

Register Today! Steps to become a successful plunger!

1. Pre-Register for the Plunge online! Visit www.specialolympicsnd.org/events/letr-events/polarplunge/polar-plunge.html and click the Polar Plunge City link on the right side to register for the plunge of your choice.
2. Don't have internet access? That's okay, just complete and send in this registration brochure, or call SONDA at 701-746-0331.
3. Each plunger must collect or contribute a minimum of \$75 in order to take the plunge.
4. Upon completing registration, you have the option to create a FirstGiving fundraising page to begin soliciting pledges. See step 1.
5. Bring your signed waiver, pledges and pledge forms with you to the plunge. Waivers may be found on our website at www.SpecialOlympicsND.org
6. Invite everyone you know to come watch you TAKE THE PLUNGE while supporting SONDA.



**SPECIAL OLYMPICS
NORTH DAKOTA**

***** Disclaimer*****

Dates and times are subject to change due to the Coronavirus.

***If canceled all money raised will be considered a donation.**

The Polar Plunge

The Polar Plunge is an annual fundraiser organized by community volunteers and is part of the year-round Law Enforcement Torch Run program to raise awareness and funds to support physical fitness and athletic competition for children and adults with intellectual disabilities. Polar Plunges offer a unique opportunity for individuals, organizations, and businesses to support Special Olympics athletes by raising money and taking the plunge into chilly North Dakota waters.

Plungers raise a minimum of \$75 for the opportunity to take the plunge. Have FUN! Form a team, come up with a fun name and crazy costumes with friends, co-workers, or classmates. No matter what, the Polar Plunge is all about FUN!

Polar Plunge Dates and Times

Grand Forks
February 27
Choice Health & Fitness
Registration: 11:00 a.m.
- 12:30 p.m.
Plunge: 12:30 p.m.

Minot
March 13
Sleep Inn & Suites
Registration: 11:00 a.m.
- 12:30 p.m.
Plunge: 12:30 p.m.

Dickinson
March 27
Prairie Hills Mall Parking lot
Registration: 11:00 a.m.
- 12:30 p.m.
Plunge: 12:30 p.m.

Fargo
April 10
Delta Hotels Fargo
Registration: 11:00 a.m.
- 12:30 p.m.
Plunge: 12:30 p.m.

Williston
April 17th
Spring Lake Park
Registration: 11:00 a.m.
- 12:30 p.m.
Plunge: 12:30 p.m.

Bismarck
April 24th
The Pier
Registration: 11:00 a.m.
- 12:30 p.m.
Plunge: 12:30 p.m.

Special Olympics
North Dakota



www.SpecialOlympicsND.org

REGISTRATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Team Name: _____

Shirt Size:

Sm ☐ Md ☐ Lg ☐ XL ☐ 2XL ☐ 3XL ☐

Date of Birth: _____

I hope to earn the following:

- ☐ \$75 Plunge shirt
- ☐ \$250 Plunge shirt & Hat
- ☐ \$500 Plunge shirt & Towel
- ☐ \$1,000 Plunge shirt & Sweatshirt
- ☐ Check here if you would like to further support SOND by declining your incentives

Pre-Register for your Polar Plunge!

- ☐ **Grand Forks** - Pre-registration due: Feb. 12
- ☐ **Dickinson** - Pre-registration due: March 15
- ☐ **Minot** - Pre-registration due: March 1
- ☐ **Fargo** - Pre-registration due: March 26
- ☐ **Williston** - Pre-registration due: April 2
- ☐ **Bismarck** - Pre-registration due: April 9

- *Pre-registration guarantees your plunge incentives and t-shirts are available at the plunge, or at a later date.*

Total \$ Enclosed: \$ _____

Payment: ☐ Check (Make Payable to **SOND**)
☐ Visa ☐ Mastercard

Credit CardNumber: _____

Expiration Date: _____ Security Code: _____

Phone: _____

Signature: _____

FREEZIN' FOR A REASON!

Donation Tracker: Use this section to keep track of your own donation records.

Plunger Name:_____

**Make checks payable to SOND or Special Olympics North Dakota.*

[illegible]

Return payment and form to:
Special Olympics North Dakota
2616 S 26th Street; Grand Forks, ND 58201
Email to: info@SpecialOlympicsND.org

Total Donations Received \$	
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