
Plunge Details!

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The info you have been waiting for!



It's Time To Party Polar Plunge Style!

Gather your colony and head to our **NEW location, Leesylvania State Park** for a Saturday of awesomeness at the Prince William Plunge! Keep reading for all the info you need to have the best Plunge ever!

Now for some pretty important Plunge reminders:

-- **Attire** - Appropriate attire is a **MUST** for this family friendly plunge. Costumes are encouraged but nothing **TOO** revealing! Closed toe shoes are a **MUST** to plunge. We will have a limited amount on sale at the park.

-- **Donation** - \$100 per person is the minimum donation to plunge. It will also get you a snazzy t-shirt! Don't forget, if you get to \$300 you get a nice warm towel!

-- **Location** - Our new location is Leesylvania State Park ([2001 Daniel K Ludwig Dr, Woodbridge, VA 22191](#)). Upon entering the park, please follow plunge signs to the area by Boat Launch 2.

-- **Parking** - *New this year* Parking will be located right at the plunge site! Parking is **FREE** for all cars containing Plungers. Please show this [parking pass](#) (click to open!) to the gate attendant upon arrival. Without it, there will be a \$7 donation to the park in order to enter.

-- **Time** - Registration/check in opens at 11 am and closes **PROMPTLY** at 1 pm. We will begin our plunge festivities with our costume contest shortly thereafter. Please arrive early to get a spot in our heated tent as space is limited!

-- **Schedule** - At 1:15 pm we will begin our festivities with our **costume contest** so come early (by 12:30) if you want to participate. Plunging begins immediately after by team and we will keep going until everyone is done. **Please note, we reserve the right to plunge early if our safety divers feel that is best for safety.**

-- **Food** - Come hungry! We will have two yummy food trucks on site selling lunch beginning at 11 am. You are also welcome to pack a lunch or grilling supplies to picnic at the park. **Please note, All participants and**

spectators are reminded to review VA State Park Rules and Regulations prior to

arrival <https://www.dcr.virginia.gov/state-parks/rules-and-regulations>

-- **Prizes** - Don't forget to come with some spare donation money with you! We will have some amazing prizes (including a kayak!) on site for you to donate to win!

-- **Misc** -More information about the event including a full event schedule can be found here:
<https://polarplunge.com/prince-william/>

-- Any last minute announcements about the event, including weather related, can be found on our facebook page [here](#).

-- Participants are advised to not drink alcohol before the Plunge. Diving and flipping is not permitted but high fiving the safety divers is welcomed!

-- We will have two changing tents right off of the beach in the parking lot for you to dry off before you head home.

-- The entire event is outside so please plan and dress accordingly. It looks like it will be a sunny but cool day. That said, in addition to the ample outdoor seating, we will have one heated seating tent for you to warm up.

And remember, penguins don't party alone and it's never too late to register a friend... or to make one more ask to your friends & family to support your brrr-ave efforts and help us reach our goal!

Please pass this email on to anyone who you know that is attending that hasn't registered online!
I can't wait to see you all Saturday afternoon!

Ellen Head
Senior Director of Development

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