

**FOR IMMEDIATE RELEASE**

December 13, 2019



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City of Copperas Cove

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**5K Run to the Polar Bear Plunge**

Copperas Cove, Texas – The City of Copperas Cove Parks and Recreation Department invites the public to attend the 2020 5K Run to the Polar Bear Plunge on Saturday, January 25, 2020. The chip-timed event will begin at 8am near the City Park Pool, located at 1206 W Avenue B.

Pre-registration may be completed online at <https://runsignup.com/polarbearplunge> through January 22<sup>nd</sup>, and is \$20 + a \$2.50 processing fee. Event day on-site registration is \$25 and will begin at 630am. Shirts will be guaranteed to all who register for the run by January 21<sup>st</sup>.

This event is part of the Cen-Tex Race Series. Divisions are for male and female runners and walkers. Cen-Tex Race Series points will be awarded per the below age groups, as well as medals to the top 3 finishers in each age group for runners and to the overall male and female winners. Age groups are as follows:

0-11, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

There will also be a FREE Polar Bear Plunge into the City Park Pool, along with a Costume & Belly Flop Contest, which will begin at 10am. Participants must be 10 years of age or older for the plunge activities. Plunge shirts will be available for purchase for \$15.

Questions should be directed to Ashley Wilson, Special Events Coordinator, at [awilson@copperascovetx.gov](mailto:awilson@copperascovetx.gov) or (254)542-2719.

(Flyer Attached)

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