



# Third Annual

# Polar Bear Plunge and Arkansas River Scramble



2007 Participants



2008 Participants

## Sponsored by TAT in cooperation with TATUR's

*TAT - Tulsa Area Triathletes*

*TATUR's - Tulsa Area Trail and UltraDistance Runners*

**When:** January 1, 2009 at 2:00 p.m.

**Where:** Tulsa Crew House on West Side of Arkansas River North of 21<sup>st</sup> St. Bridge

**Why:** TAT & TATUR's are wild, crazy, and fun people

**Attire:** Speedo's and bikini's will work. Wear whatever you want. Costumes are encouraged.

**Cost:** Free (plenty of food and warm drinks will be provided)

**Awards:** Best costume, coldest polar bear, fastest polar bear, oldest/youngest polar bear, whiniest polar bear, plus a few other categories.

**Description:** The "plunge" is a full body dunk in the river. The "river scramble" is a brief running race in the river (hopefully no deeper than chest level) immediately following the "plunge" - do both! Life jackets are recommended but not required.

**Questions:** Call Scott or Kathy Ostrem, 918-582-6525 (home)

