



2024 Law Enforcement Torch Run Fishkill Polar Plunge

Chris Hamel and Teresa Gilli say **THANK YOU!**



HISTORY OF THE PLUNGE - LAST PAGE

Here's the scoop on what you need to know before taking the PLUNGE on Saturday, February 17 at Sharpe Reservation - Camp Mariah

EVENT DETAILS:

- If you haven't done so already, please send Teresa Gilli, tgilli@nyso.org, a time you as an individual or team would like to plunge? 8am, 9am, 10am, 11am, NOON or 1pm - SEE FRONT PAGE OF SITE TO SEE TEAMS ALREADY SIGN UP
- The location of plunge is at Sharpe Reservation - 436 Van Wyck Lake Rd, Fishkill, NY 12524
- After arriving, you will be let through the gate and follow signs to go to Camp TOMMY! Parking will be at this park - PLEASE CARPOOL IF POSSIBLE! THE LESS CARS THE BETTER
- You will then take a bus, from First Student, to Camp Mariah NOTE: If your team is not there, you can go ahead and wait at Camp Mariah for all to show.
- Spectators are welcome, but also have to park at Camp Tommy and take the bus.
- Bus will drop you off at Registration building - CAPTAINS will register the team. Captain can bring one person to help. They will hand in any donations (cash or checks), will get slips for the sweatshirts (\$100 minimum per participants) - see below for more, and red wristbands . You can get the sweatshirts after registration OR after plunge - PLEASE HOLD ON TO THE SLIPS FOR SWEATSHIRTS AND THE SWEATSHIRTS - WE WILL NOT GIVE ANY OUT AFTER YOU REGISTER - YES BOTH ARE GOLD!
- After, there are two building for changing and bathrooms.
- We will have merchandise for sale
- Make checks payable to Special Olympics NY and we do accept credit cards.
- There will be a food truck from Cider Bros giving hot beverages and food - YUM!
- We will have 2 photographers - Ken Smith will be taking photos by the water and Frank Justo is taking photos by step and repeat banner - I want a photo of everyone!

WHAT IS THE FUNDRAISING MINIMUM TO POLAR PLUNGE?

- To take part in the Fishkill Polar Plunge **EACH PLUNGER MUST HAVE AT LEAST \$25 OR RAISE A MINIMUM OF \$100.** For raising a minimum of \$100, as a thank you, plungers will receive the most coveted sweatshirt in all of Fishkill..the Polar Plunge sweatshirt!
- Haven't started fundraising? It's not too late! Ask 10 friends to sponsor you for \$10 to reach the minimum and receive the 2024 sweatshirt!



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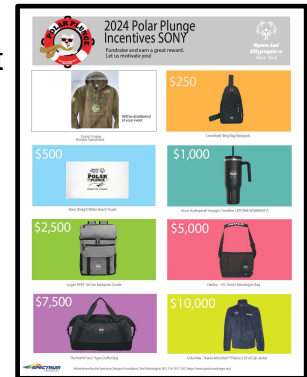
FUNDRAISING CHALLENGES & INCENTIVES:

- **Cool School Challenge / Scholarships**
 - The school team (K-12 or College) that raises the most money overall for the 2024 Fishkill Polar Plunge will have their school logo on the 2025 Fishkill Polar Plunge sweatshirt - deadline 2/16 at midnight
- Scholarships** - highest 2 fundraising students will each get \$1,000 - unrestricted - deadline 2/16 at midnight

- **Fishkill Polar Plunge Fundraising Incentives**

Set your fundraising goal at \$250 to earn great prizes and reach for the stars. The more you raise, the bigger and better prizes you can earn!

(Following the event, plungers will receive an email to claim their incentive prizes. Follow the emailed instructions and prizes will arrive in 6 to 8 weeks.) Check out these great fundraising incentives for 2024!



YOUR QUESTIONS ANSWERED FROM A to Z:

WHAT SHOULD I WEAR?

- Have fun! Wear a costume. Be a Superhero. A Princess. A Clown. Be Creative and Get into the Polar Plunge Spirit!
- Dress warm and in layers.
- Wear shoes (water shoes are best). Shoes are a MUST!
- NO flip flops.

WHAT SHOULD I BRING?

- An extra change of clothes, socks, and shoes for after you plunge.
- A towel. We hand out towels right when you come out of the water but those must stay on the beach. An extra one is always a great idea.
- A garbage bag to put your wet clothes in after you plunge.
- Someone to hold your towel and take photos



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YOUR QUESTIONS ANSWERED FROM A to Z, continued:

WHEN YOU ARRIVE ON SATURDAY.. CHECK IN AT THE FISHKILL POLAR PLUNGE REGISTRATION BUILDING

- **All plungers MUST check in** at the FISHKILL Polar Plunge Registration Building
Buses will drop you off at building
- CAPTAINS register the team / Individuals need to register too
- At check in, each plunger will sign a Participant Waiver *, receive a wristband to Plunge and a Polar Plunge sweatshirt coupon. **REMINDER:** Each plunger **MUST** raise \$100 to participate. **You will also receive a red bracelet that must be worn to plunge. IF YOU DO NOT, YOU WILL NOT BE ALLOWED IN THE PLUNGING AREA.**
- For plungers under 18 years of age, their Participant Waiver **MUST** be signed by a Parent or Legal Guardian – **NO EXCEPTIONS and LEGIBLE.**
- If you are bringing donations to the FISHKILL Polar Plunge In the form of cash and/or checks, your donations can be brought directly to the Polar Plunge Registration.
- Checks should be made payable to "Special Olympics New York".
- Cash/Credit Cards are accepted

FOR PLUNGERS ON A TEAM:

- Polar Plunge sweatshirts are handed out to each plunger on the team that has raised the \$100 fundraising minimum requirement. Team donations can be spread among team members before the Polar Plunge to ensure all team members receive a sweatshirt.
- If you raised your money all online...don't worry! We will have totals for each participant at registration.
- If you are part of a team, you **DO need** to check in with your team. Captains will register the team once you all arrive



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WHERE DO I PICK UP MY POLAR PLUNGE SWEATSHIRT?

