

## Register Today! Steps to become a successful plunger!

1. Pre-Register for the Plunge online! Visit [www.specialolympicsnd.org/events/letr-events/polarplunge/polar-plunge.html](http://www.specialolympicsnd.org/events/letr-events/polarplunge/polar-plunge.html) and click the Polar Plunge City link on the right side to register for the plunge of your choice.
2. Don't have internet access? That's okay, just complete and send in this registration brochure, or call SONDA at 701-746-0331.
3. Each plunger must collect or contribute a minimum of \$75 in order to take the plunge.
4. Upon completing registration, you have the option to create a FirstGiving fundraising page to begin soliciting pledges. See step 1.
5. Bring your signed waiver, pledges and pledge forms with you to the plunge. Waivers may be found on our website at [www.SpecialOlympicsND.org](http://www.SpecialOlympicsND.org)
6. Invite everyone you know to come watch you TAKE THE PLUNGE while supporting SONDA.



**SPECIAL OLYMPICS  
NORTH DAKOTA**

*\*Please visit the SONDA Polar Plunge website to view specific and additional schedule items for the Polar Plunge in your city. [www.SpecialOlympicsND.org](http://www.SpecialOlympicsND.org)*

## The Polar Plunge

The Polar Plunge is an annual fundraiser organized by community volunteers and is part of the year-round Law Enforcement Torch Run program to raise awareness and funds to support physical fitness and athletic competition for children and adults with intellectual disabilities. Polar Plunges offer a unique opportunity for individuals, organizations, and businesses to support Special Olympics athletes by raising money and taking the plunge into chilly North Dakota waters.

Plungers raise a minimum of \$75 for the opportunity to take the plunge. Have FUN! Form a team, come up with a fun name and crazy costumes with friends, co-workers, or classmates. No matter what, the Polar Plunge is all about FUN!

### Polar Plunge Dates and Times

**Grand Forks**  
**February 27**  
**Choice Health & Fitness**  
Registration: 11:00 a.m.  
- 12:30 p.m.  
Plunge: 12:30 p.m.

**Dickinson**  
**March 27**  
**Prairie Hills Mall Parking lot**  
Registration: 11:00 a.m.  
- 12:30 p.m.  
Plunge: 12:30 p.m.

**Minot**  
**March 13**  
**Sleep Inn & Suites**  
Registration: 11:00 a.m.  
- 12:30 p.m.  
Plunge: 12:30 p.m.

**Bismarck**  
**April 24th**  
**The Pier**  
Registration: 11:00 a.m.  
- 12:30 p.m.  
Plunge: 12:30 p.m.

**Fargo**  
**March 20**  
**Delta Hotels Fargo**  
Registration: 11:00 a.m.  
- 12:30 p.m.  
Plunge: 12:30 p.m.

**\*\*\* Disclaimer\*\*\***  
Dates and times are subject to change due to the Coronavirus.  
**\*If canceled all money raised will be considered a donation.**

Special Olympics  
North Dakota



[www.SpecialOlympicsND.org](http://www.SpecialOlympicsND.org)

## REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

Shirt Size:

Sm ☐ Md ☐ Lg ☐ XL ☐ 2XL ☐ 3XL ☐

Date of Birth: \_\_\_\_\_

**I hope to earn the following:**

- ☐ \$75 Plunge shirt
- ☐ \$250 Plunge shirt & Hat
- ☐ \$500 Plunge shirt & Towel
- ☐ \$1,000 Plunge shirt & Sweatshirt
- ☐ Check here if you would like to further support SOND by declining your incentives

## Pre-Register for your Polar Plunge!

- ☐ **Grand Forks** - Pre-registration due: Feb. 12
- ☐ **Dickinson** - Pre-registration due: March 15
- ☐ **Minot** - Pre-registration due: March 1
- ☐ **Fargo** - Pre-registration due: March 5
- ☐ **Bismarck** - Pre-registration due: April 9

- *Pre-registration guarantees your plunge incentives and t-shirts are available at the plunge, or at a later date.*

**Total \$ Enclosed:     \$\_\_\_\_\_**

**Payment:** ☐ Check (Make Payable to **SOND**)  
☐ Visa ☐ Mastercard

Credit CardNumber: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

***Return payment and form to:***  
Special Olympics North Dakota  
2616 S 26th Street; Grand Forks, ND 58201  
Email to: [info@SpecialOlympicsND.org](mailto:info@SpecialOlympicsND.org)

**FREEZIN' FOR A REASON!**

**Donation Tracker:** Use this section to keep track of your own donation records.

**Plunger Name:**\_\_\_\_\_

*\*Make checks payable to SOND or Special Olympics North Dakota.*

[illegible]

***For more information contact:***  
Special Olympics North Dakota (SOND)  
Phone: (701)746-0331  
Email: [info@specialolympicsnd.org](mailto:info@specialolympicsnd.org)

Total Donations Received \$	
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