

HEARTY SOULS INVITED

January 1, 2024

New Year's Day Polar Events

Eagle Nest Lake State Park

(spectators welcome)

**12 Noon Registration starts at Eagle Nest
Lake State Park Visitor Center**

1 PM Stomp leaves Visitor Center

2 PM Mandatory Plunge Orientation

2:15 PM Plungers start plunging

Shoes are mandatory when plunging to protect feet from injury by fish hooks, rocks and/or debris. Plunger must have an assistant to manage plunger's personal items, towel & assist plunger after exiting water.

No Polar Event fee, but must attend mandatory orientation and complete & sign Release/Waiver. More info at:
www.friendsofeaglenestlake.org/events

**Release/Waiver required to be signed.
For participants under age 18, Release/Waiver
must be signed by parent or guardian.**

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



Hosted by

FRIENDS

of Eagle Nest Lake
and Cimarron Canyon
State Parks

With support of NM State Parks

POLAR STOMP!

(First Day Hike)



A hour stomp over one of the flat trails at
Eagle Nest Lake State Park
Snow depth will determine whether you need
snowshoes or **snow boots** for stomping

Ice Conditions Permitting

POLAR PLUNGE!

into the ice cold waters

of

Eagle Nest Lake

at

Eagle Nest Lake State Park

Complimentary T-Shirt to first 90 plungers

Complimentary hot chocolate & cookies for participants & spectators

State Park Day Use Fees apply: \$5 per car or Annual State Park Pass valid for 2024

Registration for both events begins at 12 Noon

at Eagle Nest Lake State Park Visitor Center - 575-377-1594

42 Marina Way, Eagle Nest, NM 87718

More details for both activities at www.friendsofeaglenestlake.org/events