

Cedar Rapids Polar Plunge® Info

Friday, March 24, 2017

Early Registration & Check-in:
TBA

Saturday, March 25, 2017

Onsite Registration & Check-in:
10:45 - 11:45 a.m.
Coralville Lake

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 \$5 ages 6 +; 5 and under free.

Plunge Teams:
It is recommended participants register online at soiowa.org/plunge. 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 Mar 23)
- Top "Chicken" Fundraiser

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



Visit soiowa.org/plunge to view incentive levels and different items you could earn!



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?

Rachel Bosworth | rbosworth@soiowa.org | 515.986.5520
551 SE Dovetail Road | PO Box 620 | Grimes, IA 50111

Connect with us!



2017 Plunge Locations

February 25	Warren County
March 25	Council Bluffs
March 25	Iowa City
March 25	Cedar Rapids
April 8	Cedar Falls/Waterloo
April 22	Fairfield
April 29	NW Iowa
April 29	Ottumwa
October TBA	Davenport
October TBA	Siouxland
November TBA	Fort Dodge
November TBA	Dubuque
November TBA	West Des Moines

Event Partners



Let's
FREEZE.



Saturday, March 25, 2017
Coralville Lake

www.soiowa.org/plunge



Registration Form

- Online at: www.soiowa.org/plunge
- Or mail in Special Olympics Iowa
this form: Attn: Cedar Rapids 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 or fill out the enclosed registration form. Must register by Friday, March 10th to be guaranteed your t-shirt the day of the event. All others will receive their t-shirt at a later date.

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, silent auction, 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 2016, 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.



"As a Special Olympics athlete there is nothing like taking a plunge to show how much the Law Enforcement Torch Run means to me! They are an awesome group of people that do so much for ALL the athletes! They are family to me."
-Kyler Prunty, Special Olympics athlete & Global Messenger

Special Olympics Iowa

- Special Olympics Iowa benefits approximately 13,000 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® 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 2016, the Law Enforcement Torch Run® for Special Olympics Iowa involved more than 1,000 law enforcement officers and personnel representatives who raised more than \$850,000 for Special Olympics Iowa.

Special
Olympics
Iowa



LAW ENFORCEMENT
TORCH RUN
FOR SPECIAL OLYMPICS
IOWA