

JUNIATA VALLEY YMCA 14TH ANNUAL

# POLAR PLUNGE

& GREENWOOD FURNACE WINTER FESTIVAL

SATURDAY, JANUARY 18TH, 2025

WINTER FEST BEGINS @ 11:00AM

5 MILE TRAIL RACE 1:00PM

POLAR PLUNGE @ 2:30PM



\*\*\* THOSE WISHING TO RACE AND PLUNGE MUST REGISTER FOR BOTH EVENTS. REGISTRATION FOR THE TRAIL RACE IS AVAILABLE AT [ULTRASIGNUP.COM](http://ULTRASIGNUP.COM)

## PLUNGE INFORMATION

REGISTRATION FORM ON BACK

### BIG DIPPERS DIVISION

13 YEARS OF AGE AND OLDER  
ARE REQUESTED TO MAKE A  
MINIMUM DONATION OF \$50

### LITTLE DIPPERS DIVISION

AGES 8-12  
ARE REQUESTED TO MAKE A  
MINIMUM DONATION OF \$25

PROCEEDS BENEFIT  
JUNIATA VALLEY YMCA  
YOUTH PROGRAMS & ACTIVITIES

THANK YOU SO MUCH  
FOR YOUR  
CONTINUED SUPPORT  
OF THE JUNIATA  
VALLEY YMCA

A SPECIAL  
"THANK YOU"  
TO OUR SPONSORS  
AND



**pennsylvania**  
DEPARTMENT OF CONSERVATION  
AND NATURAL RESOURCES

[www.dcnr.state.pa.us](http://www.dcnr.state.pa.us)

# JUNIATA VALLEY YMCA 14TH ANNUAL

# POLAR PLUNGE

## REGISTRATION FORM AND WAIVER

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

EMERGENCY CONTACT PERSON/#: \_\_\_\_\_

SHIRT SIZE:

YS YM YL YXL

AS AM AL AXL AXXL

COSTUMES ARE HIGHLY

RECOMMENDED

**REGISTER BY EMAIL [PRODIR\\_JVYMCA@COMCAST.NET](mailto:PRODIR_JVYMCA@COMCAST.NET), MAIL, OR IN PERSON AT THE JUNIATA VALLEY YMCA BY WEDNESDAY, JANUARY 8TH 2025, TO BE GUARANTEE A SHIRT!**

**THERE WILL ONLY BE A LIMITED AMOUNT OF SHIRTS AVAILABLE ON PLUNGE DAY WHICH WILL BE FIRST COME FIRST SERVE!**

**12:00-2:10PM REGISTRATION & CHECK IN**

**PLUNGE DAY ENTRIES ACCEPTED FROM 12-1PM AT REGISTRATION!**

**\*EVERYONE MUST WEAR SHOES AND SHOULD BRING A TOWEL/BLANKET AND CHANGE OF CLOTHES**

### WAIVER & RELEASE

PARTICIPANTS UNDER AGE 18 MUST HAVE A PARENT OR GUARDIAN'S SIGNATURE. IN CONSIDERATION OF PARTICIPATING IN THE JUNIATA VALLEY YMCA POLAR 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.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT SIGNATURE (IF UNDER AGE 18)