



FOR IMMEDIATE RELEASE
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Meridian Township and Playmakers to Host Polar Dash & Splash 5K Race

Timed and Untimed Races Available for All Ages, Followed by a Cold Plunge

Meridian Township, MI – Meridian Township Parks and Recreation is partnering with Playmakers to host a Polar Dash & Splash 5K Race. Money raised from this event will go towards the Meridian Cares Emergency Needs Fund, which helps provide emergency assistance to community members facing urgent financial needs.

The event will be held on Sunday, January 25, from 10:30 am to 4:00 pm, and will begin at the Meridian Township Municipal Building (5151 Marsh Road, Okemos). A timed Polar Dash 5K and a 1-mile untimed Family Dash are available to participants, followed by a polar plunge for anyone interested. Both race routes are paved, and people of all ages and abilities are welcome to participate.

Registration is \$25 and is available online at the following link: bit.ly/2026PolarSplashDash. T-shirts will be given to all participants who register by Friday, January 16.

Race Day Schedule:

- 10:30 am | Event Opens/Check-in Available Inside Municipal Building
- 12:00 pm | Polar 5K Race Begins
- 12:15 pm | Family Dash Begins
- 1:45 pm – 2:15 pm | 5K Race Awards Announced
- 2:30 pm | Polar Plunge

Race Details:

- Polar Dash 5K: Timed race on a marked 5K course. Water and first aid will be available at the finish line. Awards and results will be posted in the Municipal Building.
- Family Dash: 1-mile, untimed, family-friendly run/walk. Strollers and young children are welcome. The route is marked and monitored by staff and volunteers.

Additional race details and polar plunge information are available at bit.ly/2026PolarSplashDash. This event will be held regardless of weather conditions.

For questions, please contact the Parks and Recreation Department at 517.853.4600 or parks@meridian.mi.us.

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The community of Meridian Township is in close proximity to the Michigan State Capitol and Michigan State University. The Township serves the community through exceptional services, beneficial amenities and an outstanding quality of life. It is a welcoming community that celebrates quality education, recreation and lifestyles.



A PRIME COMMUNITY
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