- **REMINDER:** You must raise \$100 to receive the coveted Polar Plunge sweatshirt.
- When checking in at the FISHKILL Polar Plunge Registration Building, you will receive a sweatshirt coupon to redeem at the Polar Plunge Sweatshirt Pick Up room

WHERE IS THE TEAM / INDIVIDUAL PHOTOS?

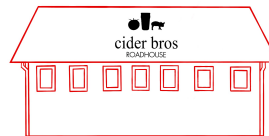
- Show your FISHKILL Polar Plunge Spirit by wearing a costume to the Polar Plunge!
- Individual and Team photos will also be taken outside by registration building

POLAR PLUNGE MERCHANDISE!

- We will be selling very cool merchandise at registration building

POLAR PLUNGE FOOD TRUCK

- Cider Bros. Roadhouse will have warm beverages and delicious food which will be located as you enter Camp Mariaah on the left.



POLAR PLUNGE CHAMPIONS CIRCLE

- Anyone who raised \$2500+ will get this beauty day of! Must have \$2500 day of



POLAR PLUNGE TEAM BANNERS

- A team that raised \$2500+ ON 2/12 AT NOON will get a team banner day of





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Presented by *Big City Tees*



WHERE DO I POLAR PLUNGE AND IS THE WATER ICE COLD?

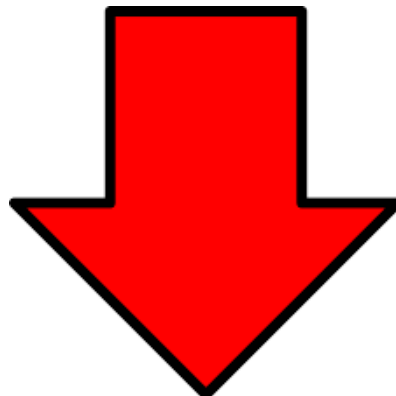
WHEN SHOULD I ARRIVE AND WHERE DO I PARK?

- The FISHKILL Polar Plunge takes place in the waters of Camp Mariah
- Yes, you are correct, the water is chilly!
- No Diving! No Diving! No Diving! **Did we mention No Diving?**

WHEN SHOULD I ARRIVE AND WHERE DO I PARK?

- Allow yourself PLENTY of time as **parking is VERY limited**
- Since parking is first come-first serve,
- CARPOOL, CARPOOL CARPOOL
- **PLEASE Be patient - many teams wanted the 10am-11am time slots. Remember you can come anytime between this time to plunge**
- So, if you registered for 11am - you can come anytime between 11am and 11:30am

**Please see below for history of the
Fishkill Polar Plunge!**



On behalf of all our Special Olympics New York athletes, THANK YOU!

See You this Saturday as We Are Freezin for a Reason Celebrating 26 Years!

HISTORY OF THE PLUNGE - BY FOUNDER AND CHAIR, CHRIS HAMEL

The 2024 , 26th annual Polar Plunge for Special Olympics official sweatshirt is completed. What a great job SC Design from Marlboro NY did for us.

I get asked each year what the Sweatshirt represents. The shamrock : this was adopted after our third plunge. Taken and used for the meaning. three leaves of a shamrock stand for faith, hope and love.

Faith that our plunge would be prosperous,

Hope people will understand and embrace the Special Olympics movement.

Love our athletes and their family's

The 18 inside the shamrock represents the original 18 men and women that signed up, raised money and jumped for our athletes.

The latest addition.. the anchor, the anchor represents, stability in an otherwise uncertain situation.

The Big Dipper with 8 stars represents the State Alaska. Why Alaska? Alaska is were I made my first official polar plunge to benefit Special Olympics Alaska. I was there representing New York state Law Enforcement Torch Run at the international conference.

I asked Neal J Johnson , president and CEO of Special Olympics New York what he thought of starting a plunge in New York. Well, Neal thought I was nuts.. but said ok. 26 years later we are going strong . Not to mention, we now have 22 plunges across the state.

Lastly, our beloved bear. This bear has been our mascot for 23 years. The first year was the same as the Alaska sweatshirt I received on my first jump. The second sweatshirt was the Coca-Cola Bears. I was given permission by Coca-Cola headquarters in Atlanta to use their bears.

Year three, our bear used today was created and has been the same since then. Please if you want to know the history find me and ask. I have such great memories of this plunge and those who have helped, supported, embraced and set that anchor. I

I am so looking forward to seeing everyone and listening to why you have jumped, why you are jumping again or for the first time taking the plunge.

You have all most likely heard of from Teresa Gilli at one point or another. T, I cannot thank you enough for all you have and are doing for this plunge. You are a true champion for the Special Olympic athletes

Thank you all, I mean all . I could start naming names but I would fear leaving someone out unintentionally. I can't thank you enough for your continued support and dedication in supporting our plunge, especially our athletes and their family's..

" Let me win, but if I cannot win, let me be brave in the attempt" Athletes Oath

Chris Hamel

