

**DATE:** February 5, 2015

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**Special Olympics Washington Polar Plunge**

**Presented by QFC & Fred Meyer…Raise Money & Support Special Olympics**

**Plunge Weekend Kicks Off Friday with SUPER PLUNGE!**

**Seahawks Blue Thunder Drumline to Lead Plunge!!!**

Nearly 700 plungers, including 100 regional Police Officers and Blue Thunder will brave the frigid waters at Seattle’s Golden Garden’s Saturday Feb. 7 at noon in support of Special Olympics Washington. Day of/onsite registration available as Special Olympics pushes to raise $140,000!

**Need a Reason to Plunge…We’ve Got 10,000**

Special Olympics Washington is approaching its fundraising goal of $140,000…but we need ONE last push! Remember as you are plunging into frigid waters, nearly 3000 athletes across the state are competing in regional basketball & skiing tournaments with the hope of qualifying for the 2015 State Winter Games.

**Super Plunge Kick Off Event...Dip from Dawn to Dusk February 6!**

Over a 10-hour period, 21 Super Plungers will take 20 icy dips (once every half hour) into the frigid **waters of Golden Gardens on Friday from 7 a.m.-5 p.m.** The Super Plunge is the kick off to the main Plunge on Saturday and features the event’s top fundraisers and local law enforcement personnel.

**Dick’s Drive In Bucks & Dick’s Sports Goods!**

Having trouble getting started fundraising…how about some Dick’s Drive In Bucks as motivation. Any Seattle Plunger who fundraises to $100 or more will be entered to win $60 in Dick’s Bucks…that’s a lot of Deluxe Burgers! Still looking for motivation, how about a chance at $50 of Dick’s Sporting Goods gift cards for a anyone above $125!

**Special Olympics Washington Polar Plunge Details**

**When:** Saturday, Feb 7, 2015, 9 a.m.-2 p.m. (Opening ceremony 11 a.m., Plunge at noon)

**Where:** Golden Gardens (Seattle)

**Who:** Nearly 700 Plungers

**Registration:** PolarPlungeWa.org

**Special Olympics Washington Polar Plunge Sponsors & Supporters:** QFC & Fred Meyer, Law Enforcement Torch Run, Washington’s Most Wanted, Ray’s Boat House, Nordstrom, Starbucks, Taco Time, KJR Sports Radio 950 AM, Clear Channel Radio and the Seattle Seahawks

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