

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

1. Pre-Register for the Plunge online! Visit [www.firstgiving.com/sond](http://www.firstgiving.com/sond) and click the Polar Plunge City link on the right side to register for the plunge of your choice.  
  
Don't have internet access? That's okay, just complete and send in this registration brochure, or call SOND at 701-746-0331.
2. Each plunger must collect or contribute a minimum of \$75 in order to take the plunge.
3. Upon completing registration, you have the option to create a First Giving fundraising page to begin soliciting pledges. The link can be found at [www.firstgiving.com/sond](http://www.firstgiving.com/sond).
4. 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)
5. Invite everyone you know to come watch you TAKE THE PLUNGE while supporting SOND.



*\*Please visit the SOND 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

**Fargo**  
February 16  
Delta Hotels Fargo  
(formerly Ramada Plaza)  
Registration: 11:00 a.m.  
- 12:30 p.m.  
Plunge: 12:30 p.m.

**\*Bismarck**  
February 16  
Elks Lodge  
Registration: 2:30 -  
4:00 p.m.  
Plunge: 4:00 p.m.

**Grand Forks**  
February 23  
Choice Health &  
Fitness  
Registration: 11:00 a.m.  
- 12:30 p.m.  
Plunge: 12:30 p.m.

**Minot**  
March 17  
Sleep Inn & Suites  
Registration: 11:00 a.m.  
- 12:30 p.m.  
Plunge: 12:30 p.m.

**Dickinson**  
March 23  
Prairie Hills Mall  
Parking lot  
Registration: 11:00 a.m.  
- 12:30 p.m.  
Plunge: 12:30 p.m.

**Jamestown**  
Date TBA  
Jamestown Reservoir

\*Time change



**POLAR  
PLUNGE®**



**SPECIAL OLYMPICS  
NORTH DAKOTA**

**Presented in part by:**



[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!

- ☐ **Fargo** - Pre-registration due: February 1
- ☐ **Bismarck** - Pre-registration due: February 1
- ☐ **Grand Forks** - Pre-registration due: February 8
- ☐ **Minot** - Pre-registration due: March 1
- ☐ **Dickinson** - Pre-registration due: March 8
- ☐ **Jamestown** - Pre-registration due: Fall 2019

- *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: \_\_\_\_\_

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.*

Sponsors Name's	Address	City, State, Zip Code	Donation Amount
<b><i>For more information contact:</i></b> Special Olympics North Dakota (SOND) Phone: (701) 746-0331			Total Donations Received \$