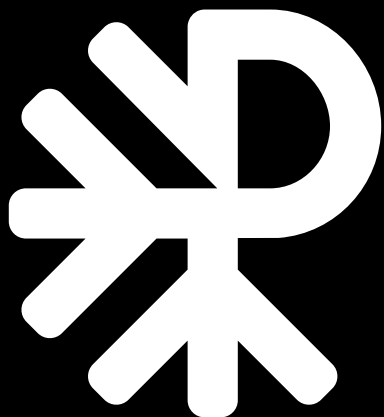


# POLAR PLUNGE



AN EVENT TO BENEFIT  
SPECIAL OLYMPICS NEBRASKA



*Great Food, Good Fun!*  
2901 South 84th Street • Suite 10, Lincoln, NE 68506  
402-327-0800

**FIRSTCARE**  
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Nebraska Foundation, Inc.



**Special Olympics**  
*Nebraska*



**SATURDAY,**  
**FEBRUARY 25, 2012**  
**HOLMES LAKE**  
**LINCOLN, NE**

**POLAR PLUNGE**  **2012**

# JUMP IN...

## THE WATER'S FRIGID.

Welcome to this year's Polar Plunge. This bone-chilling event invites participants, also known as plungers, to collect pledges from friends and family for plunging into the icy waters of Holmes Lake located at 64th & Normal in Lincoln.

All of the proceeds from this event help support the more than 4,000 intellectually disabled athletes who are a part of Special Olympics Nebraska.

## PLUNGERS: PRIZES WILL BE HANDED OUT TO THOSE WHO GO ALL OUT.

A plunger can be anyone with enough nerve and heart, willing to dip more than their toes in some freezing water for a good cause. Minimum donations start at \$50. Plungers can participate on an individual basis or be part of a team. And if you're taking the plunge, just know that this event is all about having fun while doing good. In other words, dress up in a costume or come up with a theme for your team, the wackier the better.

Prizes will be awarded for:

- Most Outrageous Costume
- Top Male and Female Fundraiser
- Most Original Team Theme
- Youngest Plunger
- Oldest Plunger
- Most Pledges Raised Online

## SECURING PLEDGES

Each plunger must raise at least \$50 in order to plunge. But, we encourage everyone to raise as much money as possible—or as we like to put—you're freezin' for a reason! To help you do so, Special Olympics is one of the only non-profits in the region offering the Firstgiving fundraising tool. Add your own personalized information at [firstgiving.com/sone](http://firstgiving.com/sone) and then forward the page to all your friends. This webpage allows your friends and family to see the total amount you've raised to-date, and you can even challenge everyone you know to contribute a specific amount. Use this page to tell your plunge story, whether you're doing it for the first time or the fifty-first.

## PLEDGE INCENTIVE LEVELS

(ALL PLEDGE INCENTIVE LEVELS ARE CUMULATIVE)

- \$75 Polar Plunge Long-Sleeved T-shirt
- \$250 Polar Plunge Hooded Sweatshirt
- \$500 Polar Plunge Beach Towel
- \$1,000 Polar Plunge Jacket (men's and women's sizing)
- \$3,000 HD Digital Camcorder or a Kindle Fire

(Similar prizes may be substituted)

Hooded sweatshirts, towels and jackets will be fulfilled online and shipped to your door. Many great prizes are available for whatever level in which you choose to participate. So jump in.

## Check-in and Post-Plunge Party

Check-in begins at 9:30 a.m. Teams and individual plunges will start at 11:00 a.m. Immediately following the plunge, plan to join Special Olympics Nebraska and the rest of our supporters at the annual Post-Plunge Party at Dino's Eastside Grille, located at 2901 South 84th St. For more information, check out the Plunge Page at [sone.org](http://sone.org).



Special Olympics  
Nebraska

## OFFLINE DONATION TRACKER

For all donations not collected through [firstgiving.com/sone](http://firstgiving.com/sone)

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