



**Sparta Elks Lodge #2356**  
**6 West Shore Trail, Sparta NJ 07871**  
**MARCH 23, 2025**


**DON'T MISS THE ANNUAL CHARITY PLUNGE INTO LAKE MOHAWK**

Our community has many charitable annual traditions to support many great causes. The Sparta Elks are planning their Annual Charity Plunge into Lake Mohawk on Sunday, March 23, 2025. Proceeds will benefit our Special Children's Committee, Elks Camp Moore along with many other Elks charities. Elks Camp Moore is a camp for special children. It offers a fun-filled week vacation away from home. The primary goal of the camp is to develop the recreational and social skills of each child. In a relaxed and accepting atmosphere each camper experiences new adventures, lasting friendships and opportunities that promote independence and greater self-confidence. All children are sponsored by the local elks lodge in their community with no cost to their families.

We are asking for your support in this major fundraiser. Some of the ways you can support this event are listed below,

- **Corporate sponsor: minimum donation of \$500.00**
- **Individual Plunger sponsor: minimum of \$50.00 worth of pledges to plunge (See attached pledge form)**
- **Sponsor a plunger by making a monetary pledge. If you do not know of a plunger to sponsor, please contact us for an updated list.**



Too  to take the plunge? You can still support and raise pledges for Elks Charities then dip a toe or finger in the lake for your "NON-PLUNGE" support.

We are encouraging plungers to form teams with co-workers, family, and friends. Feel free to dress in costume or with your corporate colors.

For complete details and information, see the attached package which includes the required plunger waiver.

We would like to thank you in advance for your continued support. Sincerely,

SPARTA ELKS TEAM

Spartaelkslodge2356@gmail.com

# Sparta Elks Charity Plunge Into Lake Mohawk

"CHILLIN FOR OUR CHARITIES"



**Sunday March 23, 2025**

LAKE MOHAWK BEACH #1

CHECK-IN/REGISTRATION AT 11:30 AM IN THE SPARTA ELKS  
BOARDWALK ROOM

CHARITY PLUNGE AT 12 NOON  
All plungers must register by 11:45 AM

CHARITY PLUNGER SPONSORSHIP: \$50.00 MINIMUM PLEDGE  
(INCLUDES COMPLIMENTARY FOOD AT SPARTA ELKS)

FOR MORE INFORMATION CONTACT  
SPARTAELKSLODGE2356@GMAIL.COM

ALL PROCEEDS TO BENEFIT ELKS CHARITIES

Sparta Elks  
@Sparta-Elks



**venmo**

# Sparta Elks Charity Plunge into Lake Mohawk

"Chillin for our Charities"



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City : \_\_\_\_\_ St at e: \_\_\_\_\_

Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone#: \_\_\_\_\_

Donation List :

Name: Donation Amount

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Total: \_\_\_\_\_

**Make Checks Payable to: Sparta Elks**

**Send Checks to: P.O. Box 701, Sparta, NJ 07871**



## Do...

- Wear your plunge "attire" under your clothes - then you don't have to change into them at the plunge.
- Remember that you will be exiting the water quickly, so do not wear anything that may be heavy when wet. Be creative with your plunge attire!
- Bring a robe, blanket, towel or jacket to wear while waiting to plunge and or when you get out of the water. A towel to dry off as well as an extra towel to stand on is also a good idea.
- Wear tennis or water shoes. Not only is the ground freezing, but your feet will be numb in the water and it's a good precaution.
- Bring loose fitting easy-on clothing and shoes to change into after the plunge. Your fingers and toes won't be working so well!
- Bring your signed waiver and all money collected with you to the registration table.
- Bring a plastic bag for wet clothes.
- Have a dry partner to take care of your belongings and take pictures while you're in the water.

## Don't...

- Don't plunge if you have any heart or serious medical conditions.
- No diving or somersaults. The water is shallow!
- Don't show up at the plunge right before the start time. You will need time to check-in and prepare for the plunge.
- Don't drink alcohol prior to the plunge. Despite what you think, alcohol does not warm you up, it accelerates hypothermia.
- Don't forget to smile and have fun!

## **Charity Plunge Checklist**

- Two Towels
- Blanket, Robe or Jacket
- Tennis or Water Shoes
- Change of Clothes and Shoes
- Camera
- Plastic Bag
- Signed Waiver
- Collected Money

# Sparta Elks Charity Plunge into Lake Mohawk

"Chillin for our Charities"

## **WAIVER SIGNATURE REQUIRED**

Sparta Elks Charity Plunge (Event/Activity) release and waiver of liability, assumption of risk, and indemnity (agreement): In consideration of participating in this event, (1) I represent that I understand the nature of polar plunging events and that I am qualified, in good health, and in proper physical condition to participate in such activity. I acknowledge that if I believe the conditions are unsafe, I will immediately discontinue participation in such activity. (2) I fully understand polar plunging events involve risks of serious bodily injury, including permanent paralysis and death which may be caused by my own actions, or inactions, those of others participating in the activity, the conditions in which the activity takes place, or the negligence of the releasees named below; and that there may be other risks either not known to me or not readily foreseeable at this time and

(3) I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the activity. (4) I hereby release, discharge and covenant not to sue, the Sparta Elks, their respective officers, volunteers and other participants, sponsors and if applicable, owners and lessors of premises on which the activity takes place. (Each one considered one of the "Releases" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or part by the negligence of the releases or otherwise, including negligent rescue operations and (5) I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I or anyone on my behalf, makes a claim against any of the releases from any loss, liability, damages, or cost which any may incur as a result of such claim. (6) I have read this release and waiver of liability, assumption of risk, and indemnity agreement, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please print the following:

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone #: \_\_\_\_\_