	NAME	AMOUNT
R E G I S T R A T I O N F O R M		
Name:AGE		
Address:		
Phone:		
* Affiliation/Team:		
Emergency Contact Person/#:		
Shirt Size: AS AM AL AXL AXXL		·
Register by mail or in person at the Juniata Valley YMCA by Friday,		
January 5, 2019 to guarantee shirt and size. Plunge day partici-		
pants will receive tees, however they have to be ordered. Plunge		
day entries accepted beginning at 1:30p.m. at Greenwood.		

\*\*\* Those wishing to race AND plunge must register for both events.

Registration for the trail race is available at ultrasignup.com



### & Greenwood Furnace Winter Festival

Saturday, January 18, 2020

Winter Fest begins @ 11a.m.

5 Mile Trail Race 1:00pm. \*\*\*

Plunge at 3:00p.m.

## Location : Greenwood Furnace State Park Directions to Greenwood Furnace State Park

Take RT 655 to 305. Parking available to the right in large parking lot in front of the ranger center. Over-

#### PRIZES!!!!

**Team Challenge**—Create a team of people and challenge other businesses and groups to see who can raise the most

money to take THE PLUNGE!

Corporate Challenge—Find some crazy coworkers and create

a team. Challenge the other businesses our community.

Prize to the most successful team!

#### <u>Plunge</u>

Saturday, January 18 2020

1:30-2:30p.m. Registration & Check in

2:40p.m. Opening Remarks

3:00p.m. PLUNGE & Little Dippers

Awards Ceremony & Door Prize Drawings

#### **Event Rules- PLUNGE**

All plungers must be at least 13 years of age.

A minimum of \$50 in donations is

requested and must be submitted with the completed registration form for

plungers.

# A SPECIAL "THANK YOU"



www.dcnr.state.pa.us

Corporate Competition!!! Companies can challenge each other– find a plunger from within your company and support them. Companies square off to see who can raise the most funds for kids!

Who will win this year's challenge???

Get involved.

Support Kids.

#### **LITTLE DIPPERS Division:**

**Ages 8-12** 

A minimum of \$25 in donations is requested and must be submitted with the completed

registration form.

\* Large towel or blanket must be shown at check-in. Changing area available after the plunge. Please bring a change of clothes.

All proceeds go to the Juniata
Valley

#### **WAIVER & RELEASE**

Participants under age 18 must have a parent or guardian's signature. In consideration of participating in the Juniata Valley YMCA Penguin Plunge I represent that I understand the nature of the event and that I and/or my minor child are in qualified good health, and proper physical condition to participate in this event. I acknowledge that if I and or/my minor child believe that the event conditions to be unsafe, I will immediately discontinue participation in the event. I fully understand that the event involves risks of serious bodily injury, including permanent disabilities, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the condition in which the event takes place, or the negligence of the "releases" names below, and that there may be other risks either not known to me or not readily foreseeable at this time; I fully accept and assume all such risks and responsibility for losses, costs and damages I incur of my participation in this event. I hereby release, discharge, and covenant not to sue the Juniata Valley YMCA, their respective administrators, directors, agencies, volunteers, and employees, Commonwealth of PA, other participants, any sponsors, advertisers, and applicable owner and leaser's of premises on which the activity takes place (each considered one of the "releasers" herein) from all liability, claims, demands, losses or damage on my account and/or of my minor child caused or alleged to be caused in whole or in part by the negligence of the "releasers" or otherwise, including negligent rescue operations, and I further agree that if, despite this release, waiver of liability, and assumption of risk, I or any new on my and/or my minor child's behalf, makes claim against any of the Releases, I will indemnify, save, and hold harmless each of the release from any loss, damage or cost which may incur as a result of such claim.

For your safety,
SHOES REQUIRED!!!