THE POLAR BEAR PLUNGE

2003

2003

2003

2003

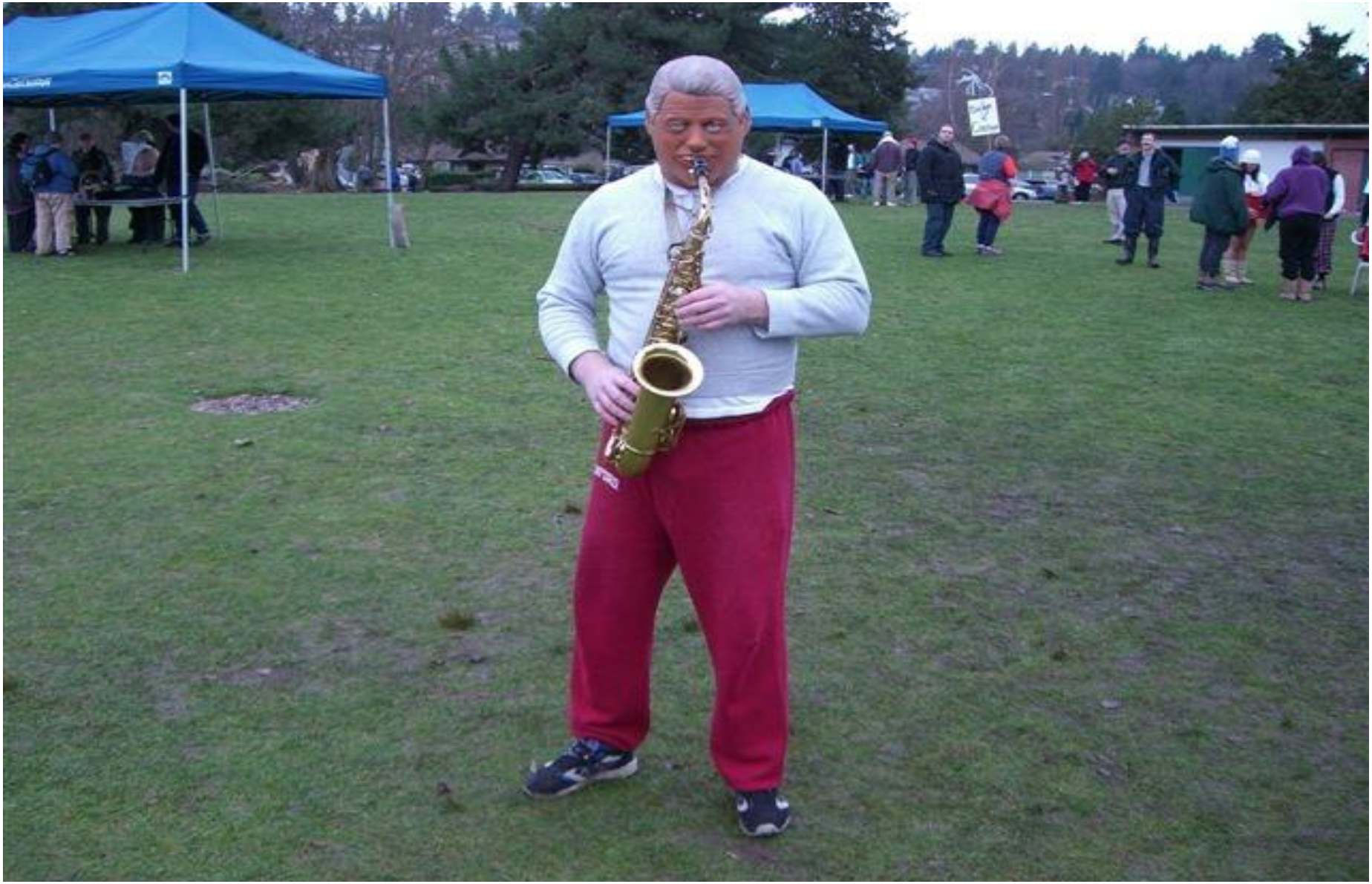
2007

HAPPY NEW YEAR
Water 44°
Air 44°
Safety Tips:
• Anyone with heart problems – just watch
• Dont drink – alcohol does NOT warm you up – it accelerates hypothermia
• Limit your time in the water to 15min
• Wait till warm time to remove clothing
0 20 40 60 80 100 120
-20 -40 -60
F
TAYLOR

2007

2007

2007



2011

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