



## POLAR PLUNGE SPONSORS

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## Dutchess Polar Plunge at Eastdale Village

### Here's the scoop on what you need to know before taking the PLUNGE

### Sunday, March 1

Mobile Plunge Unit will be set up in front of the Premier Urology Building at Eastdale  
Address: 10 Otto Way Poughkeepsie, NY

There will be plenty of parking available behind the Premier Urology Building as well as in the Dutchess Ambulatory Center parking area within Eastdale. Do not park in numbered spots. IBEW local 363 apprentices will be volunteering assisting with parking.

### EVENT SCHEDULE

#### 10:00 – 11:30 AM

- **IBEW 363** will be on site to help oversee parking and the fire pit areas
- Registration will take place in the tented space located on the turf green space
- Yard Games will be set up and provided by Bard College SAAC
- Complementary hot cocoa graciously donated by **Stop & Shop** will be available in the event tent while supplies last
- S'mores stations are generously provided by **Stop & Shop**
- Complementary water provided by **Wegmans**
- **iHeartMedia Q92** will be onsite assisting with music, emceeing and providing real time event updates
- Vendor and Sponsor tables will be set up in the Tent space
- Complementary cup of coffee will be provided at the Crafted Kup with a voucher that will be provided at check-in.

### 11:50 AM

- New York Dive Team enters the water with all mobile plunge unit volunteers getting in place

### 11:55 AM – Speaking Program

- Brief presentations by DC Sherrif Kirk Imperaiti, Susanne O’Neil, Chris Hamel- Chair of the Polar Plunge, Sgt. Alonzo Montanya from DCSO and Officer Sarah Raco from Town of Poughkeepsie Police Department
- Pledge of Allegiance
- Athlete oath **Richard Fishwick**
- Ceremonial passing of the Flame of Hope to our new 2027 Plunge Chairs, along with the TriFecta Challenge medal ceremony
- Group photo near the mobile plunge unit with all the teams

### 12:05 PM Plunge Begins

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## CHECK-IN DETAILS

### Registration

- 10:00 – 11:30 AM Registration in Tent area
- All plungers **MUST** register upon arrival
- A **signed participant waiver is required at check-in** No one may participate without a **Completed Waiver**
- Participants under 18 **MUST** have their **waiver signed by a parent or legal guardian — no exceptions**
- Plungers will receive a plunge wristband and event sweatshirt (based on fundraising minimums achieved)

### Donation Payments Accepted

- Cash
- Checks (Payable to “Special Olympics New York”)
- Credit Cards
- Venmo
- Apple Pay
- PayPal

If you fundraised online... no worries! Totals will be available at registration.

## FUNDRAISING MINIMUM

- Each plunger must raise **\$25 minimum** per person to participate.
- **Raise \$125** or more per person and receive the coveted 2026 Polar Plunge sweatshirt!
- Haven’t started? Ask 10 friends for \$13 each — you’ll hit over \$125 fast!

### Fundraising Incentives

- The more you raise, the bigger the rewards!
- Incentive redemption emails will be sent after the event (prizes arrive in 6–8 weeks).

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## SWEATSHIRT PICK-UP

- **Must raise \$125** per person to receive event sweatshirt.

- Pick up at the Registration Tables

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### TEAM INFORMATION

- Team donations may be redistributed among team members. Please submit any changes by Thursday, February 26
- Each participant must check in individually, unless you are part of a secondary or lower secondary educational program

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### COSTUMES & PHOTOS

- Teams are encouraged to dress in costume, take photos and share them using our social media handles

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### RAFFLES & MERCH

#### Raffle Tickets:

- \$5 per ticket
- \$25 for an arm's length

#### Payments Accepted

- Cash
- Checks (Payable to "Special Olympics New York")
- Credit Cards
- Venmo
- Apple Pay
- PayPal

In partnership with [3 Up 3 Down Organization](#), we're excited to introduce seven themed raffle packages one representing each county we serve in the Hudson Valley called our ***"Day Trippin' Experiences."***

Each package features \$500 or more in local products and experiential gift certificates, with all proceeds benefiting Special Olympics New York and 3 Up 3 Down Organization.

Winners will be drawn at the [3 Up 3 Down 9th Annual Hold'em Tournament](#) on **Saturday, March 28 in Patterson, NY.**

Don't miss your chance to win an unforgettable Hudson Valley experience while supporting two incredible organizations!

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### WHAT TO WEAR

- Costumes encouraged!
- Dress warm in layers
- Wear water shoes (shoes REQUIRED)
- Absolutely NO flip flops
- Bring a towel (Towels will not be provided)

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### WHAT TO BRING

- Change of clothes

- Extra socks & shoes
  - Towel
  - Garbage bag for wet clothes
  - Zip lock bag for phone
  - Cash or Cards for Special Olympics memorabilia Swag Table and don't forget the Raffle table, Girl Scout Cookie Table and the wonderful shops at Eastdale!
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### **THE PLUNGE**

- Takes place in our new Mobile Shipping Unit that is 4 ft deep and holds over 3,000 gallons of water.
- Teams will corral near the mobile plunge unit and cheer on the plunge teams
- No dogs or pets in the Mobile unit
- Yes... the water will be cold as it will be filled that morning!  
Absolutely under any circumstances NO DIVING! No more than 2-3 plungers at a time. Do NOT push. Listen to the plunge unit volunteers for safety directions.
- Take off all jewelry you don't want to lose

### **AFTER YOU PLUNGE**

- 4 porta johns and 40 x 60 heated tent will be available with changing space.
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### **SHARE YOUR PLUNGE!**

Hashtags:

- #SOpolarplungeNY
- #SpecialOlympicsNY

Follow:

- Facebook: @SpecialOlympicsNewYork & @SpecialOlympicsNewYork - PolarPlunge
  - Twitter: @SpecOlympicsNY
  - Instagram: @specialolympicsny
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On behalf of all our Special Olympics New York athletes — THANK YOU!  
See you on Sunday, March 1st at Eastdale Village!