

FOR IMMEDIATE RELEASE

November 3, 2022



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 2023 5K Run to the Polar Bear Plunge on Saturday, January 28, 2023. The chip-timed event will begin at 8am near the City Park Pool, located at 1206 W Avenue B, and is part of the Cen-Tex Race Series.

Full details and pre-registration may be completed at: <https://runsignup.com/polarbearplunge> through January 27th. Cost is \$20 Race Fee + \$2.20 SignUp Fee. Event day on-site registration is \$25 and will begin at 630am. Early packet pick up will be on January 27th from 10am to 6pm at the Copperas Cove Civic Center, 1206 W Avenue B. The first 200 runners to pick up their packet will be guaranteed a bag. Shirts are guaranteed if registered by January 6th.

Following the run there will be a FREE Polar Bear Plunge into the City Park Pool, along with a Belly Flop Contest and Treading Water Contest, beginning at 10am. Participants must be 10 years of age or older for the plunge activities, and should pre-register at:

https://anc.apm.activecommunities.com/copperascovepkrec/activity/search/detail/3878?onlineSiteId=0&from_original_cui=true

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

(Flyer Attached)

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CITY OF COPPERAS COVE PARKS AND RECREATION



CEN-TEX
Race Series

POLAR BEAR ★ PLUNGE 5K ★

COPPERAS COVE CITY PARK

01-28-2023


START 8AM

ANNUAL POLAR BEAR PLUNGE FOLLOWING 5K

Register at
<https://runsignup.com/polarbearplunge>

The Carlson Law Firm
ATTORNEYS AND COUNSELORS AT LAW
www.carlsonlawfirm.com

For more information, contact
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 **COPPERASCOVESPECIALEVENTS**