

22nd ANNUAL POLAR BEAR DIP

Saturday, February 25, 2012

For the benefit of **River Hospital, Inc.**

Alexandria Bay, NY

REQUIREMENTS

- Dippers must be 18 years of age.
- Registration inside 10:00 a.m. - 12:00 noon; dipping starts at 1:00.
- Registration fee \$100 [or more]. All monies collected must be turned in at time of registration. All checks must be made out to "Friends of River Hospital."
- Each dipper **MUST** wear shoes to protect your feet in the water, climbing the ladder and walking on the docks and sidewalks.

AWARDS

- Each dipper will receive an official Polar Bear Dip T-shirt and Certificate. Be sure we have the correct spelling of your name and correct mailing address & email. Additional souvenir items will be available to purchase the day of the dip.
- First prizes will be awarded to the individual raising the most money and to the team raising the most money. Other prizes will honor the best "dip" technique and the best costume. **The last two categories are at the discretion of the judges who are available and will take bribes.** We encourage dippers to be creative and go wild with costuming.