

## What is a Plunge?

A Polar Plunge is a fundraising challenge made to an individual or group challenging them to dive into a cold body of water in order to raise money for Special Olympics. Each participant collects pledges from family, friends and businesses in the hopes of raising lots of money for Special Olympics.

The Polar Plunge is coordinated by the Law Enforcement Torch Run which is an international charity made up of law enforcement personnel who raise money and awareness for Special Olympics.

## How to Participate:

1. Mail in Pre-Registration form or register online at [www.sook.org](http://www.sook.org).
2. Solicit Contributions from family, friends, businesses, etc. Keep track of donations on the Polar Plunge Pledge form or create a personal fundraising webpage online at [www.sook.org](http://www.sook.org).
3. Bring Pledge Form and collected donations to the Plunge. All Plungers must raise a "Bear" minimum of \$75.00.
4. Costumes are encouraged but not required. Be sure to bring a warm change of clothes for after the Plunge.

Return Pre-Registration form to:  
Special Olympics Oklahoma  
Attn: Polar Plunge  
6835 S Canton Ave  
Tulsa OK 74136

Or register online at [www.sook.org](http://www.sook.org) and set up your own fundraising webpage.  
Questions? Call 800-722-9004

\*You may also register the day of the event but your shirt will not be guaranteed.

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Visit [sook.org](http://sook.org) for more information



# POLAR PLUNGE

Jump into the



## Pauls Valley Polar Plunge

March 3, 2012

## Wacker Park

10:00 a.m. Registration

11:00a.m. Polar Plunge

