

FREEZIN' FOR A REASON

Jumping into a frozen lake, river, or other body of water in the middle of winter may seem like a crazy idea, but over the past 19 years, thousands upon thousands of Special Olympics Indiana supporters have risen to the challenge, braved the elements, and made our annual Polar Plunge a huge success.

Here's how it works:

1. Visit **www.PolarPlungeIN.org** to register as an individual or join a team.
2. Create a personal fundraising page via **Firstgiving** to collect pledges online.
3. Recruit your friends, family members, and coworkers to join your team or support the cause.
4. Raise at least **\$75 per team member** before the day of your Polar Plunge event.
5. Take the plunge for Special Olympics Indiana!

ABOUT THE POLAR PLUNGE

Celebrating its 20th anniversary in 2019, the **Polar Plunge** is Special Olympics Indiana's signature fundraiser, bringing together Hoosiers of all ages and backgrounds to raise more than \$6.1 million to date by braving the elements and taking an icy dip to demonstrate their commitment to the cause. All funds raised by the Polar Plunge directly benefit more than 14,000 Special Olympics athletes throughout the state, giving them the means to train locally and compete at the state level in a number of Olympic-type sports.

polarplungeIN.org