**2015 Plunge Locations**

February 28  
Warren County  
March 21  
Council Bluffs  
March 28  
Ottumwa  
April 11  
Cedar Rapids  
April 11  
Iowa City  
April 18  
Cedar Falls/Waterloo  
April 25  
NW Iowa  
October 17  
Davenport  
October 24  
Siouxland  
November 1  
Fort Dodge  
November 7  
West Des Moines  
November 14  
Dubuque

---

**West Des Moines Polar Plunge® Info**

**Friday, November 6, 2015**

Early Registration & Check-in:
TBA p.m.
TBA, West Des Moines
Avoid long lines on Plunge day by checking-in/registering Friday! Turn in your donations, receive your long sleeve T-shirt, then just show up on Saturday and take the Plunge!

**Saturday, November 7, 2015**

Onsite Registration & Check-in:
10:45 - 11:45 a.m.
Jordan Creek Town Center

**Post Party:**
Immediately following Plunge
Stay warm and enjoy fun, food, drink, music and drawings. Lunch can be purchased for spectators at registration for $10 ages 6+; 5 and under free.

**Plunge: Noon**

**Plunge Teams:**
It is recommended participants register online. 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)
- Top Individual Fundraiser
- Top Online Fundraiser (as of Nov. 3)
- Top “Chicken” Fundraiser

**Door Prize Drawing:**
For every $75 raised, your name will be entered into a raffle for the door prize drawing.

**Incentives:**
The more you raise, the more great Polar Plunge gear you can earn!
Visit www.soiowa.org/plunge to view incentives

- $250-$499
- $500-$749
- $750-$999
- $1,000-$1,499
- $1,500+

*Incentive program is not cumulative. You will receive an email approximately 2-3 weeks after the Plunge to redeem your item.

**Questions?**
Jeanette Steinfeldt
jsteinfeldt@soiowa.org  |  515.986.5520 x107
551 SE Dovetail Road | PO Box 620 | Grimes, IA 50111
SOIOWA.ORG

---

**Event Partners**

**Freezin’ for a Reason**
Saturday, November 7, 2015
Jordan Creek Town Center
West Des Moines
www.soiowa.org/plunge
**Registration Form**

- **Online at:** www.soiowa.org/plunge
- **Or mail in this form:**
  - **Address:**
  - **City:**
  - **State:**
  - **Zip:**
- **Email:**
- **Phone:**
- **Address:**
- **Last Name:**
- **Age:**
- **First Name:**
- **Signature of Parent/Guardian if under 18:**
- **Date:**

In consideration of participating in the POLAR PLUNGE TO BENEFIT SPECIAL OLYMPICS IOWA, I represent that I understand the nature of the event and that I and/or my minor child am qualified, in good health, and in proper physical condition to participate in such event. I acknowledge that if the event conditions are deemed to be unsafe, I enter my minor child/will immediately discontinue participation in the event voluntarily.

I fully understand the event involves risks of serious bodily injury, including permanent disfigurement, paralysis, and death, which may be caused by my own actions or inactions. Those of others participating in the event, in the conditions in which the event takes place, or the negligence of the “RELEASEES” named below, and that there may be other risks either known to me or not readily foreseeable at this time, and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in this event.

I hereby release, discharge, and covenant not to sue Special Olympics and its U.S. Programs, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and any and all entities involved, from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “RELEASEES”. I will indemnify, save, and hold harmless each of the negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf or on behalf of my minor child makes a claim against any of the “RELEASEES”, I will indemnify, save and hold harmless each of the “RELEASEES” from any loss, damage, liability, or cost which may occur as a result of such claim. I have read this release and waiver of liability, assumption of risk, and indemnity and fully understand it.

**Register online at soiowa.org/plunge or fill out the enclosed registration form.**

**Collect Donations**

To take the plunge, you only need to raise $75. That’s it. Special Olympics Iowa will track all online donations. Turn in any additional donations when you check-in.

**Check-in**

Bring donations to an early check-in event or with you on Plunge day to collect your official Plunge long sleeve T-shirt, door prize ticket(s) and purchase any additional post party meals for spectators. A waiver must be signed prior to plunging by all plungers, or by a parent/guardian for those under 18.

**Check-in**

**Take the Plunge!**

Costumes are encouraged; fun is required! After the plunge, dry off, stay warm and enjoy lunch, music and prizes.

**Get your Plunge On**

The whole event is jam-packed with fun and festivities, and there’s a way for everyone to be involved:

- Plunge Solo
- Plunge as a Team
- Toss Your Boss
- Sponsor
- Corporate Challenge
- Too Chicken to Plunge
- Volunteer

**Plunging Makes a Difference**

Being a Plunger means cooling your body while warming hearts. The Polar Plunge is a signature fundraiser for Special Olympics and offers a unique opportunity for individuals and organizations to raise money and support SOIA athletes by jumping into frigid waters. In 2014, Plungers raised nearly $350,000 for Iowa athletes, giving them opportunities to participate in year-round sports, health and educational programming - and most importantly - experience joy, pride and respect.

**For me, Special Olympics is not just about competing for medals and ribbons although that is fun! It is about traveling to new places. It is about friends old and new. It is about sportsmanship, cheering for one another and high fives.”**

- Sara Cummings, Special Olympics athlete & Global Messenger

---

**Special Olympics Iowa**

- Special Olympics Iowa benefits approximately 12,000 athletes with intellectual disabilities and Unified Partners.
- Serves athletes in each of Iowa’s 99 counties.
- Provides training and competitions in 23 Olympic-type sports.
- SOIA hosts nearly 90 events statewide throughout the year.

Special Olympics allows athletes to reach their full potential. Special Olympics promotes inclusion within our families, schools, communities and more. Special Olympics is not just an event, but an EVERYDAY way of life.

---

**The Law Enforcement Torch Run**

- The Law Enforcement Torch Run® for Special Olympics is the largest grassroots fundraiser and public awareness vehicle for Special Olympics in the world.
- The mission of LETR is to raise funds for, and awareness of, the Special Olympics movement.
- In Iowa, events include our Final Leg Run, statewide Polar Plunges, Cop on Tops, T-Shirt Sales, Truck Convoy, Plane Pull, Over the Edge and much more!
- In 2014, the Law Enforcement Torch Run® for Special Olympics Iowa involved more than 580 law enforcement officers and personnel representatives who raised more than $800,000 for Special Olympics Iowa.

---

**The Law Enforcement Torch Run®**

- **Global Messenger**
  - Sara Cummings, Special Olympics athlete & Global Messenger