



# NEWS RELEASE

## Administrative Offices

P.O. Box 2, 630 Route 217  
Mellenville, NY 12544  
Ph: 518-672-4451 Fax: 518-672-0187  
info@coarc.org www.coarc.org

Contact: Donna Barrett  
Coordinator of Public Relations  
518-672-4451 ext. 3403  
donnab@coarc.org

**For Immediate Release  
February 12, 2010**

## Big Splash for COARC

**Mellenville, New York:** More than 30 swimmers brave the ice on Upper Rhoda Pond in Copake on Saturday, February 20<sup>th</sup> for the second annual COARC Polar Plunge. The swimmers are raising funds for COARC programs, such as a new playground at The Starting Place preschool in Hudson and other COARC services for individuals who experience disabilities.

NYS Assemblyman Marcus Molinaro, who represents Copake, is one of the chilly Polar Plunge swimmers. The Chatham Lions Club and Kinderhook Bank are sponsoring Jason Hover to jump in the lake. COARC's Bruce Drake promises to make the splash dressed as Cupid if sponsors meet his fundraising goal. Donors can sponsor the swimmers and volunteers can join the plunge at [www.coarc.org](http://www.coarc.org) or 518-672-4451.

Firefighters from the Copake Fire Department are at the event with their ice rescue gear. The Copake Community Rescue squad is also in attendance, as well as members of the Greenport Rescue Dive Team. The Columbia County Sheriff's Residential Deputy is there, along with members of the Columbia County Sheriff's Dive Team and members of the Columbia County Sheriff's Explorers Post 220.

The COARC Polar Plunge is at 3 Cross Street, Copake, NY, 12156. Directions are available through [www.coarc.org](http://www.coarc.org). The fun spectacle begins at 1:00 p.m. on February 20<sup>th</sup> and the swimmers plunge at 1:30 p.m. COARC's Polar Plunge is free to the public and donations at the event are appreciated. Warm drinks and snacks are served at the site from COARC's new Camp Mahican pavilion, which was partially funded by 2009 Polar Plunge donations. Superior Sanitation donated one of the portable toilets. The rain date will be the following Saturday.

This year COARC is celebrating 45 years of expanding abilities, one person at a time, so individuals experiencing disabilities can achieve their individual goals. COARC is the Columbia County Chapter of NYSARC, Inc. and it provides services and programs to more than 500 individuals. It is primarily supported through state and federal funding, and also by individual and corporate members, donors and foundations.

#####