

**Join us for the 2010**  
**POLAR PLUNGE**

**Sunday, February 7, 2010 – Lynch Park**

**Take the Polar Plunge this winter to end homelessness  
and build affordable housing in Beverly!**



**CHECK-IN: Starts at 12:00 noon**

**PLUNGE: 12:30 p.m.,**

**Lynch Park, Woodbury Beach**

**CELEBRATION: Join us for refreshments  
at the Cove Community Center 12:30 – 2:30pm**

**Be part of Plunge 2010! Sponsor, cheer and jump!**

**There is a role for everyone – just be part of this important event!**

**Register on-line at [www.beverlyaffordablehousing.org](http://www.beverlyaffordablehousing.org)**

**For information call: 978-921-4705 or email [bahc2@verizon.net](mailto:bahc2@verizon.net)**

Proceeds to benefit Beverly Affordable Housing Coalition and River House Men's Homeless Shelter

# THE "HOW TO" POLAR PLUNGE LIST!

WHETHER YOU'RE A VETERAN OR A ROOKIE – HERE'S THE LIST FOR A GREAT PLUNGE!

- 1.) Register as a Plunger – register your name and your team on the secure Plunge website: [www.beverlyaffordablehousing.org](http://www.beverlyaffordablehousing.org)
- 2.) Ask friends to cheer you on and sponsor you with online donations, cash donations, or checks payable to BAHC (Beverly Affordable Housing Coalition). Use this sheet to keep track of sponsors.
- 3.) Dig out your bathing suit, warm sweatshirt, blankets and pair of old sneakers!
- 4.) Ask a friend to be your Plunge Buddy to hold your clothes and a warm towel for you on Plunge day!
- 5.) Come down to Lynch Park on Sunday, February 7 by noon – “check-in” at the registration tables and turn in all your collected donations and this sheet.
- 6.) Join other Plungers at the beach, stay warm and get ready for the countdown!
- 7.) When the countdown begins, join in: 10 - 9- 8... take off that warm jacket and PLUNGE!!
- 8.) Dry off and head to the Cove Community Center to get warm and join in the Post –Plunge Celebration! Food, Friends & FUN! Grand totals and winners will be announced.

Your Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Online donations total: \_\_\_\_\_

Cash/checks total: \_\_\_\_\_

**TOTAL AMOUNT RAISED (total of online and cash/checks):** \_\_\_\_\_

| Sponsor Name | Address | Amount Donated |
|--------------|---------|----------------|
| 1.           | _____   | _____          |
| 2.           | _____   | _____          |
| 3.           | _____   | _____          |
| 4.           | _____   | _____          |
| 5.           | _____   | _____          |
| 6.           | _____   | _____          |
| 7.           | _____   | _____          |
| 8.           | _____   | _____          |
| 9.           | _____   | _____          |
| 10.          | _____   | _____          |
| 11.          | _____   | _____          |
| 12.          | _____   | _____          |

Please use additional paper if necessary.  
**THANK YOU FOR YOUR SUPPORT & PARTICIPATION!**