

# 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!

## Types of Registration

### 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!" 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 **Feb. 12th in Pittsburg, KS**, you can plunge every hour for 12 hours before the noon Polar Plunge® in Pittsburg, KS on **Feb. 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.*

## 2010 Incentive Prizes

\$75+: Commemorative Sweatshirt -given at Plunge

\$250+: Polar Plunge® Hooded Sweatshirt -redeem online

\$500+: Polar Plunge® Backpack -redeem online

\$1,000+: Polar Plunge® Hooded Sweatshirt & Backpack -redeem online

# Schedule

## Day of Event

### Registration

*Tuttle Creek Swim Beach*

*Begins at 10:30 a.m.*

Walk up registration is welcome! Come sign the waiver, turn in all donations and get ready to take the plunge!

### **POLAR PLUNGE®!**

*Tuttle Creek Swim Beach - East Side of Dam*

*Noon*

It's time for the main event! Get ready to take a breath taking jump for Special Olympics Kansas!

## After Party

*R.C. McGraw's - 2317 Tuttle Creek Blvd.*

Join us as we celebrate at the after party with food, drinks and fun! Award winners will be announced at the after party.

## Fundraising Ideas

- 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.
- Ask area businesses you patronize to sponsor your Plunge. Small donations add up!

# Registration

## Register by Internet

Visit [www.firstgiving.com/kssso](http://www.firstgiving.com/kssso) and select your Polar Plunge® location. Click "Get Started" & begin your fundraising!

-OR-

## Register by Mail (check all that apply)

- Plunger - Individual (min. donation of \$75)
- Plunger - Team (min. donation of \$75/person)
- Too Chicken (min. donation of \$75)
- Super Plunger (min. donation of \$2500)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Team/School Name (if applicable) \_\_\_\_\_

Plunge Location \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Shirt Size:    S        M        L        XL        XXL

Total Funds Raised: \$ \_\_\_\_\_

- I choose to waive my incentive prize so that it can be used for SOKS programs.

Please complete and return this form to:

Special Olympics Kansas  
Attn: Polar Plunge® - Manhattan  
5280 Foxridge Drive  
Mission, KS 66202

## Be a fan of Confidence.

## Be a fan of Courage.

## Be a fan of Fun.

# 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)

## 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](http://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](http://www.kssso.org/plunge.html).

*Download your Plunge toolkit online  
at [www.kssso.org/plunge.html](http://www.kssso.org/plunge.html)*

# 2010 Sponsors



Hawker Beechcraft

CODE 3  
A PUBLIC SAFETY EQUIPMENT COMPANY

Eastbay  
The Athletic SportSource®



## 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**

Jana Fornelli

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[www.kssso.org/plunge.html](http://www.kssso.org/plunge.html)

# February 27, 2010



**SPECIAL OLYMPICS KANSAS**

# **POLAR PLUNGE®**

**Tuttle Creek**

**Swim Beach**

**5020 Tuttle Creek Blvd**

**Manhattan, KS**

# Manhattan

EXTREME COLD. EXTREME PEOPLE. EXTREMELY GOOD CAUSE.®