Register Today! Steps to become a successful plunger!

1. Pre-Register for the Plunge online! Visit www.firstgiving.com/sond and click the Polar Plunge City link on the right side to register for the plunge of your choice.

Don't have internet access? That's okay, just complete and send in this registration brochure, or call SOND at 701-746-0331.

- 2. Each plunger must collect or contribute a minimum of \$75 in order to take the plunge.
- 3. Upon completing registration, you have the option to create a First Giving fundraising page to begin soliciting pledges. The link can be found at www.firstgiving.com/sond.
- Bring your signed waiver, pledges, and pledge forms with you to the plunge. Waivers may be found on our website at <u>www.SpecialOlympicsND.org</u>
- 5. Invite everyone you know to come watch you TAKE THE PLUNGE while supporting SOND.



*Please visit the SOND Polar Plunge website to view specific and additional schedule items for the Polar Plunge in your city. www.SpecialOlympicsND.org

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 22 Choice Health & Fitness Registration: 11:00 a.m. - 12:30 p.m. Plunge: 12:30 p.m.

<u>Minot</u> March 15 Sleep Inn & Suites Registration: 11:00 a.m. - 12:30 p.m. Plunge: 12:30 p.m.

Fargo March 21 Delta Hotels Fargo Registration: 11:00 a.m. - 12:30 p.m. Plunge: 12:30 p.m. Dickinson March 7 Prairie Hills Mall Parking lot Registration: 11:00 a.m. – 12:30 p.m. Plunge: 12:30 p.m.

*Bismarck March 21 Elks Lodge Registration: 2:30 -4:00p.m. Plunge: 4:00 p.m.

<u>Jamestown</u> Date TBA Jamestown Reservoir



FOR SPECIAL OLYMPICS NORTH DAKOTA

www.SpecialOlympicsND.org

REGISTRATION

Name:_____

Address:_____

City/State/Zip:_____

Phone:_____

Email:_____

Team Name:_____

Shirt Size:

 $\mathsf{Sm} \square \mathsf{Md} \square \mathsf{Lg} \square \mathsf{XL} \square \mathsf{2XL} \square \mathsf{3XL} \square$

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: February 5
- Dickinson Pre-registration due: February 19
- □ **Minot -** Pre-registration due: February 26
- □ **Fargo -** Pre-registration due: March 4
- **Bismarck -** Pre-registration due: March 4
- **Jamestown -** Pre-registration due: Fall 2020

•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:_____

Signature: _____

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

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.

| Sponsors Name's | Address | City, State, Zip Code | Donation Amount |
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| For more inform Special Olympics Nor Phone: (701) Email: info@specia | th Dakota (SOND) 746-0331 | Total Donations Received \$ | |