

2010 Contests

Plunge Contests

Highest Fundraising Individual
Highest Fundraising Team

Team with the Most Plungers
Team that Raises the Most Money Online

Best Costume Individual
Best Costume Couple
Best Costume Team (3 or more people)
Costume judging will be at the judges' tent 30 minutes prior to the plunge.

Be the "Star of Kansas"

Would you like to be deemed the shining "Star of Kansas?" Create an original video asking people to sponsor you or take the Polar Plunge® themselves and post it to YouTube®. Videos will be judged on creativity and number of views. You could win the grand prize! For more information visit: www.kssso.org/plunge.html.

"Cool School" Contest

Show your school spirit and support Special Olympics Kansas athletes. Form a team of at least 6 classmates and pre-register your "Cool School" Team online. All teams will be recognized and the top fundraising school (divided according to KSHSAA division) will win the "Cool School" award! For a complete list of rules and to download the "Cool School" Toolkit, visit www.kssso.org/plunge.html.

Download your Plunge toolkit online at www.kssso.org/plunge.html

2010 Sponsors



Important Reminders

- This is a weather permitting event.
- All activities are performed at your own risk.
- Plunger MUST wear shoes or water shoes. Flip flops or Crocs are not acceptable.
- Bring towels, blankets and warm clothing.
- Plungers must wear a costume or swimsuit.
- Do not bring valuables. Storage is not provided.
- Participants under the age of 18 must have a parent or guardian sign the waiver of liability.
- Tents are available for changing, warming up, etc.

SPECIAL OLYMPICS KANSAS
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January 30, 2010



SPECIAL OLYMPICS KANSAS
POLAR PLUNGE®

Strut

Shawnee County
Swim Beach
3300 SE Croco Road
Topeka, KS 66605

Topeka

EXTREME COLD. EXTREME PEOPLE. EXTREMELY GOOD CAUSE.

Here's How to Get Involved

Register by Internet

Visit www.firstgiving.com/kssso, click "Get Started" and select Topeka Plunge. Don't forget to create your online fundraising page to increase your ability to earn great incentive prizes!

-OR-

Register in Person

Download the waiver at www.kssso.org/plunge.html, complete and return at the pre-registration opportunities or at the Polar Plunge®!

Fundraising Tips

- Use the online registration and establish a fundraising page. Send out an email to all your contacts or post a link on your networking site asking people to sponsor your Plunge.
- Create a friendly competition at your place of work. The co-worker who raises the most money is exempt from plunging in the freezing lake.

How to Raise \$250 in a Week!

- Day 1 - Make your donation of \$15
- Day 2 - Ask two best friends for \$15
- Day 3 - Ask two parents and a sibling for \$15 each
- Day 4 - Ask three relatives for \$15
- Day 5 - Ask three friends for \$15
- Day 6 - Ask three co-workers for \$10
- Day 7 - Ask four neighbors for \$10

2010 Incentive Prizes

- \$75+: Commemorative Sweatshirt
- \$250+: Polar Plunge® Hooded Sweatshirt
- \$500+: Polar Plunge® Backpack
- \$1,000+: Polar Plunge® Hooded Sweatshirt & Backpack

Be a fan of Confidence.

Freezin' for a Reason

Across the state hundreds of Special Olympics Kansas fans and athletes face freezing temperatures and take the plunge. Our Polar Plunge® has become the largest and most popular fundraising event for Special Olympics Kansas raising over \$200,000 last year!

Schedule

Early Bear Registration

Great Plains Running Store (5967 SW 29th)

Friday, January 29, 2010

Avoid the crowd at the beach and take advantage of the pre-registration event! Stop by anytime between noon - 7 p.m. to sign your waiver, get your incentive prizes and wristband/bib number.

Day of the Polar Plunge

Polar Strut 5K Run / Walk

Shawnee County Park

Registration begins at **10:00 a.m.**

Shotgun start at **11:00 a.m.** on the marked trail.

Polar Plunge®

Shawnee County Swim Beach

Registration begins at **10:00 a.m.**

The Polar Plunge® will begin promptly at **noon**. If you are participating, please follow all directions given at the beach. This will allow everyone to enjoy the experience and all your friends can see you splash!

After Party

Vinewood (2842 SW 29th St.) at 1:00 p.m.

Be sure to join the party at Vinewood where a \$5 donation to SOKS purchases your meal. Contest winners will be announced and everyone will have the chance to bid on great auction items!

Be a fan of Courage.

Types of Registration

Strutter

Our annual 5K Fun Strut / 1 mile walk is up and "running!" For a minimum donation of \$30, you can compete in our Strut and receive a long sleeve shirt!

Individual or Team Plunger

Taking the Polar Plunge® is a great way to show you are a fan of Special Olympics Kansas! For a minimum donation of \$75, you can jump into the frigid waters and then thaw out wearing your Polar Plunge® shirt. Gather friends/family/co-workers and take the Polar Plunge® as a team.

Too Chicken?

Too scared to splash at the Polar Plunge® but would like to receive our cool shirt and incentives? Embrace your inner chicken and raise money just like a Plunger! For a minimum of \$75, you can declare yourself "Too Chicken!", get primo viewing seats, and be eligible to receive cool incentive prizes.

Super Plunger

Be a part of an elite group and take the Super Plunge! Raise at least \$2500 and starting at midnight on **February 12th in Pittsburg, KS**, you can plunge every hour for 12 hours before the noon Polar Plunge® in Pittsburg, KS on **February 13th**. You will also be recognized at the Polar Plunge® in your home location and be asked to "jump" start the festivities on that date! *You must be registered by February 1st and be at least 21 years old.*

Want to Do More Than One?

No problem! Simply check each box on the registration form that you want to do! The possibilities are endless: strutter/chicken, strutter/plunger, etc. Add up the totals for your entry donation amount!

Be a fan of Fun.