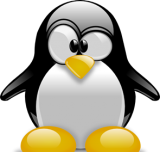
BRUNSWICK AREA RECREATION COUNCIL (BARC)

Presents



14th ANNUAL

FREEZIN’ FOR A REASON 2020

POTOMAC RIVER PLUNGE TO HELP OTHERS

**PLEDGE OPTIONS: PLEDGE ONLINE AT BARCMD.COM/ Events or USE PLEDGE SHEET**

**If you pledge online you can use pay pal to make your pledge.**

**When:** **Wednesday January 1st, 2020 NEW YEARS DAY. (Sunday Jan. 5th snow date)**

**Actual river plunge will take place starting at 1 pm.**

**Advised to arrive by 12:15 pm to turn in pledge donation form & pledges collected.**

**Where:** Brunswick Family Campground, C & O Canal 1 mile south of Brunswick.

(see directions section)

**Benefit:** BEACON (Brunswick Ecumenical Assistance Committee On Needs).

BRUNSWICK AREA FOOD BANK.

FREDERICK COUNTY SPECIAL OLYMPICS.

**Parking:** Plenty of parking at the campground.

**Offerings:** T-shirts (must be pre-registered to get a guaranteed t-shirt) hot drinks, baked goods, light lunch food.

**Change Area & Restrooms:** A basic private changing area provided. Chemical toilets are provided.

**Rules of the Event:**

1. Those entering the river must be at least 16 years old **or** accompanied by an adult.
2. All who enter must wear some form of water shoes or sneaks. **No bare feet allowed !**
3. Participants must enter at least up to their ankles to get credit.
4. Participants must remain in water up to 15 seconds.
5. **A minimum of at least $25 in pledges must be turned in on event day.**
6. **Participants must pre-register to be** **GUARANTEED** **a t-shirt.** Pre-register at [zum50@hotmail.com](mailto:zum50@hotmail.com). **Or call 301-834-8045**. Deadline to pre-register is Dec. 12th. Pre-register by giving your name and shirt size by December 12th.
7. Participants can select the group they wish to support or select a split based on their interest in a group. (see pledge distribution choice sheet for more information on donation support)

**All donation checks are to be made payable to BARC. (funds will be distributed to groups based on selection made on pledge sheet). A 50/50 raffle will be drawn to benefit all groups. ONLINE DONATIONS CAN BE MADE BY GOING TO BARCMD.COM. & USE PAY PAL OPTION.**

**DIRECTIONS AND CONTACTS:**

**Brunswick Family Campground:** From Frederick take Rt. 340 west to Rt. 17 exit Brunswick. Go 1 mile to light and turn right. Proceed 1 mile to MARC Train Station. Continue across the tracks to the C&O canal road. Turn left on canal campground road. Go 1 mile and turn right into campground. Watch for signs when you turn onto canal campground road after crossing the tracks**.**

**Contact: Lee Zumbach 301-834-8045** [**zum50@hotmail.com**](mailto:zum50@hotmail.com) **or Bob Ward at 301-834-8215.**