

14th Annual*

Penguin Plunge



Louis Caputo Jr.



Elijah Torres

Plunge into the Hudson to benefit two seriously ill children and their families

Louis Caputo, Jr. (12) Orangeburg
Elijah Torres (2) Valley Cottage

Sunday, March 7 • 12 PM - 2 PM
Memorial Park • 53 Piermont Ave. • Nyack, NY

\$25 Donation • All Participants must pre-register at

<https://runsignup.com/Race/NY/Nyack/PenguinPlunge21>

Share the link to those wishing to donate in the name of your Plunge

*Socially Distant Rules

- Must pre-register to participate
- At pre-registration, pick a time slot; participants will plunge in groups of 15 every 10 minutes
- Masks required at all times except when in the water
- Keep 6' distance entering river
- No spectators in plunge area
- Arrive on time, wearing plunge attire including shoes. Late arrivals may not be able to participate; the next group will be ready to go
- Coffee, hot chocolate and snacks
- Music by DJ Jimmy Schutz

All Participants receive a Penguin Plunge Tee Shirt

TAX DEDUCTIBLE 501 (c)(3) • *Like us at:* [facebook.com/PenguinPlungeNY/](https://www.facebook.com/PenguinPlungeNY/)

Contact Barbara Noyes: (917) 846-6763 or Mike Lynch: (845) 216-0132
Main website: penguinplungeny.com