

# READY TO BE A SUPERHERO?

## REGISTER TO TAKE THE PLUNGE

Fill out this form and bring it to registration or complete the whole process online.

### To Register Online:

1. Go to [www.polarplunge.com](http://www.polarplunge.com)
2. Click on the **firstgiving** link, register and set up your personal fundraising page
3. Share your fundraising page with friends and family through social networks and e-mail to gather supporters

### To Register at a Registration Site:

1. Fill out this form
2. Recruit supporters using the form on the back of this panel
3. Bring your donations and form by the official registration site:  
Feb 2-5 (noon-7pm)  
Feb 6 (10am-Plunge!)  
Ramada Inn on the Beach · 6th & Atlantic

### EXTREME TEAM CHALLENGE

VISIT [WWW.POLARPLUNGE.COM](http://WWW.POLARPLUNGE.COM) TO REGISTER

### POLAR PLUNGE REGISTRATION FORM:

Team Name (if applicable)

Plunger Name

Company

Street Address

City


State

Zip

Day Phone

Evening Phone

E-mail Address

Special Olympics Virginia  
3212 Skiplinth Road, Suite 100  
Richmond, Virginia 23294  
[www.specialolympicsva.org](http://www.specialolympicsva.org)



TO US YOU'RE A SUPERHERO.  
EVEN IF YOU SCREAM LIKE A  
**LITTLE GIRL**



FREEZE YOUR BUTT OFF FOR A GREAT CAUSE

**POLAR PLUNGE**<sup>®</sup>  
WINTER FESTIVAL

FRIDAY AND SATURDAY, FEBRUARY 5-6, 2010  
VIRGINIA BEACH

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
PERMIT NO. 1816  
RICHMOND VA



## SCHEDULE

### FRIDAY, FEBRUARY 5, 2010

6:00PM-10:00PM

New for 2010!

#### Friday Night Plunge Party under the BIG TENT!

- Concert by Butter
- Cornhole Tournament
- Adult Beverages

Tickets are \$10 and can be purchased at the Special Olympics Virginia Beach office, early registration or the gate

### SATURDAY, FEBRUARY 6, 2010

10:00AM

#### Polar Plunge Winter Festival

- FREE beach access for Plungers (\$5 donation for non-Plungers)
- Food, drinks & live music
- Rides & games
- Heated tent with exhibitors & vendors
- Professional sand sculptors

#### Registration for Costume Contests (under Main Tent)

11 A.M.

#### Opening Ceremony in the Main Tent

12:00PM (meet at 6th St.)

#### Boogie Down the Boardwalk Costume Parade

1:00PM

#### End of Registration for Costume Contests

1:15PM

#### Costume Contests (under Main Tent)

2:00PM

Plunge Check Presentation (under Main Tent) —  
come see how much we raised!

2:15PM

“How to Survive the Plunge” Safety Briefing  
(in the Plunger-only area)

2:30PM PLUNGE!!!

## HOT PACKAGES FOR PLUNGERS

All plungers earn incentives based on their total amount of contributions successfully raised.

\$100 and up	Long Sleeve T-shirt
\$250 and up	Towel
\$600 and up	Free Hotel Room* OR 2 tickets to Plunge Party OR Baseball Cap
\$1000 and up	Golf Shirt OR Collapsible Cooler
\$1500 and up	Duffel Bag OR Softshell Vest
\$2500 and up	Additional Hotel Room OR Jacket OR Wool Blanket

EACH LEVEL INCLUDES INCENTIVES FROM ALL PREVIOUS LEVELS.

**Special Olympics Virginia** is the state chapter of Special Olympics Inc. In Virginia, thousands of people with intellectual disabilities benefit from the opportunity to participate in Special Olympics.

The organization receives no federal funding and relies on private and corporate support as well as the efforts of nearly 20,000 volunteers to provide these services at no cost to the athletes or their families.

SPECIAL THANKS TO THESE GOLD LEVEL PARTNERS:



Booz | Allen | Hamilton  
strategy and technology consultants



\* for a list of participating hotels and a full list of sponsors visit

**WWW.POLARPLUNGE.COM**

Mailing services assisted by ICM Inc.

## CONTRIBUTIONS FORM

**BE SURE TO RAISE \$100 MINIMUM  
FOR THE PRIVILEGE TO PLUNGE**

Name	Amount
1	\$
2	\$
3	\$
4	\$
5	\$
6	\$
7	\$
8	\$
9	\$
10	\$
11	\$
12	\$
13	\$
14	\$
15	\$
16	\$
17	\$
18	\$
19	\$
20	\$
Subtotal	\$
Online Total	<i>Print your <b>firstgiving</b> Web page donations and attach to this form.</i> \$
Matching Gift	<i>Many employers match charitable donations. Ask your H.R. department.</i> \$
<b>Total Enclosed</b>	<b>\$</b>
(For office use only)	\$

Please make checks payable to Special Olympics Virginia

### WARMER WAYS TO HELP THE CAUSE

\_\_\_\_\_ I know someone who can benefit from Special Olympics.  
Please send me an athlete recruitment packet.

\_\_\_\_\_ Tell me about sponsorship opportunities.

\_\_\_\_\_ I'd like to volunteer.

\_\_\_\_\_ I'll make a donation: \$ \_\_\_\_\_

**GET READY FOR A CHILLY WEEKEND THAT WILL WARM YOUR HEART**