

**FOR IMMEDIATE RELEASE**

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**Monroe 2015 Polar Plunge and Fun Run**

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**WHAT:** Celebrate the New Year by Having FUN and bring awareness and funding to Seattle Children's Hospital and the Sky Valley Food Bank. **First Annual Monroe POLAR PLUNGE and 5k Fun Run.** A great way to bring in the New Year for the entire family, Canines included! Bring your lawn chair to watch the excitement and to curl up in front of the bon fire for post run stories, food and beverages.

**WHERE:** Sky River Park to begin run, looping into Al Borlin Park, then across Woods Creek (hence the Plunge) and back to cross the finish line in Sky River Park.

**WHEN:** January 1<sup>st</sup> / Sign in beginning at 9:30 am/ Run begins at 11 am

**WHY: WHY NOT?** When else will you have a reason to embrace frigid waters for the heck of it! With an entourage of encouragement and press on hand? While raising monies for worthy causes!

**HOW:** Sign up on line at [www.choosemonroe.com](http://www.choosemonroe.com)  
OR Facebook.com/choosemonroe

**\$35 per person, includes HOT food and beverage, to PLUNGE**  
**\$50 to have fun and NOT plunge, and still include HOT food and beverage**

**First 100 to sign up will receive a FREE T- Shirt!**

- Prize awarded for Group with most Participants**
- Prize awarded for Best Costumed Group**
- Prize awarded for Best Costumed Individual**
- Prize awarded for Best Dog Costume**

**Be sure to bring a towel and a change of warm clothes!**

**Additional Awesome POLAR PLUNGE T-shirts will be for sale the day of for \$20**

For further information, you may contact Una or Shelley by email at [office@MonroeWChamber.org](mailto:office@MonroeWChamber.org) or by phone at (360) 794-5488.