  
SJRA Polar Plunge



SJRA  
25 W. 6th St.  
Jim Thorpe PA 18229

St. Joseph Regional Academy  
Polar Plunge  
25 W. 6th St.  
Jim Thorpe PA 18829

St. Joseph  
Regional Academy

## 4th Annual



Saturday, January 28, 2017  
Mauch Chunk Lake  
Jim Thorpe, PA

*Be Cool*  
*for Our School!*

# 4th Annual SJRA Polar Plunge

Saturday, January 28, 2017

Mauch Chunk Lake

Lentz Trail, Jim Thorpe

## Directions:

**From the north:** Interstate 81 South to State Route 309 South through Tamaqua. Turn left on Owl Creek Road; go approximately 9.5 miles. Mauch Chunk Lake on right. (Note: Owl Creek Road becomes White Bear Drive; White Bear Drive becomes Lentz Trail.)

**From the south:** Interstate 476 North (PA Turnpike-Northeast Extension) towards Scranton. Take Exit 74 Mahoning Valley to Route 209 South. Continue on 209 South to Jim Thorpe. Turn left at traffic light onto Broadway. Continue for approximately 4 miles. Lake on left.

*Freezin' for a Reason!*



## Be a Plunger!



- \*Register and pay \$35 entry fee
- \*Sign liability waivers
- \*Receive a commemorative t-shirt
- \*Collect pledges to sponsor your plunge



## Be a Chicken!

- \*Register as a "Chicken" and pay \$35 entry fee
- \*Receive a commemorative t-shirt
- \*Collect pledges same as a plunger

*Pledge forms and receipts can be found at  
[www.sjracademy.org](http://www.sjracademy.org) on Polar Plunge tab*

## Helpful Hints

- Bring loose, dry clothes to change into
- Be sure to have a towel and blanket
- Footwear is recommended in the water
- Have a friend there to take pictures
- No pets or alcohol permitted
- Must be 18 years or older to participate

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**Form, fee, and liability waiver constitute a registration. If any of these items are missing, participants will not be considered "registered" and will not be permitted to plunge.**

\* \* \* \* \*

## SJRA Polar Plunge 2017 Registration Form

Registration Fees — All payments are non-refundable

Plunger.....\$35.00       Chicken.....\$35.00

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Cell # \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_

Shirt Size    Circle    S    M    L    XL    2XL

### Method of Payment:

Check (payable to SJRA Polar Plunge)       Cash       PayPal

### RELEASE & WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT—MUST BE SIGNED BELOW

In consideration of participating in the SJRA Polar Plunge, I represent that I understand the nature of the Polar Plunge event and that I am qualified, in good health, and in proper physical condition to participate in such an Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity.

I fully understand that the Polar Plunge Event involves risks of a serious bodily injury, including permanent disability, paralysis, and death, which may be caused by my own actions or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "Releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge and covenant not to sue the Diocese of Allentown, Bishop John O. Barres, St. Joseph Regional Academy, their respective administrations, directors, agents, officers, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owner and lessors of premises, on which the Activity takes place including specifically but not limited to the County of Carbon, its employees, agents, administrators (each considered one of the "Releasees" herein), and to release all of those named in this paragraph from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement, I make a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost which may incur as the result of such claim.

I have read this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement and understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this Agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Jumpers under the influence of alcohol or drugs will not be permitted to jump. No refunds will be given.

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

**Return this form & payment to:  
St. Joseph Regional Academy  
25 W. 6th St.  
Jim Thorpe PA 18229**

**Or bring form and payment day of event  
Payment may be made by PayPal at [www.sjracademy.org](http://www.sjracademy.org)  
under Polar Plunge tab**

750-325-3186      [www.sjracademy.org](http://www.sjracademy.org)