

2009 Polar Plunge — Swan Lake, near Viborg, SD

February 28, 2009 (minus 19 degrees at time of plunge.)

Funds raised will go for renovations of Pioneer Memorial Nursing Home.



Drilling and preparing the ice



Blizzard, Mascot for the Sioux Falls Storm Football Team and Georgia Pokorney, CEO, Pioneer Memorial Hospital & Health Services, welcome plungers and guests.



Some came in costume.



The approach



The exit

2009 Polar Plunge Photos....

Mark your calendar for the 3rd annual plunge, February 27, 2010!



Endurance Record.... Once in, he did
THE BACKSTROKE!



CNAs Take the Plunge as a team!



Different plunging styles... Holding nose, holding hat and just celebrating the moment



Andy of Hot 104.7 takes the challenge and plunges with Brendyn Richards, PMH&HS Development Director.