



The Wounded Warrior 'Feeling Long Lakey' Polar Bear Plunge

Saturday, December 30, 2023

For the benefit of the: Wounded Warrior Project – To honor and empower wounded warriors.
Long Lake, NY

Requirements

- Dippers must be 16 years of age. Under 18 must have signed permission from parent or guardian
- Registration **11am-11:30am** Adirondack Hotel, Plunge takes place at 12pm from Long Lake Town Beach. Registration and med check closes at 11:45am
- All monies collected must be turned in at the time of registration. All checks must be made out the "The Wounded Warrior Project"
- All dippers must be checked by Long Lake Rescue Squad upon registration, prior to Plunging.
- Each dipper **MUST** wear **shoes** to protect your feet in the water and out.
- No alcoholic beverages allowed or permitted on the Long Lake Town Beach during event

Things to remember: - Pack a **towel** and water shoes - Wear swimsuit under your clothes-or costume if you so choose! - Bring easy to get into warm clothes (and shoes) for after the Plunge. **TOWELS!**

Changing permitted at the Long Lake Town Beach Bathroom. These are smaller bathrooms.

We will have a warm bus/holding area at the plunge. Plungers will plunge in the order they arrive and register. Teams may plunge together. Plungers and/or teams will plunge one at a time.

Minimum of \$25 per person donation to plunge.

All checks payable to Wounded Warrior Project.

On-line donations can be made at woundedwarriorproject.org and in search bar enter Feeling Long Lakey to be taken to fundraising page.

No DIVING.

Remove eyeglasses.

Bring a plastic bag for wet clothes, and somewhere to store your dry clothes.

Bring your own TOWELS!

Awards:

- Individual raising the most money
- Team raising the most money
- Best Plunge Technique
- Best Plunge Costume
- Most Original Team