

Register Today! Steps to become a successful plunger!

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 SONDA 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 SONDA.



**Please visit the SONDA 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

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 -
4:00p.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

*Time change



FOR SPECIAL OLYMPICS
NORTH DAKOTA

www.SpecialOlympicsND.org

