

**News Release: January 12, 2010**  
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## TALLAHASSEE'S SIXTH ANNUAL ICE BOWL

The Seven Hills Hurlers disc golf club proudly announces the Sixth Annual Tallahassee Ice Bowl, to be held at Tom Brown Park, Saturday, January 30<sup>th</sup>, 2010. Registration will begin promptly at 8:30 a.m.

What's an Ice Bowl? The Disc Golf Ice Bowl is a disc golf tournament hosted in an effort to raise funds for various charities and is open to all players, regardless of experience.

Although disc golf is similar to golf in procedure, pace and psychology, disc golf players use specialized flying discs (smaller, heavier, and aerodynamically superior to the Frisbee™), instead of clubs and balls. Disc golf players also "hole out" in a disc golf basket or target instead of a cup. Made of steel, the disc golf basket features a metal mesh basket attached to a pole two feet above the ground with chain assemblies above the basket which acts as a backboard to stop a disc's forward motion. Disc golfers play the throw from where it lies, and count each throw as a stroke until the disc lands in the basket or within the chains.

The Seven Hills Hurlers disc golf club is sponsoring Tallahassee's sixth annual Ice Bowl event to take place at Tom Brown Park disc golf course. This year's charity is once again America's Second Harvest of the Big Bend. More information on this charitable organization can be found at [fightinghunger.org](http://fightinghunger.org).

The first Ice Bowl originated in Columbia, Missouri in an effort to parlay the sport of disc golf into the harsh winter months. Since its inception in 1987, enthusiasm for the sport has expanded and various Ice Bowl tournaments have emerged worldwide. Since 1996, fundraising for local charities (particularly food banks) has become a fundamental part of the annual Ice Bowl tournaments.

In 2009, there were 190 reported events with a total of 7,958 players, which raised \$224,162 in funds and more than 55,500 lbs of food in the name of disc golf around the world. During Tallahassee's 2009 Ice Bowl, the Seven Hills Hurlers raised approximately \$7,200 in funds and 3,054 lbs of food for the Second Harvest food bank, ranking the club 3<sup>rd</sup> in food collection and 4<sup>th</sup> in monetary donations in worldwide standards.

The Seven Hills Hurlers have planned several fun-throwing events for the Bowl, to include: One 24-hole round of disc golf for Recreational, Open Men/Women, Junior, and "Old Guy" divisions with prizes; Closest to the Pin Contests per division; Disc Bocce with prizes; and a delicious Chili Cook-off.

The rules of the Ice Bowl are simple: 1) Under no circumstances may an Ice Bowl be cancelled or postponed due to unseemly weather conditions; 2) No wimps or whiners are allowed; and 3) There are no excuses for not attending (either be there or be a wimp!)

The entry fee for the 24-hole tournament is \$25 and a minimum of five canned goods (Professional Disc Golf Association members must provide a minimum of ten cans). The first 100 players to register will receive a commemorative 2010 Ice Bowl golf disc and a mini marker disc. The entry fee for the Disc Bocce games is \$5 or 5 cans of food. A maximum of 12 mulligans per player are available for purchase for \$5/each or 10 canned goods each. All proceeds for the events will be given to the America's Second Harvest of the Big Bend food bank.

For registration forms, tournament sponsorships, donations, or any other information, please contact James Farmer at 850-766-3334 or Don Sherry at 850-566-2211, or visit [www.tallahasseeicebowl.org](http://www.tallahasseeicebowl.org).

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