



**POLAR  
PLUNGE**®

# LET'S FREEZE

## STEP 1 REGISTER



Calling all adventure enthusiasts! Warm your hearts by cooling your bodies this year and register to take the plunge!

Go to [soiowa.org/plunge](http://soiowa.org/plunge) to register.



## STEP 2 FORM A TEAM



Rally your family, friends, neighbors, or co-workers to take the Plunge with you! Get creative, get a costume together and have some fun!



## STEP 3 SPREAD THE WORD



Let everyone know about the good deed you're doing for Special Olympics Iowa! Share your fundraising page, post on social media, and raise awareness.

I'm doing the Polar Plunge for SOIA!

That's awesome!



## STEP 4 FUNDRAISE



Set a fundraising goal and go out and achieve it and maybe even beat it! Every dollar you raise helps over 14,000 Special Olympics Iowa athletes and unified partners in the state of Iowa.



**Special  
Olympics**  
Iowa



**LAW ENFORCEMENT  
TORCH RUN**  
FOR SPECIAL OLYMPICS  
IOWA