

BRRRRRETON BAY

8th Annual

Polar Bear Plunge 2018

When: Saturday Jan 27th. Plunge starts at 1pm

Where: The Plunge will be at the Breton Bay Beach at the end of Society Hill Road. The Post-Plunge Party will follow immediately afterward and be at the Avenmar Community Center on Heron's Way off of Bretmar Drive, Leonardtown, MD.

Cost: Both the Plunge and the Party are free. However, attendees are encouraged to make a charitable contribution to St Mary's Caring Soup Kitchen by either bringing a canned food item or monetary donation. Those attending the party are asked to bring a shareable appetizer, snack, or dessert, and beverages of their choice. A roaring fire and good music will be provided!

For more information about the event find us on Facebook at Breton Bay Polar Bear Plunge

Email bretonbaypolarplunge@gmail.com

Info on St. Mary's Caring is at

www.stmaryscaring.org



**POLAR BEAR
PLUNGE**

Can you *Bear* it?



BRRRRETON BAY

Polar Bear Plunge FAQs

Q: How old must you be to be a Breton Bay Plunger?

A: There are no age restrictions, but participants age 12 or under should be accompanied by a parent or guardian. Young children can participate safely and parents are expected to use their best judgment. **Lifeguards NOT on duty.**

Participants plunge at their own risk.

Q: What should I wear to the Plunge?

A: Pretty much whatever you want. Recommended Plunge attire is swimsuit. Footwear is highly recommended as it will protect your feet from sharp objects and the very cold beach sand and allow you to enter and exit the water faster. Wetsuits are discouraged (real polar bears don't use them) but crazy costumes aren't.

Q: How far do I have to go into the water?

A: Its up to you. Some may go all the way under, while others go ankle-deep. As long as you get wet, you are a Breton Bay Polar Bear Plunger!

Q: Where/how do I make a charitable contribution on Plunge day?

A: Contributions to St. Mary's Caring Soup Kitchen can be sent directly to St. Mary's Caring or can be made at the event itself. Plungers, spectators, and party-goers alike are encouraged to make either a monetary or canned food contribution. There is no minimum amount, anything is appreciated.

Q: Can I still attend the Post-Plunge Party even if I don't Plunge?

A: Absolutely! Even if you can't make the plunge itself, please join in the fun at the party and vice versa. There will be a roaring fire to warm your chilly bones and plenty of good friends & music! The Avenmar Clubhouse will be open when the plunge ends and the party will start as wet plungers return from the beach.

Q: Is there a cost to attend the Post-Plunge Party?

A: There is no fee to attend the party other than to bring a shareable appetizer, snack, or dessert and your beverage of choice. Charitable contributions to St. Mary's Caring are both welcomed and encouraged.

Q: This sounds crazy, why are we doing this?

A: The whole idea is to have fun, support a good cause, and socialize with your friends and neighbors. Regardless of whether you get wet or just watch you're bound to have a good time!

Q: Where can I get more information?

A: Facebook at Breton Bay Polar Bear Plunge

Email bretonbaypolarplunge@gmail.com St. Mary's Caring www.stmaryscaring.org