

Welcome to the annual New Year's Day Polar Events at Eagle Nest Lake State Park

9:00 AM Registration begins for both events

10:00 AM **Stompers** take off to stomp over one of the flat trails at Eagle Nest Lake State Park. Snow depth will dictate whether you need snowshoes and/or cross country skis or snow boots. Will return to the Visitor Center by 10:45 AM to view and/or participate in the Plunge.



For those taking the PLUNGE!

10:45 AM Plunge briefing

11:00 AM Plunge starts



Plunge Requirements:

DO's

- ***Must wear secure "lake" shoes** – not flip-flops or slide-ins. Remember this is a fishing lake, so there might be fish hooks or other objects hiding in the bottom mud. Therefore, the need to protect you feet.
- Another pair of shoes to wear after the Plunge – most prefer something that will slip on easily.

DON'T's

- **Don't dive in** – This is a safety regulation that will be enforced by the safety team. Other than that, the Plunge is whatever you want it to be. The water is cold, and it may take your breath away for a moment.

THINGS TO BRING

- "Lake" shoes for wearing during the Plunge (see above).*
- 2 Towels – one to dry with after the Plunge, and one to stand on while changing to your "street" clothing.
- Dry undergarments and "street" clothing to wear after the Plunge.
- A bag to hold your "street" clothing & valuables during the Plunge.
- Someone to hold your clothing/valuables bag while you Plunge.
- A plastic bag for wet clothing & shoes.

Polar Events Hosted by:



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