

2010 Contests

Plunge Contests

Highest Fundraising Individual
Highest Fundraising Team

Team with the Most Plungers
Team that Raises the Most Money Online

Best Costume Individual
Best Costume Couple

Best Costume Team (3 or more people)

Costume judging will be at the judges' tent 30 minutes prior to the plunge.

Be the "Star of Kansas"

Would you like to be deemed the shining "Star of Kansas?" Create an original video asking people to sponsor you or take the Polar Plunge® themselves and post it to YouTube®. Videos will be judged on creativity and number of views. You could win the grand prize! For more information visit: www.kssso.org/plunge.html.

"Cool School" Contest

Show your school spirit and support Special Olympics Kansas athletes. Form a team of at least 6 classmates and pre-register your "Cool School" Team online. All teams will be recognized and the top fundraising school (divided according to KSHSAA division) will win the "Cool School" award! For a complete list of rules and to download the "Cool School" Toolkit, visit www.kssso.org/plunge.html.

**Download your Plunge toolkit online
at www.kssso.org/plunge.html**

2010 Sponsors



Important Reminders

- This is a weather permitting event.
- All activities are performed at your own risk.
- Plunger MUST wear shoes or water shoes. Flip flops or Crocs are not acceptable.
- Bring towels, blankets and warm clothing.
- Plungers must wear a costume or swimsuit.
- Do not bring valuables. Storage is not provided.
- Participants under the age of 18 must have a parent or guardian sign the waiver of liability.
- Tents are available for changing, warming up, etc.

SPECIAL OLYMPICS KANSAS

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www.kssso.org/plunge.html

January 30, 2010



SPECIAL OLYMPICS KANSAS

**POLAR
PLUNGE®**

g Strut

Shawnee Mission Park

Swim Beach

7900 Renner

Shawnee, KS

Kansas City

EXTREME COLD. EXTREME PEOPLE. EXTREMELY GOOD CAUSE.

Here's How to Get Involved

Register by Internet

Visit www.firstgiving.com/kssso, click "Get Started" and select KC Metro Plunge. Don't forget to create your online fundraising page to increase your ability to earn great incentive prizes!

-OR-

Register in Person

Download the waiver at www.kssso.org/plunge.html, complete and return at the pre-registration opportunities or at the Polar Plunge®!

Fundraising Tips

- Use the online registration and establish a fundraising page. Send out an email to all your contacts or post a link on your networking site asking people to sponsor your Plunge.
- Create a friendly competition at your place of work. The co-worker who raises the most money is exempt from plunging in the freezing lake.

How to Raise \$250 in a Week!

- Day 1 - Make your donation of \$15
- Day 2 - Ask two best friends for \$15
- Day 3 - Ask two parents and a sibling for \$15 each
- Day 4 - Ask three relatives for \$15
- Day 5 - Ask three friends for \$15
- Day 6 - Ask three co-workers for \$10
- Day 7 - Ask four neighbors for \$10

2010 Incentive Prizes

- \$75+: Commemorative Sweatshirt
- \$250+: Polar Plunge® Hooded Sweatshirt
- \$500+: Polar Plunge® Backpack
- \$1,000+: Polar Plunge® Hooded Sweatshirt & Backpack

Be a fan of Confidence.

Freezin' for a Reason

Across the state hundreds of Special Olympics Kansas fans and athletes face freezing temperatures and take the plunge. Our Polar Plunge® has become the largest and most popular fundraising event for Special Olympics Kansas raising over \$200,000 last year!

Schedule

Early Bear Registration

SOKS (5280 Foxridge Dr, Mission, KS)

Friday, January 29, 2010

Avoid the crowd at the beach and take advantage of the pre-registration event! Stop by anytime between 7 a.m. - 7 p.m. to sign your waiver, get your incentive prizes and wristband/bib number.

Day of the Polar Plunge®

Polar Strut 5K Run / Walk

Shawnee Mission Park Swim Beach

Registration begins at **9:00 a.m.**

Shotgun start at **10:00 a.m.** on the trail located across from the Marina. All Strutters are asked to park in the Marina parking lot.

Polar Plunge®

Shawnee Mission Park Swim Beach

Registration begins at **11:00 a.m.**

The Polar Plunge® will begin promptly at **noon**. If you are participating, please follow all directions given at the beach. This will allow everyone to enjoy the experience and all your friends to see you splash!

After Party

Johnny's (K-10 and Ridgeview) at 1:00 p.m.

Be sure to join the party at Johnny's where a \$10 donation to SOKS buys you all-you-can-eat chili, cornbread and soft drinks. 42" LCD TV, iPod Touch and other prizes will be awarded at the after party. Must be present to win!

Be a fan of Courage.

Types of Registration

Strutter

Our annual 5K Fun Strut / 1 mile walk is up and "running!" For a minimum donation of \$30, you can compete in our Strut and receive a long sleeve shirt!

Individual or Team Plunger

Taking the Polar Plunge® is a great way to show you are a fan of Special Olympics Kansas! For a minimum donation of \$75, you can jump into the frigid waters and then thaw out wearing your Polar Plunge® shirt. Gather friends/family/coworkers and take the Polar Plunge® as a team.

Too Chicken?

Too scared to splash at the Polar Plunge® but would like to receive our cool shirt and incentives? Embrace your inner chicken and raise money just like a Plunger! For a minimum of \$75, you can declare yourself "Too Chicken!", get primo viewing seats, and be eligible to receive cool incentive prizes.

Super Plunger

Be a part of an elite group and take the Super Plunge! Raise at least \$2500 and starting at midnight on **February 12th in Pittsburg, KS**, you can plunge every hour for 12 hours before the noon Polar Plunge® in Pittsburg, KS on **February 13th**. You will also be recognized at the Polar Plunge® in your home location and be asked to "jump" start the festivities on that date! *You must be registered by February 1st and be at least 21 years old.*

Want to Do More Than One?

No problem! Simply check each box on the registration form that you want to do! The possibilities are endless: strutter/chicken, strutter/plunger, etc. Add up the totals for your entry donation amount!

Be a fan of Fun.