

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 to download a registration form, fill it out and send (or fax) it in,

Or

- ◆ Visit 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 - just follow the easy steps,

Or

- ◆ Visit 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



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 107th St. #220, Seattle, WA 98133 / 206-362-4949, ext 218