

POLAR PLUNGE

SATURDAY, FEBRUARY 23, 2019
HOLMES LAKE, LINCOLN, NE

LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS NEBRASKA

DINO'S eastside grille
Great Food, Good Fun!

B107.3 THE 80'S, 90'S, AND TODAY!

#BEBOLDGETCOLD

WELCOME TO THE 2019 POLAR PLUNGE. This bone-chilling event invites participants, or plungers, to collect pledges from friends and family for plunging into the icy water of Holmes Lake, located at 64th and Normal Blvd, in Lincoln. As always, all proceeds help support the 6,500 Special Olympics Nebraska athletes.

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 fund-raising 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.

PLUNGE INCENTIVES

(All plunge incentive levels are cumulative)

$75 – Long Sleeved T-Shirt
$250 – Hooded Sweatshirt
$500 – Polar Plunge Foldable Beach Chair
$1,000 – Polar Plunge Wireless Speaker with Amazon Alexa
$3,000 – Polar Plunge Lightweight Thermal Jacket

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

kkellar@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 2019 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 $ _____