



In Your Shoes, a giving circle
3rd ANNUAL

POLAR PLUNGE

Frequently Asked Questions

IN A NUTSHELL...

WHO: Anyone 18 years of age and older with a signed waiver/participation form can plunge.

WHAT: Polar Plunge, music, food, raffle (bring money), bonfire, lots of laughs

WHERE: Lake Chauncy, Lyman Street, Westborough, MA

WHEN: Saturday, December 3, 2011 actual plunge activity is 2:00 to 4:00 pm

WHY: 50% of money raised from the Polar Plunge will be shared by Westborough's Youth and Family Services and Westborough's Emergency Services (Police and Fire charitable groups); the other half will go into the *In Your Shoes* general fund.

IN MORE DETAIL...

In Your Shoes, a giving circle, is a non-profit 501(c)(3) organization that provides emergency funds to Westborough residents in need. In keeping with our mission we will be putting on a Polar Plunge at Lake Chauncy on Saturday, December 3, 2011 from 2pm – 4pm. We are asking individuals, as well as teams, to dunk themselves in Lake Chauncy for a pledge, challenge or donation. Each plunger is asked to raise a minimum of \$100.00.

What IS a Polar Plunge?

The "plunge" happens when all the plungers race into Lake Chauncy within a safety perimeter established by EMS dive team members from Westborough. Plungers set their own personal goals of how deep to go in (within the limits established by the EMS divers). Some plungers only get their ankles wet; others stay in and play until the dive team members make them leave the water. Diving into the shallow water is prohibited and going completely underwater is discouraged since it makes it harder for the divers to determine individuals in distress.

Who is eligible to be a Polar Plunger?

Anyone 18 years of age and older with a signed waiver/participation form is eligible. To sign up please go to our online fundraising tool www.firstgiving.com/inyourshoeswestborough or forms may be found at our website: www.inyourshoeswestborough.com.

What is the minimum donation to plunge?

There is a minimum of \$100.00 per plunger.

Who do I make checks out to?

Please make checks out to *In Your Shoes*; reference Polar Plunge in memo section.

Where is the money we raise going?

50% of the funds raised will be shared by Westborough Youth and Family Services and Westborough's Emergency Services (Police and Fire charitable groups) The remaining 50% will go into the *In Your Shoes* general fund.

We want to sign up as a team, is this possible?

Yes, you can plunge as a team, or as an individual.

Is it possible to drop off my money ahead of time?

Yes, at "bank nite" – Wednesday, Nov. 30, 2011 at the Central One Federal Credit Union, 400 South Street, Westborough (beside South Street Diner) between the hours of 5:30 and 7:30 pm. This takes place in the conference room up above the bank.

What is "bank nite?"

"Bank nite" is a convenience for those who want to drop off any money that you may have collected and would like to turn in before the actual day of the Polar Plunge. Is it mandatory? No, again this is just a convenient way for those plungers who don't want to bring their money to the plunge, so plungers can just concentrate on plunging. It is also where you can meet the Polar Plunge committee ahead of time and ask any last minute questions.

Is there a deadline to signup?

No, as long as you have your waiver/participation form and \$100.00 – you can sign up the day of the event. Forms can be found at www.inyourshoeswestborough.com or you can use the new fundraising tool www.firstgiving.com/inyourshoeswestborough.

QUESTIONS ABOUT THE DAY OF THE EVENT**When does the Registration Desk open?**

Registration begins at 1:30 pm. Please make sure you register first when you arrive. You will receive a ticket that you can use for your choice of either hot chocolate or coffee, and a baked good treat.

Where can I change before and after I plunge?

There will two tents – one for the 'mama bears' and one for the 'papa bears.'

How will I know when to plunge?

Our emcee will make an announcement with his megaphone.

Plunger Tips:

- Wear something on your feet. The sand is incredibly cold.
- Bring a towel to throw on you when you exit the water.
- Bring a sweat suit to throw on right away after you change out of your wet clothes.

Will there be food and beverages available?

Yes, there will be hot chocolate, coffee, chili and baked goods.

Will there be prizes awarded?

Yes, here are some of the examples:

1. Most money raised as a team
2. Most money raised as an individual
3. Best costume
4. Most spirited
5. Polar Papi 2011