



The Believe Northern NY 'Feeling Long Lakey' Polar Bear Plunge

Saturday December 29th, 2018

For the benefit of: Believe NNY, volunteer firefighters, EMT's, members of ladies auxiliaries and affiliated members in Franklin, Hamilton, Jefferson, Lewis, and St. Lawrence counties who suffer from a life threatening illness, such as cancer.
Long Lake, NY

Requirements

- Dippers must be 18 years of age
- Registration **10am-12:30pm** Adirondack Hotel, Plunge takes place at 1pm from Long Lake Town Beach. Registration and med check closes at 12:30pm.
- All monies collected must be turned in at the time of registration. All checks must be made out to "Believe NNY"
- All dippers must be checked by Long Lake Rescue Squad upon registration, prior to Plunging.
- Each dipper **MUST** wear shoes to protect your feet in the water and out.

Things to remember: - Pack a towel and water shoes - Wear your swimsuit under your clothes-or costume if you so choose! - Bring easy to get into warm clothes (and shoes) for after the Plunge.

Changing permitted at the Long Lake Town Beach Bathroom. These are smaller bathrooms. We will also have warming space available to you at the Adirondack Hotel AFTER the plunge.

We will have a warm bus/holding area at the plunge. Plungers will plunge in the order they arrive and register. Teams may plunge together. Plungers and/or teams will plunge one at a time.

No DIVING.

Remove eyeglasses.

Bring a plastic bag for wet clothes, and somewhere to store your dry clothes.

HAVE FUN!!

Trophies Awarded to:

- Individual raising the most money
- Team raising the most money
- Best Plunge Technique
- Best Plunge Costume

