



# POLAR PLUNGE FOR

Special  
Olympics  
Iowa



Are you ready to take on your first Polar Plunge?

***We are here to help!***

The Polar Plunge, presented by Iowa law enforcement, is a unique opportunity for individuals, organizations and businesses alike to support thousands of Special Olympics Iowa athletes by taking the plunge into cold waters. It's a great way for everyone to raise awareness and funds for over 14,000 Special Olympic Iowa athletes and Unified Partners.

Sounds like fun? The concept is simple: participants raise a minimum of \$75 and can choose to be a plunger or a chicken. The next step - take the plunge! Each plunge is a little different, but all have a post-party with food. Participants will also receive a long sleeve t-shirt. Do something brave for our athletes and register today at [soiowa.org/plunge](http://soiowa.org/plunge).

## THE LAW ENFORCEMENT CONNECTION

The Law Enforcement Torch Run® is the largest grassroots fundraiser and public awareness vehicle for Special Olympics in the world. With a mission to raise funds for, and awareness of, the Special Olympics movement worldwide, law enforcement officers and personnel from all 50 United States, 10 Canadian provinces and territories, and more than 35 nations carry the "Flame of Hope" in honor of Special Olympics athletes in their areas and around the world. The Torch Run is an actual running event in which officers and athletes run the "Flame of Hope" to the Celebration Ceremonies of Special Olympics competitions. The Torch Run is also a diverse initiative encompassing a variety of fundraisers, including the Polar Plunge.

## THE TORCH RUN IN IOWA

In 2017, the Law Enforcement Torch Run® for Special Olympics Iowa involved more than 1,000 law enforcement officers and personnel representing more than 100 agencies throughout the state. Their tremendous efforts raised over \$900,000 for Special Olympics Iowa.

**[WWW.SOIOWA.ORG/PLUNGE](http://WWW.SOIOWA.ORG/PLUNGE)**

