



## **FOR IMMEDIATE RELEASE**

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## **SPECIAL OLYMPICS PA TO CELEBRATE ITS 5TH ANNUAL ERIE POLAR PLUNGE AT PRESQUE ISLE STATE PARK ON NOVEMBER 16TH**

**(Norristown, PA – November 4, 2019)** –The fifth annual Erie Polar Plunge to benefit Special Olympics Pennsylvania (SOPA) will be held on Saturday, November 16, 2019 at Presque Isle State Park – Beach #7, located at 301 Peninsula Drive in Erie, PA. Registration opens at 9:00 a.m. and the plunge will begin at 12 noon. This year's guest emcee will again be Mike Ruzzi from WICU-TV 12, who will also be in the crowd to cheer everyone on. Ruzzi will be joined by co-emcee Joe Lang, weekday afternoon Disc Jockey for BOB FM 94.7.

The Erie Polar Plunge invites participants of all ages (under 18 requires parent or guardian signature) to take a dip in the "cool" waters of Lake Erie. Participants can take the plunge on their own with a minimum fundraising goal or join a group of friends and form a Plunge Team. General plungers are asked to raise a \$50 minimum pledge, and Cool Schools (local school groups) are asked to raise \$35 per team member in order to receive an official 2019 commemorative Polar Plunge t-shirt. Additionally, since jumping into a freezing lake is not for everyone, participants can choose to register for the event as a "Too Chicken to Plunge" participant. All plungers are eligible to earn additional prizes as their pledges increase.

Plunge spectators can attend free of charge and enjoy several activities at Plunge Town, sponsored by Sportsmen's Athletic Club, from 9am-11:30 am while waiting for friends and family to take a dip in the cold waters of Lake Erie. They will be able to pitch a tent, hang a team banner, play corn-hole games, and tailgate while enjoying complimentary coffee and hot chocolate provided by the Knights of Columbus, cold Coca Cola beverages, and hot dogs and kielbasa donated by Smith's Hot Dogs. Guests will also have the opportunity to join a few local mascots – The Seawolves, C. Wolf and SOPA's very own Bernard the Polar Bear – for a dance off and see who has the best moves.

Plunge day music and entertainment will be provided throughout the morning by DJ Vinnie from Erie Encore Entertainment. There will also be an ice carving demonstration by the Erie Ice Works, face painting by Taradoodles, and a live chainsaw wood carving demonstration by Barbarian Saw Works. Since wood is the traditional 5th year anniversary gift, the Erie Plunge will be auctioning off the completed sculpture.

Official Erie Plunge merchandise including a limited supply of event tumblers, sweatshirts and towels will be available for purchase at Plunge Town. And, since it is the Erie Plunges' 5th Anniversary, special '5' themed 50/50 raffle tickets will be available for purchase.

### **Special Olympics Pennsylvania**

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*Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities*

The 2019 Erie Polar Plunge major event sponsors include Law Enforcement Torch Run for Special Olympics PA, Sportsmen's Athletic Club, Duggan's Service & Sales, Superior Toyota, Aerotek, GEICO, Sheetz, Harmelin Media, and New Pace Productions.

Every minute our plungers spend in the cold will warm the hearts of thousands of Special Olympics Pennsylvania athletes, so we ask that individuals sign up and join the ones who are "freezin' for a reason." To register online or for more information, please visit [www.PlungePA.org](http://www.PlungePA.org), [www.specialolympicspa.org](http://www.specialolympicspa.org), or call Jessica Kury at 724-375-7515, ext. 244. For individuals interested in plunging that live out of town, special group pricing will be offered at The Clarion Hotel Lake Erie when "Special Olympics Polar Plunge" is referenced during booking.

***About Special Olympics Pennsylvania***

Special Olympics Pennsylvania provides year-round training and competition in 21 Olympic-type sports to more than 20,000 children and adults with intellectual disabilities or closely related developmental disabilities. For more information about how you can join "The Inclusion Revolution," visit [www.specialolympicspa.org](http://www.specialolympicspa.org).

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