



## 2017 Plunge Dates

**Tri-Cities Polar Plunge**  
Columbia Park, Kennewick  
January 21

**Seattle Polar Plunge & Super Plunge**  
Golden Gardens Park  
February 3-4

**Wenatchee Polar Plunge**  
Walla Walla Point Park  
February 11

**Spokane Polar Plunge & Super Plunge**  
Liberty Lake  
February 17-18

**Tacoma Polar Plunge**  
Owen Beach  
February 25

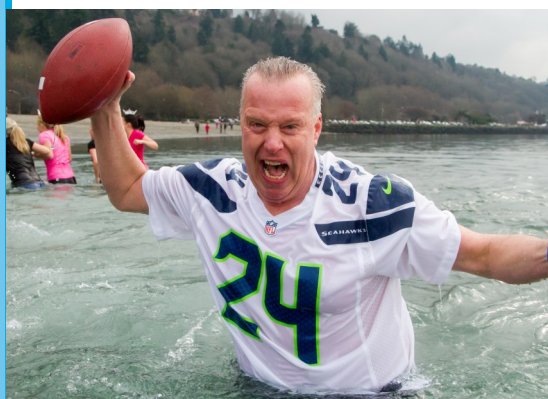
**Anacortes Dash & Splash**  
Seafarer's Park  
March 11

**Redmond Dash & Splash**  
Idylwood Park  
March 18

# Pledge. Plunge. Party.

Support 14,500 Athletes across the state!

This winter, take your support of Special Olympics to new depths by signing up for one of the coolest events of 2017. Whether you're looking to dip your toes or make a big splash, you'll be a true Below Zero Hero in the lives of the Special Olympic Athletes you'll be supporting! Every dollar raised, whether \$75, \$500 or \$1000, makes a difference in the lives of individuals with intellectual disabilities right here in Washington. And that's a really cool thing. Challenge yourself for charity and join us in Freezin' for a Reason.



### The Plunge

Polar Plunge is a wild, zany and fun opportunity for you to support Special Olympics Washington Athletes by getting your friends, family and colleagues to join you in your plunge into an icy Washington body of water. Costumes are encouraged!

### Schedule:

Check your event specific website for the day-of schedule

### Fundraising Minimum:

\$50 or \$75, depending on Plunge location—check event website.

### Follow Polar Plunge Wa:

Facebook: @SpecialOlympicsWA

Twitter: @SO\_Washington

Instagram:

@SpecialOlympicsWashington

### Tell us about your Plunge:

#PledgePlungeParty

### Plunge Festivals at select locations!

- ◆ Food Trucks
- ◆ Beer Gardens
- ◆ Fun & Games

### Contests & Prizes

- ◆ Top Fundraising Team
- ◆ Best Costumes
- ◆ Incentives based on fundraising levels hit

Learn more about the Polar Plunge and location-specific details @ [www.polarplungewa.org](http://www.polarplungewa.org)

### Chris Roof

Special Events Coordinator

croof@sowa.org

206.681.9368

**"Let me win, but if I cannot win, let me be brave in the attempt."**

- Special Olympics Athlete Oath

**Special Olympics**  
Washington

