

# Special Olympics Iowa

Did you know.....

- About 2% of the US population have intellectual disabilities which is approximately 7 million people.
- Special Olympics is an international nonprofit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition.
- Special Olympics Iowa offers children and adults with intellectual disabilities year-round training and competition in 22 Olympic-type sports.
- There is no charge to participate in Special Olympics state competitions.
- Currently, Special Olympics Iowa serves more than 11,000 Iowans with intellectual disabilities.
- Through Special Olympics athletes develop improved physical fitness and motor skills, greater self-confidence and a more positive self-image. They grow mentally, socially and spiritually and, through their activities, exhibit boundless courage and enthusiasm, enjoy the rewards of friendship and ultimately discover not only their abilities and talents but "their voices" as well.

*"Let me win, but if I cannot win,  
let me be brave in the attempt."  
-The athletes oath*

Thanks to  
our Sponsors:



Special Olympics  
Iowa  
Be a fan.

Support. Volunteer. Compete

For more information on the benefits of  
becoming a sponsor please visit  
[www.soiowa.org](http://www.soiowa.org).

Special Olympics Iowa  
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Are you fan  
enough...

to go  
**Over the Edge**  
for  
**Special Olympics  
Iowa**



The fear of heights is one of the most common phobias in the world....

**but why let that stop you?**



Be one of a few to rappel off a 345 ft building, the Financial Center in downtown Des Moines!  
Join us on Wednesday, September 21, and go Over the Edge for Special Olympics Iowa.

## It's as easy as...

### 1) Register

Register Online and set up your Firstgiving fundraising page:

[www.soiowa.org/overtheedge](http://www.soiowa.org/overtheedge)

\$50 Registration Fee required

### 2) Raise Funds

Use your online fundraising page or collect cash and checks from your network of friends, family and co-workers.

### 3) Secure Your Rappel Spot

Once you reach the \$1,000 minimum fundraising goal, you will be guaranteed a rappel spot and we will contact you to secure a rappel time. Space is limited.

### 4) Earn Incentives

Rappellers who raise above and beyond the \$1,000 minimum are eligible for some great incentive prizes.

### 5) Go Over the Edge

This is a big building, one of the largest in Des Moines. A rappel of 345 feet is huge by anyone's standards.

**"It is definitely an extreme event and probably a once in a lifetime experience."**

Has your boss ever pushed you Over the Edge?  
Return the favor and

**TOSS YOUR BOSS!**

### Gather your co-workers

Have a meeting and get everyone on board!

### Decide who's getting tossed\*

Your fearless leader may not seem so fearless when it comes to dangling over the side of a 345 foot building. Start a petition and generate excitement in the office so that your boss can't say no!

### Register Online

[www.soiowa.org/overtheedge](http://www.soiowa.org/overtheedge)

### Communicate your team goal

Collectively, you and your team must raise a minimum of \$1,000 to Toss Your Boss and we'll make it easy by providing you with the tools you'll need to fundraise conveniently.

**Raise funds for a great cause and join us at the Financial Center on September 21 to Toss Your Boss!**

*\*Your boss has the option to respectfully decline*

*participation ONLY IF they or the company match the donations raised by the employees (minimum \$1,000). Then, the participation spot is drawn from all willing individuals who contributed funds!*

### Gather your co-workers

Have a meeting and get everyone on board!

### Requirements:

- Rappellers must raise a minimum of \$1,000. -rope times will not be assigned until this is met
- Must be at least 18 years old.
- Must weigh between 110-300 lbs.

**Register Online Today!**

[www.soiowa.org/overtheedge](http://www.soiowa.org/overtheedge)