

**DATE:** February 6, 2016

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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!!!**
* **Win a Trip Maui!!!**

Nearly 500 plungers, including 100 regional Police Officers and Blue Thunder will brave the frigid waters at Seattle’s Golden Garden’s Saturday Feb. 6 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 14,500**

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 2016 State Winter Games.

**Super Plunge Kick Off Event...Dip from Dawn to Dusk February 5!**

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.

**Maui Vacation!!!**

Fundraise $150 by April 15, 2016 and you could be warmin’ up for six days and five nights in Maui! Airfaire, accommodations at the Hyatt Regency provided. Your chance to snorkle and sunbath your days away— all in support of Special Olympics Washington.

**Special Olympics Washington Polar Plunge Details**

**When:** Saturday, Feb 6, 2016, 10 a.m.-2 p.m. (Opening ceremony 11:15 a.m., Plunge at noon)

**Where:** Golden Gardens (Seattle)

**Who:** Nearly 500 Plungers

**Registration:** PolarPlungeWa.org

**Special Olympics Washington Polar Plunge Sponsors & Supporters:** QFC & Fred Meyer, Law Enforcement Torch Run, Washington’s Most Wanted, Starbucks, KJR Sports Radio 950 AM, Clear Channel Radio and the Seattle Seahawks, Coca-Cola and Monster Energy Drink

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