

Council Bluffs Polar Plunge Info

March 31, 2012 • Lake Manawa

Plunge: Noon

Onsite Registration:
10:45 a.m. - 11:45 a.m.

Registration:

Sign up online at www.firstgiving.com/soiowa
Or mail in your form.

****Must register by March 16 to receive a long sleeve plunge t-shirt or long sleeve chicken t-shirt the day of the event. All others will receive a shirt at a later date. Please allow 8-10 weeks for delivery.**

Plunge Teams:

Register members online. It is recommended that Plungers/Chickens raise money as an individual, not as a team. Teams of 10 or more are encouraged. You can recruit a team or be placed on one the day of the Plunge.

Prize Categories:

- Best Costume (individual and team)
- Most Money Raised (individual)
- Most online \$\$ by March 27 (individual)
- NEW!** • Most money raised by a chicken

Door Prize Drawing:

For every \$75 raised, your name will be entered into a raffle for the door prize drawing.

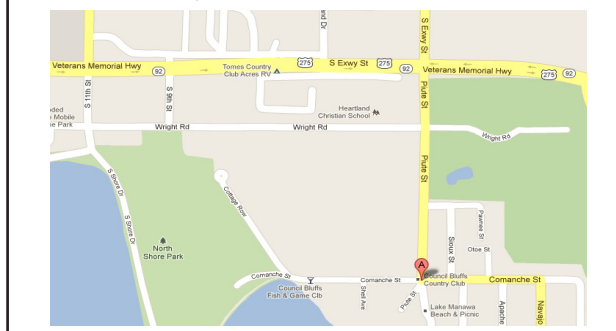
Post Plunge Party:

Stay warm and enjoy fun, food, drink, music and drawings. Spectator admission can be purchased at registration for \$10, ages 12+; \$5, ages 6-11; under 5 free.



Directions:

From IA-92 W/US-275 N turn South on Piute St.



For more information, contact:
Lindsay Eastin
lestin@soiowa.org
(515) 986-5520 x108 or toll-free at (877) 267-0134

2012 Plunge Locations

February 25 - Indianola
March 24 - Cedar Rapids
March 24 - Iowa City
March 31 - Council Bluffs
April 14 - Waterloo/Cedar Falls
April 28 - NW Iowa
TBA - Davenport
November 2-3 - Super Plunge
November 3 - Des Moines
November 3 - SE Iowa
November 4 - Fort Dodge
TBA - Siouxland
November 17 - Dubuque

Event Partners



Omaha Fire Department
Council Bluffs Fire Department



Saturday, March 31, 2012

Lake Manawa
Council Bluffs



Special Olympics
Iowa

www.firstgiving.com/soiowa

