

## Freezin' for a Reason!!

Polar Plunge is a fundraising effort organized by law enforcement agencies throughout the state benefiting Special Olympics Washington.

Participants collect pledges and plunge into various frigid water locations across Washington. All proceeds collected by Plungers benefit the Special Olympics Washington program in their local areas and helps further the Special Olympics Washington Mission.

Anyone with a little courage, a warm heart and a desire to support a worthy cause is welcome!

In past years, plungers have included 6-year-olds to 70-somethings, police chiefs, sheriffs, mayors, officers, deputies, troopers, corporate teams, doctors, teachers, principals, high school clubs, fraternities, and everything in between. For the more hesitant soul there is plenty of room for spectators and cheering in the Chicken Coupe.



## Sign Up to Plunge Today!

### 3 Easy Steps

#### Step One

##### Register

- ◆ Fill out the form in this brochure and fax it in to your local area:

**Fax Numbers:**

**Ken/Yak/Wen: 509-736-3669, Seattle: 206-361-8158,  
Spokane: 509-459-0396**

**Or**

- ◆ Visit [www.sowa.org](http://www.sowa.org) to download a registration form, fill it out and send (or fax) it in,

**Or**

- ◆ Visit [www.firstgiving.com/sowa](http://www.firstgiving.com/sowa) to register online and set up your own fundraising page.

#### Step Two

##### Raise pledges

- ◆ Collect pledges online by creating your Plunger Web page at [www.firstgiving.com/sowa](http://www.firstgiving.com/sowa) - just follow the easy steps,

**Or**

- ◆ Visit [www.sowa.org](http://www.sowa.org) to download a pledge form.

#### Step Three

##### Turn your pledges in, sign a waiver, collect your incentives and take the Plunge!

- ◆ Collect credit card pledges online using your online pledge page,

**Or**

- ◆ Bring cash/checks with you the day of the Plunge

**Or**

- ◆ Forward cash or checks to your local SOWA office prior to the event

**Plungers must raise a minimum of \$50 to participate and receive the official Plunge t-shirt.**

# 2009

LAW ENFORCEMENT TORCH RUN CAMPAIGN

# POLAR



For  
**Special Olympics Washington**



**Special Olympics**  
Washington

## Take The Plunge!

**January 24** - Columbia Park, Kennewick

**January 24** - Sarg Hubbard Park, Yakima

**February 7** - Walla Walla Point Park, Wenatchee

**February 14** - Idylwood Park, Redmond

**February 28** - Medical Lake Waterfront Park, Medical Lake

**Check-in at 10:00am—11:30am**

**Costume Contest 11:30am**



## Incentives

**Collect Pledges to earn great prizes!**

\$50 - An official Polar Plunge Long-sleeved T-Shirt and a free lunch

\$125 or more - the above *plus* a Travel Mug

\$250 or more - the above *plus* an embroidered Plunge plush towel

\$500 or more - the above *plus* an embroidered Plunge fleece blanket

\$1000 or more - the above *plus* an embroidered Plunge fleece jacket

\$2500 or more - the above *plus* a Plunge overnight bag

\$5000 or more - the above *plus* a Plunge Captain's Chair

## Special Prizes for...

- ◆ Top Fundraising Adult Plunger
- ◆ Top Fundraising Youth Plunger
- ◆ Top Fundraising SOWA Athlete Plunger
- ◆ Top Fundraising Plunger Group (5+ plungers)
- ◆ Highest Fundraising School
- ◆ Highest Fundraising Public Safety Individual
- ◆ Highest Fundraising Public Safety Agency



## Contest Categories

- ◆ Wackiest Costume
- ◆ Most Unique Costume
- ◆ Best Team Costumes
- ◆ Best Polar Themed Costume
- ◆ Oldest Plunger
- ◆ Youngest Plunger

**Brought to you by:**



## Pre-Registration Form

Fax this form to SOWA or register online

**PLEASE PRINT CLEARLY!** To guarantee your official 2009 Plunge t-shirt, the registration fee of \$50 must be received before the actual plunge.

### Plunge Location (Select One)

- Kennewick (Pre-registration Deadline-1/9/09)
- Yakima (Pre-registration Deadline-1/9/09)
- Redmond (Pre-registration Deadline-1/31/09)
- Medical Lake (Pre-registration Deadline-2/13/09)
- Wenatchee (Pre-registration Deadline-1/23/09)

**Plunger**

**Name** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

**Employer** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_

**Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Age** \_\_\_\_\_ **Gender** **M** **F**

**Shirt Size (circle):** Youth S Youth M Youth L  
Adult: S M L XL XXL XXXL

\$ \_\_\_\_\_ Is enclosed for my registration

Check enclosed (payable to SOWA)

Credit Card  
Acct. # \_\_\_\_\_

Exp. Date: \_\_\_\_\_

MasterCard VISA American Express  
(please circle one)

Return this form to the SOWA office in your area:

**East Region:** 8911 W. Grandview Blvd. #P, Kennewick, WA 99336 / 509-736-3120  
**Spokane:** 505 West Riverside Ave, #500, Spokane, WA 99201 / 509-252-5033  
**Seattle:** 2150 N 107<sup>th</sup> St. #220, Seattle, WA 98133 / 206-362-4949, ext 218