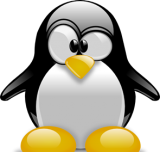
BRUNSWICK AREA RECREATION COUNCIL (BARC)

Presents



19th ANNUAL

FREEZIN’ FOR A REASON 2025

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:** **Monday January 1st, 2025 NEW YEARS DAY. (Sunday Jan. 5th snow date)**

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

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

(see more about the campground online).

**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 by Dec. 10TH to get a guaranteed t-shirt and turn in at least $35 in pledges).**

**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 at least 15 seconds.
5. **A minimum of at least $35 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**. Give your name and shirt size. Deadline to pre-register is **Dec. 10th**. You can still do the event if not pre-registered but only pre-registered who contribute at least $35 in pledges, are g**uaranteed** the shirt.
7. Participants can select the group they wish to support or select a split based on their interest in a group. (see pledge sheet for more information on donation support.
8. BARC will plan, organize and administer the event for the support of the groups. They will put the time and up front expenses to make the event take place. In return BARC will retain up to 5% of donations to take care of these time and financial cost. Funds will be transferred to the participating organizations within 1 month of the event along with an accounting to the groups.

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

**LOCATION AND CONTACTS: The event will take place at the Brunswick Family Campground 1 mile south of Brunswick on the C & O Canal. Contact Lee Zumbach at** [**Zum50@hotmail.com**](mailto:Zum50@hotmail.com) **. 301-834-8045**