

Polar Plunge on New Year's Day

At Boulder Reservoir for a Good Cause

by Dave Gibson

Things can only get better in 2015 when you begin the year submerged in 36 degree water! Over 200 intrepid souls warmed up to the idea at Boulder Reservoir New Years Day, in an event that was founded in 1983 by Nederland's own Trygve Bauge of Frozen Dead Guy fame. Trygve has been recorded lasting 1 hour and 40 minutes of cold water bathing. Most of the participants made it only a minute or two.

Purported health benefits aside, which may or may not extend your life, it is a wakeup call both biophysically and mentally preparing oneself for the 365 days ahead; if you can endure this, you can probably withstand anything.

Benefitting the Boulder County Aids Project, polar plungers raised 25 thousand dollars for HIV education, prevention, and care services.



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