

Be cooler than cool. Be polar. Take the Polar Plunge for SOMO!

This event is a unique opportunity for individuals, organizations, schools and businesses to support local Special Olympics athletes by jumping, diving or crawling into the sparkling, frigid waters of Missouri. Since its inception 15 years ago, 12,151 Missourians have taken the plunge in lakes across the state, raising \$2,418,524. If you're too chicken to make the splash, be a fan by making a pledge to a braver soul at somo.org/ssdplunge.

Proceeds support year-round sports training and athletic competition for more than 15,000 children and adults with mental disabilities who participate in Special Olympics Missouri.



REGISTER ONLINE AT [SOMO.ORG/SSDPLUNGE!](http://SOMO.ORG/SSDPLUNGE)

In 2009, participants raised 43% more money through online fundraising. Use our online system, and make an even bigger splash for our athletes!

How to raise it online:

- Step 1: Register at somo.org/ssdplunge
- Step 2: Create your personal fundraising page in less than five minutes.
- Step 3: Reach more people by emailing your friends and family.
- Step 4: Watch your dough grow.
- Step 5: Enjoy a quicker registration process at the Plunge!



Don't like the online option? How to Raise \$500 in ONE WEEK

- DAY 1: Your personal contribution.....\$50
- DAY 2: Ask your partner or a friend.....\$50
- DAY 3: Ask 4 relatives for \$25 each.....\$100
- DAY 4: Ask 5 friends for \$20 each.....\$100
- DAY 5: Ask 10 co-workers for \$10 each....\$100
- DAY 6: Ask 10 neighbors for \$10 each.....\$100
- DAY 7.....You've done it!.....\$500

See the resource section on somo.org/plunge for more fundraising ideas.



Special Olympics
Missouri
Be a fan.

RULES: All Plungers must wear shoes and at least a bathing suit. Wet suits are not allowed. A minimum \$50 donation is required. Participants must be 10 years of age to plunge.

Freezin' For A Reason



Register and fundraise online!
somo.org/ssdplunge

The Polar Plunge is one of many events hosted by law enforcement to benefit their charity of choice, Special Olympics Missouri.



MARYLAND HEIGHTS PLUNGE

Saturday, February 27, 2010

Creve Coeur Park

Registration begins at noon, and the Plunge begins at 2 pm.

FOR OFFICIAL RULES, DIRECTIONS AND MORE: Visit www.somo.org/ssdplunge

PRE-REGISTRATION DEADLINE: FEBRUARY 12, 2010 (this deadline must be met to guarantee you'll receive your requested shirt size).

PARTICIPANTS WILL RECEIVE:

1. Official Polar Plunge shirt.
2. Eligibility for great prizes.
3. Bragging rights for freezing your fur off for a great cause!

SPECIAL PRIZE CATEGORIES:

School Awards:

- Over \$5,000: Gold Medal School
- \$3,000-\$4,999: Silver Medal School
- \$1,000-\$2,999: Bronze Medal School

Golden Plunger award

Top 3 schools awarded for best costumes, entry into water and spirit

FUNDRAISING INCENTIVES:

\$250 level: Digital Photo Key Chain OR Recycled Nylon Backpack OR Performance Long Sleeve Microfiber Shirt

\$500 level: Spectator Cooler Chair OR Grill Cooler OR Afghan Throw

\$1,000 level: Computer backpack with Laptop Sleeve OR Soft Shell 3-layer Spandex Hooded Jacket OR 3 in 1 Webcam, Speaker and Microphone

FOR MORE INFORMATION:

Jackie Rahm, Special Olympics Missouri
314.989.7524, rahm@somo.org

Thanks to the Maryland Heights and Hazelwood Police Departments for hosting this event.



Shop'n Save

Maryland Heights PLUNGE REGISTRATION FORM

This form and a minimum \$50 must be received by February 12, 2010, to guarantee a shirt in your requested size. After February 19, please bring your form to the event. Visit www.somo.org/ssdplunge to register and fundraise online. Return completed form and donations to: Special Olympics Missouri Maryland Heights Plunge, South County Tech, 12721 West Watson Road, Sunset Hills, MO 63127. Please make checks payable to Special Olympics Missouri.

Shirt Size (Circle One) YM YL S M L XL XXL XXXL

POLAR BEAR NAME SCHOOL

ADDRESS CITY STATE ZIP

PHONE NUMBER BIRTHDATE (MM/DD/YY) EMAIL ADDRESS check here to receive email updates

HOW DID YOU HEAR ABOUT THE PLUNGE? (CIRCLE ALL THAT APPLY)

TV Radio Newspaper Website Facebook Friend Stuco Other (List)

DONOR'S NAME (attach more paper if necessary) ADDRESS PHONE AMOUNT

Entry fee is \$50 per plunger. This is the "bear" minimum. TOTAL: \$

WAIVER AND RELEASE:

In consideration of participating in the Special Olympics Missouri Polar Plunge ("Activity"), I represent that I understand the nature of Activity and that I and/or my minor child am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I and/or my minor child believe event conditions are unsafe, I and/or my minor child will immediately discontinue participation in the Activity.

I fully understand that Activity involve risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I and/or my minor child incur as a result of my and/or my minor child's participation in the Activity.

I hereby release, discharge, and covenant not to sue Special Olympics, Inc., Special Olympics Missouri, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my and/or my minor child's behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I grant Special Olympics Missouri permission to use my likeness, voice, and words in television, radio, file or in any form to promote activities of Special Olympics Missouri.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, AND PARENTAL CONSENT AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Polar Bear Signature Date Parent Signature (if less than 18) Date