

# Cedar Rapids Polar Plunge Info

March 24, 2012 • Pleasant Creek

**Plunge:** Noon

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

**Registration:**

Sign up online at [www.firstgiving.com/soiowa](http://www.firstgiving.com/soiowa)  
Or mail in your form.

\*\*Must register by March 9 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 20 (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:

Take IA-100 W. Turn Right onto Edgewood Rd NE. Turn Left onto Blairs Ferry Rd NE/CR-E36. Turn Right onto Palo Marsh Rd/CR-W36. Turn Left onto McClintock Road.

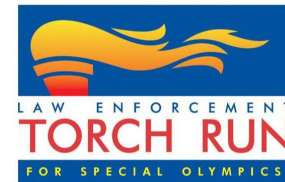


For more information, contact:  
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(515) 986-5520 x108 or toll-free at (877) 267-0134

# 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



Saturday, March 24, 2012

Pleasant Creek  
Palo



**Special Olympics**  
Iowa

[www.firstgiving.com/soiowa](http://www.firstgiving.com/soiowa)

