Register Today! Steps to become a successful plunger!

 Pre-Register for the Plunge online! Visit <u>www.firstgiving.com/sond</u> 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.
- 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.
- Bring your signed waiver, pledges, and pledge forms with you to the plunge. Waivers may be found on our website at 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

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 17
Delta Hotels Fargo
(formerly Ramada Plaza)
Registration: 11:00 a.m.
- 12:30 p.m.
Plunge: 12:30 p.m.

*Bismarck February 24 Elks Lodge Registration: 2:30 4:00 p.m. Plunge: 4:00 p.m.

Grand Forks
February 24
Choice Health &
Fitness
Registration: 11:00 a.m.
- 12:30 p.m.
Plunge: 12:30 p.m.

<u>Jamestown</u> Date TBA Jamestown Reservoir

Minot

March 18

Sleep Inn & Suites
Registration: 11:00 a.m.

- 12:30 p.m.

Plunge: 12:30 p.m.

Dickinson
March 24
Parking lot
1681 3rd Ave W
Registration: 11:00 a.m.
- 12:30 p.m.
Plunge: 12:30 p.m.

*Time change





SPECIAL OLYMPICS
NORTH DAKOTA

Presented in part by:



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 ☐ **Grand Forks -** Pre-registration due: February 8 ☐ **Bismarck -** Pre-registration due: February 8 ☐ **Minot -** Pre-registration due: March 1 ☐ **Dickinson -** Pre-registration due: March 08 ☐ **Jamestown -** Pre-registration due: Fall 2018 •Pre-registration guarantees your plunge incentives and t-shirts are available at the plunge, or at a later date. Total \$ Enclosed: **Pavment:** ☐ 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

freezin' for a reason!

Donation Tracker:	: Use this section t	o keep track o	f your own	donation reco	rds.
Plunger Name:			_		
			-		

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

Sponsors Name's	Address	City, State, 2	Zip Code	Donation Amount
				
For more inform Special Olympics Nor Phone: (701)	ation contact: th Dakota (SOND)		Total Donations Received \$	

Phone: (701)746-0331 Email: info@specialolympicsnd.org