

**RAVENS ROOST #100
LUTHERVILLE-TIMONIUM**

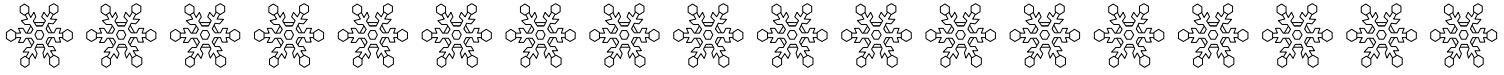
POLAR BEAR PLUNGE
Saturday, January 30, 2010



Bus departs 6:30 a.m.
Tailgate in Ravens Roost Parking Lot
Plunge Day Event Schedule
Time
8:00 AM Sandy Point State Park Open to General Public
12:45 Pre-Plunge Kick-Off Announcements – Main Stage
1:00 PLUNGE 1
2:00 Plunge Zone Closes to Spectators
2:45 Pre-Plunge Announcements - Main Stage
3:00 PLUNGE 2
3:15 Plunge 2009 Results Announced

To join our team:

Go to www.plungemd.com and click on Register Now
Questions? Email ravensroost100@gmail.com



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