



www.jordanspolarplunge.com

Jordan Hospital Club, Inc.  
P.O. Box 1727  
Plymouth, MA 02362

Join us for  
**the 8th annual**



To Benefit  
The Jordan Hospital Club  
Cancer Center

**SATURDAY**  
**MARCH 6, 2010**  
PLYMOUTH BEACH



Sponsored by the Jordan Hospital Club, Inc.



- 1** Wear something on your feet. The sand is **incredibly cold**, and the rocks are very sharp.
- 2** Find a **plunge buddy** and stay together for mutual support.
- 3** Bring a **sweat suit** and a **towel** to get warm and dry off.
- 4** **Bathroom facilities** will be available.
- 5** **Parking** will be available at Plimoth Plantation.

- 10:30 am** Registration starts at Plymouth Beach
- 11:45 am** Safety Briefing and Countdown Begins
- 12:00 pm** **THE PLUNGE!**
- 12:30 pm** Awards & Refreshments

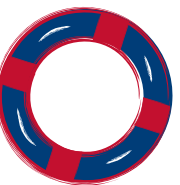
Severe weather date is March 13 – same times.  
Tune in to WATD 95.9 FM for announcement.

Come join the **fun** and take an **invigorating** dip

It's **easy, just:**

- 1** Complete this form or register online at [www.jordanspolarplunge.com](http://www.jordanspolarplunge.com) and sign the waiver/release
- 2** Collect contributions from family, friends, co-workers — either in-person or online
- 3** Raise a minimum of \$60 to receive commemorative awards
- 4** Bring the completed form and pledges with you on March 6th
- 5** Wear swimsuits or costumes, footwear a must, but no wet suits
- 6** Dash into the Atlantic along with the other Plungers
- 7** Know that your derring-do will have raised much needed funds for The Jordan Hospital Club Cancer Center

**Faster and easier!**  
Create your own web page for online donations at:



[www.jordanspolarplunge.com](http://www.jordanspolarplunge.com)

