



GLOUCESTER ROTARY 2022 POLAR PLUNGE FUNDRAISER TO #ENDPOLIONOW SATURDAY, APRIL 2, 2022

TIME TABLE

Please arrive by 10:30am to allow for parking and shuttle time.

Plunge time is 11:00am

PARKING & SHUTTLE BUS

Help us be good neighbors! Do not park at or near the inn on Rockport Road unless you have specific permission from the Gloucester Rotary organizers to do so. Park in the Good Harbor Beach parking lot (73-91 Thatcher Road, Gloucester). Free shuttle busses to Long Beach will be available from 10am to 12pm. Please give yourself adequate time to take the shuttle from Good Harbor to Long Beach. There will be a shuttle available for volunteers and early birds at 9:30am.

FOOD AND SNACKS

Coffee, hot chocolate, and donuts—provided by Jim's Bagel & Bake Shoppe (34 Railroad Ave, Gloucester, 978-283-3383) and The Open Door (www.foodpantry.org) will be available at 10:30am.

ROOM CHECK IN AT CAPE ANN MOTOR INN

If your team reserved a room, please send only one person from your team to the Cape Ann Motor Inn office to collect your key. The office is small and it is easier to have as few people as possible in the lobby. If you have any questions about your room reservation, please contact the inn at 978-281-2900.

CHECK IN UPON ARRIVAL

Please check in upon arriving and turn in your waiver prior to going down onto the beach. **Waivers are required for all plungers, whether adult or youth.**

IN AN EMERGENCY

First responders will be on-hand in case of an emergency. *If you have any concern about plunging, please consult your doctor first.*

WATCHING FROM HOME

Let your friends and family know they can watch you from home!

Live webcam: <http://capeannmotorinn.com> Click on BEACHCAM

DONATIONS

All plungers are encouraged to raise funds for the Rotary International #EndPolioNow campaign. Online credit card donations may be submitted at www.rotary.org-- be sure to choose the polio campaign. Cash and check donations should be submitted through your club to the Rotary Foundation prior to the end of the Rotary year (6/30/2022). Your Club Foundation Chair can tell you how your club's procedures work.

WEATHER PLAN

In case of inclement weather, please check the Gloucester Rotary and District 7930 Facebook pages for updates.

FINAL QUESTIONS

Questions may be addressed to Gloucester Polar Plunge Co-Chairs Tom Dexter (tom@cmpadvisors.com) and Tracy Arabian (trixy546@hotmail.com). Please note that emails sent on the morning of the plunge may not be seen until that afternoon.

The Gloucester Rotary would like to thank the following organizations for their support of the Polar Plunge:

Cape Ann Motor Inn

Beauport Ambulance | Cape Ann SUP | Essex Radio & TV | CATA
Jim's Bagel & Bake Shoppe | Ringo Tarr, Gloucester | The Open Door

After the Plunge—consider lunch at one of Cape Ann's many amazing restaurants.
Learn more at www.capeannvacations.com