

The 9th Annual Chippewa Lake Lions Club Polar Bear Jump & 5K Race/Walk Saturday, January 26, 2019

What to expect the day of the event & Helpful hints for Runners and Jumpers

Why the Reason for the Freez'n: We raise money for local charities. This year's focus is for feeding the young, the old and the needy of our area and supporting our citizens with intellectual disabilities to live, learn, earn and play. Thru pledges, donations and sponsorships of Polar Bear Jumpers & 5K Race/Walkers, the Chippewa Lake Lions Club has committed 50% of funds raised to support the CrossPointe Community Church's Community Meal Programs, Lafayette Township Fire Department, Society for Handicapped Citizens (SHC) of Medina County and Church on the Lake UM – Food Pantry. We thank you in advance for making our "9th Annual" Polar Bear Jump & 5K Race/Walk an overwhelming success. All money received will be wisely used and greatly appreciated.

The Chippewa Lake Lions Club hosts many activities for the community, including the July 4th parade, Spring Flower sale, support for community clean-up projects, Christmas food baskets to the needy and supports various Lions Club International programs, such as the Marine Corps Toys for Tots and various Eye Sight initiatives both domestically and internationally.

How to participate: Visit www.chippewalakelions.com website and register online or register the day of the event. Registration is \$30 for either or both the 5K Race/Walk and Jump....(yes...2 for the price of one!) Get your costume ideas together, start soliciting friends, family members, fellow workers, parents and school classmates to support your efforts to raise the most pledges and donations. (See "How to Raise \$500 in 10 days" for more helpful hints!). If they raise \$100 they get a free T Shirt!

Think there is "no way" I'm jumping in that lake? No problem – make a donation to the Lions Club and the "Lucky Lion" will take the plunge for you. Or, support someone you know who is participating. If you donate \$100 they get a free T Shirt!

Don't forget, back by popular demand and 4th year in a row, the 5K Race/Walk will be a competitive race with timing and awards for eight different age groups (1st, 2nd and 3rd place medals) in both female and male divisions.

Payment Checks: Checks should be made out to the Chippewa Lake Lions Club.

Top Fund Raiser and Costume Recognition: We really need your help and the help of your friends to make this a "fun"..... fund raising success. Top Individual and the Top Team Fund Raisers will be recognized. Sponsors can go online at www.chippewalakelions.com and designate their sponsor payment directly to you. Also this year, awards for Best Costume for Individual and Team participants.

New this Year: "Quest for the Best Jumper". The top three donation fund raiser Polar Bears will compete for bragging rights as "Best Jumper" and also a Special Polar Bear Award Plaque (1st, 2nd and 3rd Place) for recognition of their donation efforts! Open to all Polar Bears, Run/Walk or Jump.

Age Requirements: We welcome any Polar Bear Jump & 5K Race/Walk participants that are 11 years of age and older. Those under the age of 18 must have waiver and release forms signed by a parent or legal guardian.

Date & Location: Saturday, January 26, 2019. The start of the Polar Bear 5K Race/Walk (5K – 3.1 miles) and Jump will be at the beach area of the Village of Chippewa Lake. (Corner of Long Acre and Beachside Blvd.). The website map www.chippewalakelions.com shows the 5K race course, Village streets and parking areas. Participants may register online or at the event starting at 10 AM, January 26, 2019.

Shuttle Transportation provided by Learning Garden: Warm shuttle transportation will be provided from parking areas to the start location.

T-shirts: Polar Bear Jump T-shirts will be given to all participants that raise \$100 or more. Or you may purchase or order T-shirts at the event for \$20.00.

Day of the event registration: Walk up registration on the day of the event is welcomed. The Registration Tent will be located at beach area and will open at 10:00 AM. All waiver/release forms and donations forms must be completed and signed before your run -jump number will be assigned and a number is issued. You **cannot run, walk or jump without** an assigned number. T-Shirts will be given to all runners, walkers and jumpers with \$100 or more in donations.

If you choose to register online (...which is highly encouraged), you still need to check in at the Registration Tent to pick up your number for participation (and hopefully your T Shirt for awesome fundraising efforts....)

Scheduled Start Times: The Polar Bear – 5K Run/Walk is scheduled to start at Noon and the Polar Bear - Jump at 1:15 PM. You may participate in one or both events. **NEW THIS YEAR***Raise more than \$500 and get premier jump times – YOU can go first as a VIPB [Very Important Polar Bear].*

Runners' helpful hints:

The Polar Bear 5K Race/Walk course is approximately a 5K (3.1 Miles) length within the recently paved streets of the Village of Chippewa Lake and Lafayette Township. This year the 5K Race/Walk will be a competitive race with timing and medal awards for eight different age groups (1st, 2nd and 3rd) in both female and male divisions.

