

# POLAR PLUNGE 2010

Saturday, February 27<sup>th</sup> at

Tim's  
**RIVERSHORE**  
Restaurant & Crabhouse



Freezin' for a Reason... to benefit Special Olympics Virginia

## Who can plunge?

Anyone can plunge, solo or as part of a team. Those under 18 need a parent's signature on their waiver.

## What's the minimum donation?

\$100 in donations allows you the honor and privilege of plunging, plus a cool T-shirt, other goodies and basic bragging rights. Raise more money for the chance to win great prizes!

## When is the Plunge?

Saturday, February 27, 2010. Registration & pre-event festivities are from 10 am – 2pm, with the actual plunge at 2:30 pm. It's rain or shine, but if the weather is extremely bad we will reschedule.

## Where will the plunge be held?

Tim's Rivershore Restaurant in Prince William County – 1510 Cherry Hill Road, Dumfries, VA 22126

## What do I need to wear/bring?

Wear a costume or bathing suit, and some sort of protective footwear. Bring a towel, dry clothes (optional) and the donations you've raised. If you raised money online bring a print-out of your Firstgiving page.

## What IS the actual plunge?

Plungers are called in groups or teams to jump into the Potomac River, safely guarded over by EMS dive team members. Plungers enter at the shore, and wade about 25' to exit the water onto a dock.

## Why a safety perimeter with divers?

This is a fun and wacky event, but there is some risk from the cold water. Highly trained EMS and police dive teams consider air and water temperature, current strengths, amount of debris in the water, and other conditions to decide a maximum time plungers are allowed to stay in the water.

## What if I'm cold or get cold easily?

We have full emergency crews on site and area dive teams enter the water at plunge time to make sure everyone stays safe. Besides, the water is generally a balmy 38 degrees, who can get cold in that?

## Can I bring family & friends to watch me plunge?

Bring out your family, friends, co-workers, to see you plunge. If you're not plunging, just come out and watch all the frigid fun! Be sure to stick around for the great Post Plunge Party afterwards.

## And now for a history lesson...

The first Polar Plunge to Benefit Special Olympics Virginia was in 1993, when Adventure Club East was busy trying to find something fun and creative to do in the middle of the winter. Special Olympics Virginia was looking for new fundraising avenues and the two pieces just came together. Special Olympics Virginia is proud to be the host of the original Polar Plunge. Due to its huge success rate, other states throughout the country have used the innovative concept to raise money for their own Special Olympics programs.

Virginia hosts three annual plunge events – the original Virginia Beach event, the Tim’s Rivershore Plunge in Prince William County and now in its 7<sup>th</sup> year, and the Liberty Plunge at Liberty University and now in its 2<sup>nd</sup> year. The Tim’s Rivershore Plunge is an effort of the Law Enforcement Torch Run for Special Olympics to raise awareness and funds for Special Olympics Virginia programs.