

Polar Plunge

Law Enforcement Torch Run agencies are teaming up with **Mattress World** to launch the first Polar Plunge in the Portland area 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 Columbia River. Join the thousands of people across the country who have plunged!

brought to you by



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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.

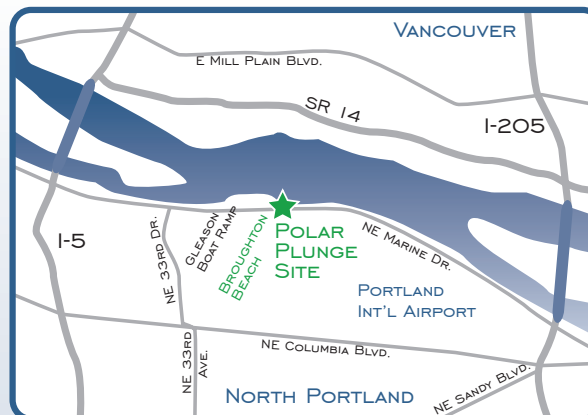
Polar Bear Tips

- 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

Friday, February 20th - 4-8pm
Joe's Sports, Outdoor & More
Delta Park Location
1140 N. Hayden Meadows Dr.
Portland, OR 97217

Site Map



POLAR PLUNGE COLUMBIA

PRESENTED BY

MATTRESS WORLD

BENEFITING



Special Olympics
Oregon

FEBRUARY 21, 2009
BROUGHTON BEACH, PORTLAND

8:30AM ON-SITE CHECK-IN
11:00AM PLUNGE!!

REGISTER TODAY:

WWW.SOOR.ORG/PLUNGE

COLUMBIA COLUMBIA

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 8:30am-10:45am, Saturday, February 21, 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
- Hot soup provided by Blue Sage Cafe
- 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 every 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 10:45am on plunge day.

PLEDGE FORM

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

Donor Information		Pledge	Paid
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
Name	Address		
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 13, 2009 to ensure your shirt size. On-site registration is open until 10:45am on plunge day.