Please take all the precautions necessary for cold weather running. Dress warmly and cover hands, mouth, ears and head as the temperature dictates. Severely cold weather requires significant covering to prevent frost bite and cold body parts. Please remember that streets and roads could be slippery and/or snow or ice covered.

Jumpers' helpful hints:

Necessary precautions: People considering Polar Bear running-walking-jumping should be mindful of their health conditions. Polar Bear activities can be very invigorating and increases blood flow....but.....it **is not** recommended for those with heart problems, breathing disorders, or seizure conditions. You should consult your personal physician before participating. You will be required to sign a waiver-release prior to the activity.

Jump Area - What to expect: The jump area is located at the beach area of the Village of Chippewa Lake (The corner of Long Acre and Beachside Blvd.) A 25' by 25' hole will be cut into the ice. There will be trained, Lafayette Township Firefighters and EMS professionals at the site and in the water where the jump will take place. The water is approximately 4 feet deep or less in the jump area.

No head first diving is allowed. No flips are permitted!

There will be a designated walkway to enter and exit the ice, leading out to the jump site. (Contingencies will be taken should the ice not be thick enough for this activity.) The average jumper is only in the water for approximately 20 seconds. Seasoned jumpers may stay in longer...but no longer than 10 minutes. Don't worry, hypothermia takes much longer to kick in....you're just going to be cold! LTFD "Frog Men" will be in the water to assist the jumpers!

Changing tents: Men's and women's changing tents will be provided near the jump area.

Bonfire: We will have several nice warm fire pits burning near the jump area.

Take care of your feet with protective foot wear: It is **mandatory** that you wear something on your feet, i.e. old tennis shoes, “aqua socks” or sandals to prevent cuts on your feet from the ice and preventing your feet from sticking to the snow & ice on the shore. Your feet are the first thing into the water and the last thing out.....so take care of them. Warm boots should be ready when you have dried off.

No Pet Policy: Sorry...in an effort to protect our furry friends, no pets are allowed at the 5K Run/Walk or the Jump Events. Please **do not** bring your Pet(s) to the Chippewa Lake Lions Club - Polar Bear Event.

Have a spotter: Have a friend (actually lot of friends) that will work as your spotter; keeping towels, robes, blankets, dry clothes, eye glasses, words of encouragement and other warm necessities as you enter and exit the jump area.

Do you wear eye glasses?: Do not wear glasses when you jump as it is very difficult to find them once they have dropped into the water. Hand eyewear to your spotter just before you jump and they will have them handy once you are out of the water.

Plan ahead and have plenty of towels, robes and blankets: Once you have conquered the water, move quickly to the changing tents and completely remove your wet clothes, get dried off and back into your warm clothes and boots as soon as possible. Fleece works well as a base layer after you leave the water.

Don't forget to breathe: The cold water may seem to take your breath away...so remind yourself to breathe.

Photo Opportunities: There will be several photographers and videographers present to document your moment. Photos from the day's events will be posted on the website www.chippewalakelions.com. Photos may also be purchased for your own memory. You can send your own personal photos to akronal@brightideashops.com.

Certificates, Awards, Recognition and Prizes: Every participant will receive a Participation Button! Participants raising \$100 or more will receive a free T Shirt. Top Fundraiser and Costumes awards will be given to individuals and team participants. For the 5K Race there will be 1st, 2nd and 3rd place medals awarded in 8 age categories of females and males. Along with “Best Time” Male and Female. More prizes at the event!!!!

Alcohol: There will be no alcohol allowed at the jump site. Please **do not drink alcohol before you jump**. Alcohol speeds up hypothermia. Don't worry, after the jump, two of our local establishments, The Village Inn and Oaks Lodge, will have plenty of the appropriate beverages to warm the body-soul and allow you the opportunity to share your experience with friends and fellow Polar Bears.

Food and warm drink: At the beach area, local Chippewa Lake service clubs will be providing hot chocolate, warm cider & coffee for your consumption. The proceeds support the specific organization.

Savor the moment: Finally, when your jump number is called, take time and savor the moment in front of family, friends, cheering throngs of on-lookers, media and fellow Polar Bears. The jump will be over before your goose bumps know what hit them. There will be many High Fives, and Loud Cheersand..... know that you have only 365 days until we do it again.

After Party!!!: The Village Inn will be hosting the after party. Chippewa Lake has always been known for its fun times and the Polar Bear Party is no exception. Live music from “Bridging The Gap” band. Also, expect 50/50 raffles and plenty of family fun and excitement to keep you entertained. Characters are always welcome.

Need more information?: Call Alan Robbins (cell) 330-701-7879 or via email at akronal@brightideashops.com More information at www.chippewalakelions.com or <https://www.facebook.com/PolarPlungeChippewaLake>

Come and enjoy the fun.

Chippewa Lake Lions – 2019 Polar Bear Committee