

# West Des Moines Polar Plunge® Info

Friday, November 6, 2015

## Early Registration & Check-in:

5-7 p.m.  
Aveda Institute, 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

**Plunge:** Noon

## 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 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.



Join our Arctic Club and get your team name on  
the back of the Polar Plunge shirts!

- Must register at least 10 members of your team and each member must have at least \$75 turned in/online by **October 16**

\*Teams may consist of chickens and/or plungers. Teams must have at least 10 members registered by the deadline. Members can register online or by mailing in their registration form to the state office. \$75/member can be raised online or turned in to the state office by the deadline.

### Incentives:

The more you raise, the more great Polar Plunge gear you can earn!

Visit [www.soiowa.org/plunge](http://www.soiowa.org/plunge) to view incentives

- \$250-\$499 apparel
- \$500-\$749 gift cards
- \$750-\$999 luggage
- \$1,000-\$1,499 and much more!
- \$1,500+

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



Too chicken to take the Plunge?  
No problem! Register as a chicken and raise funds,  
receive your chicken t-shirt and prizes and then  
**WATCH** the Plunge!

## Questions?

Jeanette Steinfeldt  
[jsteinfeldt@soiowa.org](mailto:jsteinfeldt@soiowa.org) | 515.986.5520 x107  
551 SE Dovetail Road | PO Box 620 | Grimes, IA 50111  
SOIOWA.ORG



# 2015 Plunge Locations

- |             |                 |
|-------------|-----------------|
| October 17  | Davenport       |
| October 24  | Siouxland       |
| November 1  | Fort Dodge      |
| November 7  | West Des Moines |
| November 14 | Dubuque         |

## Event Partners



**AVEDA INSTITUTE  
DES MOINES**  
COSMETOLOGY - ESTHIOLOGY - MASSAGE



*Scott Tudor Entertainment*



Lincoln Savings Bank  
Presents...



Freezin' for a  
**Reason**

Saturday, November 7, 2015  
Jordan Creek Town Center

West Des Moines  
[www.soiowa.org/plunge](http://www.soiowa.org/plunge)



# Registration Form

- Online at: [www.soiowa.org/plunge](http://www.soiowa.org/plunge)
- Or mail in **Special Olympics Iowa** this form: **Attn: West Des Moines Polar Plunge**  
P.O. Box 620  
Grimes, IA 50111

First Name \_\_\_\_\_

Last Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Long Sleeve Shirt Size: S M L XL 2XL 3XL

LE Dept/Org/School \_\_\_\_\_

Registering as:  Plunger  Chicken

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

Special Olympics Release and Waiver of Liability, Assumption of Risk, and Parental Consent Agreement ("Agreement")

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 and/or my minor child will immediately discontinue participation in the event.

I fully understand the event involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions. Those of others participating in the event, the conditions in which the event takes place, or the negligence of the "RELEASEES" named below; and that there may be other risks either not 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 negligence 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 if applicable owners and lesser of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) 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 and/or my minor child's behalf 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 any 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.

Printed Name of Participant \_\_\_\_\_ Signature of Participant \_\_\_\_\_

Signature of Parent/Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

**1. REGISTER**  
Register online at [soiowa.org/plunge](http://soiowa.org/plunge) or fill out the enclosed registration form.

**2. 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.

**3. 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.

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



## It's the Coolest Thing You'll Do All Year

Brrrrrring on the cold! Whether you plunge solo or with co-workers, friends or family - for the ultimate bonding experience - we'll help you take "cool" up a degree or two.

## 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 500 law enforcement officers and personnel representatives who raised more than \$800,000 for Special Olympics Iowa.

Special  
Olympics  
Iowa



LAW ENFORCEMENT  
TORCH RUN®  
FOR SPECIAL OLYMPICS  
IOWA