

ARE YOU A LITTLE NUTS?!!!!!! - then prove it!!

*Take the “plunge”!!*

## The “Polar Bear Plunge” on February 18<sup>th</sup> in Sea Isle City

We’ve all heard about Polar Bear Plunge’s and most of us have thought “*those people must be nuts*”! Well, let’s “live a little” and be nuts together!



For this event, it is recommended that you register online, in advance; at [www.lacosta-seaisle.com](http://www.lacosta-seaisle.com) \$25 gets you a T-shirt and an entry wristband. There will be a costume judging contest from noon to 1:30pm for Best individual Costume, Best Family entry, Best Group, as well as Polar Bear King and Queen who will arrive at 1 pm on a throne of ice. You can be King or Queen too, but you must raise money for Autism Awareness.

The wristband gets you into a special roped off area on the beach, as well as to the post plunge party back at La Costa Lounge (whether you chickened out or not). You must wear a swimsuit or costume to plunge ..... NO WET SUITS.

Friday evening we will have a pre plunge gathering for those brave souls taking the plunge. Either at Jane & Ken’s located just outside of Sea Isle City off Route 9 or at a location in Sea Isle. Overnight accommodations for Fall Line plungers who would like to crash are available on a first call, first reservation basis on Friday night at Jane and Ken’s, John Kennedy’s in Strathmere and possibly a location in Sea Isle. BYO Everything

After the plunge we will hang out at La Costa and enjoy a few hot toddies or hot bodies. Where you are walking distance from plenty of post plunge parties, or possibly at “Friend of Fall Line” Trudy and Marks (BYOB).

If you still have the energy you can get up Sunday morning and do a 5k walk/run for \$20 details at [www.polarbearrunwalkforautism.com](http://www.polarbearrunwalkforautism.com)

We have some ideas but are still looking for good ideas for a group costume, we are open to suggestions.

RSVP via e-mail or phone Jane Gonzales at [skigirl25@comcast.net](mailto:skigirl25@comcast.net) 609-707-0445 or [johnkennedy0880@comcast.net](mailto:johnkennedy0880@comcast.net) 856-761-2863.