

PolaRotary Bear Jumpers – *Information*

Rules: 1. No Wet Suits 2. No Nudity 3. Complete submersion

The PolaRotary Bear Plunge provides you with a venue to support your favorite charity.

Diving into Kindness (and Possibly Hypothermia)

There's a fine line between bravery and insanity — and every winter, we gleefully cross it for charity. The lake may be freezing, but the generosity it inspires is downright heartwarming.

But beneath the goosebumps and dramatic gasps for air lies a truly heartwarming mission. Every brave (and slightly unhinged) jumper is helping raise funds for the Lake Arrowhead Rotary Foundation, as well as their own charity of choice. Whether it's supporting local education, health programs, or global humanitarian efforts, each splash sends ripples far beyond the icy shoreline. It's cold, it's crazy — and it's for causes worth every shiver.

Join us for the 17th Annual Lake Arrowhead PolaRotary Bear Plunge and help make a difference — one chilly jump at a time!

Whether you take the plunge yourself or donate to a jumper's team, your support goes twice as far. Funds raised are split 50/50 between the Lake Arrowhead Rotary Foundation — supporting vital local and global projects — and the jumper's chosen charity (501c3) up to the first \$1,000 raised. Even better? After that \$1,000 threshold, 100% of additional donations go directly to the jumper's charity of choice — maximizing the impact of your generosity.

Names and email addresses must also be submitted. Jumpers must all be 18 years of age or older.

Most teams are expected to have eight or fewer jumpers. However, to help cover the Lake Arrowhead Rotary Foundation's additional expenses in organizing and operating the Plunge, larger teams will share with the Foundation an additional \$50 per jumper in excess of eight (in other words, jumpers 9, 10, and so on).

All checks are to be made out to ***Lake Arrowhead Rotary Foundation***. Write the non-profit being supported and the jumper's name on the memo line. To donate online, go to: <https://polarotary.rallyup.com/732f5c> After the accounting has been finalized, a check reflecting the "split" will be presented to your charity/organization. Supporters wishing to take advantage of a tax deduction this year need to donate before year's end. Mail checks to Lake Arrowhead Rotary Foundation, PO Box 686, Lake Arrowhead, CA 92352.

Checks and cash collected must be turned in the morning of the event.

On the day of the Plunge:

- 1) Check-in begins at 8:00 AM in the hotel lobby.
- 2) Following check-in, participants go downstairs to **the Evergreen Room** where photos will be taken with their *name and number card* (**required**).
- 3) Proceed to the beach and hand your *card* to the announcer.
- 4) Jumpers (teams) enter the water when the MC announces their names.

The First Jumper(s) enter the water at 10:00 AM.

Rotary volunteers will be stationed around the venue should you need help or have questions. Prizes will be awarded for the best costumes. **Contestants for Best Costume must have pictures taken no later than 10:15am!** Please allow yourselves time.

The Lake Arrowhead Resort & Spa has generously agreed to provide changing rooms, hot tubs, and showers for the jumpers. **Please respect your fellow participants, spectators, and the resort facilities and acknowledge their much-appreciated support.**

Keep in mind; there is **NO** such thing as inclement weather for a PolaRotary Bear!

For more information visit <https://polarotary.rallyup.com/732f5c> or contact Dr. Rains at 3arhdvet@gmail.com

Thank You