1. Pre-Register for the Plunge online! Visit 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.

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

5. Invite everyone you know to come watch you TAKE THE PLUNGE while supporting SOND.

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

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**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 Plunge offers 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!

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**Polar Plunge Dates and Times**

**Grand Forks**
February 22
Choice Health & Fitness
Registration: 11:00 a.m. - 12:30 p.m.
Plunge: 12:30 p.m.

**Dickinson**
March 7
Prairie Hills Mall Parking lot
Registration: 11:00 a.m. - 12:30 p.m.
Plunge: 12:30 p.m.

**Minot**
March 15
Sleep Inn & Suites
Registration: 11:00 a.m. - 12:30 p.m.
Plunge: 12:30 p.m.

**Bismarck**
March 21
Elks Lodge
Registration: 2:30 - 4:00 p.m.
Plunge: 4:00 p.m.

**Fargo**
March 21
Delta Hotels Fargo
Registration: 11:00 a.m. - 12:30 p.m.
Plunge: 12:30 p.m.

**Jamestown**
Date TBA
Jamestown Reservoir

*Please visit the SOND Polar Plunge website to view specific and additional schedule items for the Polar Plunge in your city. www.SpecialOlympicsND.org

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*Time change
**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: February 5
- **Dickinson** - Pre-registration due: February 19
- **Minot** - Pre-registration due: February 26
- **Fargo** - Pre-registration due: March 4
- **Bismarck** - Pre-registration due: March 4
- **Jamestown** - Pre-registration due: Fall 2020

*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 Card Number:_______________________________________
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

**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.*

<table>
<thead>
<tr>
<th>Sponsors Name’s</th>
<th>Address</th>
<th>City, State, Zip Code</th>
<th>Donation Amount</th>
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**For more information contact:**
Special Olympics North Dakota (SOND)
Phone: (701)746-0331
Email: info@specialolympicsnd.org

**Total Donations Received $**