

Polar Plunge

The Bend Police Department and Deschutes County Sheriff's Office are teaming up to launch the Third Annual Polar Plunge to benefit **Special Olympics Oregon**. The Polar Plunge is a unique opportunity for individuals, organizations, and businesses to support local Special Olympics Oregon athletes by jumping or slowly crawling into the frigid and icy waters of the Deschutes River. Join the thousands of people across the country who have plunged!

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All proceeds go to
Special Olympics Oregon.



Special Olympics

Oregon

Be a fan...

Contact us at polarplunge@soor.org
or 503.248.0600

Code of Conduct

- Plungers must be in good health and free of heart conditions.
- All plungers must sign a waiver or have a partner/guardian signature for plungers 17 or younger.
- Diving headfirst is not permitted!
- Plungers may not go past the designated depth barrier and must abide by all safety divers' and plunge officials instructions.
- Wet or dry suits are not allowed.
- Costumes are encouraged, but not required!
- Minimum pledge amount of \$50 is required in pledges or donations in order to plunge.

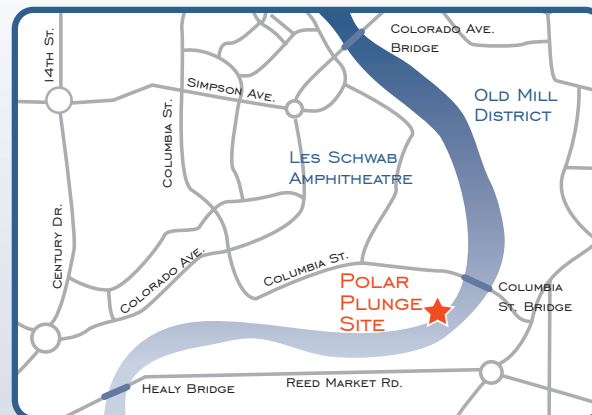
Polar Bear Tips

- Bring a robe! This will keep you warm when you aren't in the frigid water!
- Shoes are required.
- Bring extra towels or a blanket to bundle up in. Bring layered, loose fitting clothing for after the plunge.
- Leave valuables at home. We are not responsible for lost or stolen property.

Early Check-in

Thursday, February 26th - 4-7pm
Joe's Sports, Outdoor & More
63455 N Hwy 97
Bend, OR 97701

Site Map



POLAR PLUNGE[®]

DESCHUTES

BENEFITING  **Special Olympics Oregon**

FEBRUARY 27, 2009
RIVERBEND PARK, BEND

4:30PM ON-SITE CHECK-IN
6:30PM PLUNGE!!

REGISTER TODAY:
WWW.SOOR.ORG/PLUNGE

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HOW TO PARTICIPATE

- You can register online at www.soor.org/plunge and build your own fundraising website!
- OR**
- Turn in completed form with name and address and all donations to Plunge Registration between 4:30-6:15pm, Friday, February 27, 2009.
- Solicit donations from family, friends, businesses, etc.
- Each Polar Bear must raise at least \$50.
- Wear a costume! Have fun!

PLUNGE WITH A TEAM

- Recruit your co-workers, family, friends or teammates to plunge with you!
- Each plunger is responsible for collecting a minimum of \$50 in contributions
- A prize will be awarded to the team with the most pledges

ALL PLUNGERS WILL RECEIVE

- Official Event Long Sleeve T-Shirt
- Chili provided by Breck Morgan Catering
- Bragging rights for freezing your "fur" off for a great cause!

SPECIAL PRIZES FOR

- Special Olympics Oregon athlete that raises the most money
- Individual Plunger raising the most money
- Team of Plungers that raise the most money
- Sworn Law Enforcement employee raising the most money
- Best costume -judged by Special Olympics Oregon Athletes!
- NEW!** High School Challenge -
A Traveling Trophy will be presented to the High School raising the most money each year!

INDIVIDUAL INCENTIVES!

- \$50 Official Plunge Long-Sleeved T-shirt
- \$250 the above, plus a 2009 Polar Plunge Beanie
- \$500 the above, plus a 2009 Polar Plunge Beach Towel
- \$1000 the above, plus a 2009 Polar Plunge Hooded Sweatshirt
- \$5000 the above, plus a 2009 Polar Plunge Plush Bathrobe

To receive incentives on site, register by February 13th.
On-site registration open until 6:15 on plunge day.

PLEDGE FORM

Submit cash and check pledges with this form to receive credit for money not raised online.

Donor Information

Name	Address	Name	Address	Name	Address	Name	Address	Name	Address	Name	Address	Name	Address	Name	Address	Name	Address

Pledge Paid

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Totals \$

You can also register or find additional pledge sheets at www.soor.org/plunge - It's easy!

REGISTRATION

first name _____ last name _____

street address _____ city _____

county _____ state _____ zip _____ e-mail _____

phone (____) _____ law enforcement agency (if applicable) _____

team name _____ team captain _____

t-shirt size: S M L XL 2-XL 3-XL

Fax registration to 503.248.0603, register at www.soor.org/plunge or send your registration to Law Enforcement Torch Run Polar Plunge, Special Olympics Oregon, 5901 SW Macadam Ave., Suite 200, Portland, OR 97239 by February 20, 2009 to ensure your shirt size. On-site registration is open until 6:15 on plunge day.