

New Year's Day Polar Activity at Eagle Nest Lake State Park

42 Marina Way, Eagle Nest, New Mexico 87718 - phone: 575-377-1594

DETAILS

12 Noon **Registration begins for Stomp and Plunge**

No Polar Event fee, but participants must complete & sign Waiver/Release form. *Waiver/Release for participants under age 18 must be signed by parent or guardian.*

More info at www.friendsofeaglenestlake.org/events

*Per Car Parking requires payment of
\$5 NM State Park Day Use Fee or Annual NM State Park Pass valid for 2024*

1:00 PM **Stompers** take off to stomp over one of the flat trails at Eagle Nest Lake State Park. Snow depth will dictate whether snowshoes, cross country skis or snow boots are needed.

Will return to the Visitor Center by 2 PM to view and/or participate in the Plunge.

Plungers

2:00 PM Plunge briefing - attendance mandatory for plungers

2:15 PM Plunge starts



*Complimentary
hot chocolate & cookies
for
participants & spectators*



DO Requirements:

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

DON'T Requirement:

Don't dive in – This is a safety regulation that will be enforced by the safety team.

Other than **NO DIVING**, the Plunge is whatever you want it to be. The water is cold, and it may take your breath away for a moment. Complimentary Commemorative T-shirt for first 90 plungers

Things Plungers Should Bring:

- "Lake" shoes for wearing during the Plunge (see above).*
- An Assistant to hold your clothing/valuables bag while you Plunge.
- 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.
- A plastic bag for wet clothing & shoes.

Polar Events Hosted by:



PO Box 3,
Eagle Nest, NM 87718
FriendsofEagleNestLake.org

With support of NM State Parks