

DRESSES TO CHILL

2020
POLAR PLUNGE 

AN EVENT
TO BENEFIT



Special Olympics
Nebraska

SATURDAY, FEBRUARY 29, 2020 | HOLMES LAKE, LINCOLN, NE



#BE BOLD GET COLD

WELCOME TO THE 2020 POLAR PLUNGE. Strut your winter swim collection while braving the elements alongside fellow plungers in this bone-chilling event benefiting Nebraska's 7,500 Special Olympic athletes. We're inviting you to collect pledges from friends and family for plunging into the icy water of Holmes Lake, located at 64th and Normal Blvd, in Lincoln.

PLUNGERS

A plunger is anyone who is willing to literally plunge into freezing cold water for a good cause. Minimum donations to participate start at \$50 per plunger, regardless of individual or team participation. This event is about having fun for a cause, so feel free to dress up or come with a team theme. The wackier the better.

Prizes will be awarded for:

- Most Outrageous Costume
- Top Fundraiser
- Most Original Team Theme
- Youngest Plunger
- Oldest Plunger

SECURING PLEDGES

Each plunger must raise at least \$50 to plunge, but we encourage each participant to raise as much money as possible for the cause — after all, you're freezin' for a reason. We offer the Firstgiving fundraising tool, at firstgiving.com/sone, so you can create and forward your own personal fundraising page to friends and family. They can see what you've raised to date and contribute as much as desired. We've also made a GIF generator available at sone.org. Simply select a GIF, upload your picture, and then share the :15 GIF on your social pages to encourage friends to donate.

PLUNGE INCENTIVES

(All plunge incentive levels are cumulative)

- \$75** – Long Sleeved T-Shirt
- \$250** – Hooded Sweatshirt
- \$500** – Polar Plunge Backpack
- \$1,000** – Polar Plunge Cozy Kit (includes blanket, socks, insulated travel coffee mug)
- \$3,000** – Polar Plunge Spyder Jacket OR Polar Plunge All-Terrain Portable Wagon

Note: Only adult long sleeved t-shirts will be available at the post-plunge party. All other items, including all apparel in youth sizes, can be redeemed online.

CHECK-IN AND POST-PLUNGE PARTY

9:30 am – Check-in begins.

11 am – Plunge begins.

Post Plunge – Join us at the post-plunge party at Dino's (2901 S 84th St).

REGISTRATION FORM

For more information, please contact us at:

Special Olympics Nebraska
9427 F St, Omaha, NE 68127
402-331-5545

polarplunge@sone.org
www.sone.org

Plunger Name* _____

Plunge Team Name* _____

Age _____

Special Olympics Team Name (if applicable) _____
(Your donations will directly support this team)

Address _____

City _____ State _____ Zip Code _____

Phone Number _____

Email address* _____

*Required fields

RESPONSIBILITY WAIVER *(Must be signed)*

I, for myself, my executors and administrators, do hereby release and discharge Special Olympics Nebraska and all sponsors from all claims of damage, demands, actions, causes of actions, in any manner occurring from my participation in the 2020 Polar Plunge event. I give full permission for use of my name and photographs in connection with this event.

Signature _____

Parent/Guardian Signature* _____

*If under 18, parent/guardian signature is required

Date _____

IMPORTANT: Unless you registered online, please bring this signed and completed form, along with your offline pledges, to the plunge with you. Any late offline donations must be turned into the SONE state office no later than two weeks after plunge date in order to qualify for incentive prizes.

TOTAL CONTRIBUTIONS

Cash/Check Total \$ _____

Firstgiving Total \$ _____

Company Match Total \$ _____

(Please include company forms with your contribution)

Total Collected \$ _____