



City of Kirkland
NEWS RELEASE

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Splash in the New Year: Plunge into Lake Washington

Kirkland's Polar Plunge, January 1 at Marina Park

Kirkland, WA – If you've wondered what it's like to take a quick dip into chilly Lake Washington on the first day of the New Year, the City of Kirkland offers you the perfect opportunity to experience it yourself. The Polar Plunge, a wacky Kirkland tradition, takes place on New Year's Day, 1:00 p.m., Marina Park, 25 Lakeshore Plaza. Participation is free; no registration is necessary. To take the chill off after the plunge, participants can warm up by a fire, sip a cup of hot chocolate and enjoy a free cup of soup, compliments of the Wilde Rover Irish Pub. To commemorate the dip, "plungers" will receive a 2009 Kirkland Polar Bear Patch. For event information, go to www.ci.kirkland.wa.us.

"Plungers" are encouraged to wear aqua socks or other foot protection. Lifeguards will be on duty. Non-perishable food donations will be accepted to benefit Hopelink's Kirkland food bank. For most needed food bank items, go to www.ci.kirkland.wa.us/fooddrive.

For more information on this and other special events and recreation opportunities, please call (425) 587-3330. Kirkland Parks and Community Services Department is committed to providing recreation experiences for the entire family.

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