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John Badenhausen Prepared to Take the Plunge

by [Danielle Kahn](#) (email) 11/21/11

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Badenhausen after taking the Polar Plunge last year.

Photo credit: *Jim Ballard*

WESTBOROUGH, Mass. – Not many people would be willing to brave a body of water in December in New England. Cold temperatures, ice and snow would usually inspire piling on the layers, but not for John Badenhausen and the others who participate in the Polar Plunge.

Badenhausen, director of Westborough Youth and Family Services, is set to brave Lake Chauncy's icy waters this year to raise money for In Your Shoes. IYS, a Westborough giving circle, puts on the Polar Plunge and donates some of the proceeds to local organizations. The rest goes to residents in need through their own organization.

"I did this last year and I'm doing it again because I want to support In Your Shoes and help raise money for them," Badenhausen said. "They do a lot of good work in town."

Despite being cold, last year's event was a lot of fun, Badenhausen said. The six-

-inches of ice on the lake made things a little difficult so he hopes it will be warmer this year.

“I ran in and out pretty quickly so I didn’t realize how cold it was until after,” Badenhausen said. “I went in to my waist and then dunked. I wanted to get completely covered so I would be doing the whole thing.”

Last year Badenhausen raised \$550 for IYS and he’s hoping to raise \$500 this year.

The IYS Polar Plunge will take place on December 3 at Lake Chauncy in Westborough. For those interested in taking the plunge, contact Karen Ross at atrosskaren@yahoo.com or visit the [In Your Shoes website](#).

Badenhausen does offer some advice for anyone interested in participating.

“It’s not as bad as you think,” Badenhausen said. “Last year I worried about it all month, but I’m not worried this year. It’s a lot easier than one might think.”