



Polar Bear Plunge at The Lakes

Benefiting Tempe Adaptive Recreation

Saturday, January 24, 2026

8 a.m. Registration & Check-In

9 a.m. Plunge



PERSONAL INFORMATION

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Email Address _____

Phone _____ Age _____ Date of Birth ____/____/____

COST \$25 - Includes Cool T-shirt, Yummy Snacks, Hot Beverages and Bragging Rights!

_____ Polar Bear - I'm Plunging! _____ Teddy Bear - I'm a Dry Supporter!

LONG SLEEVE T-SHIRT - Select your size

Youth Small Youth Medium Youth Large

Adult Small Adult Medium Adult Large Adult X-Large Adult XX-Large

Please make checks payable to Team Asa and remit to:

Team Asa Polar Bear Plunge 1502 E. Northshore Dr., Tempe, AZ 85283

In submitting this entry, I, intending to be legally bound for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims for damages I have or may have against the organizers of this event, its principals, its employees, its volunteers, all sponsors and their representatives for any and all claims and damages, demands actions whatsoever in any manner, as a result of my participation in the Polar Bear Plunge at The Lakes, including travel to and from the event.

I acknowledge the contagious nature of COVID 19 and voluntarily assume the risk that I, and/or my child/children may be exposed to COVID 19 by participating in this group event, and voluntarily accept sole responsibility.

I hereby consent to medical treatment in the event of injury, accident and/or illness during the event.

I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, video, print or social media reporting or advertising of the event without compensation. If you are under 18, a parent or legal guardian must sign this form.

PRINT NAME _____ DATE _____

SIGNATURE (Guardian to sign if under 18) _____