

**DATE:** January 24, 2017

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**Special Olympics Washington Seattle Polar Plunge**

**Presented by QFC & Fred Meyer…Pledge, Plunge, Party!**

**Plunge Weekend Kicks Off Friday, February 3 with SUPER PLUNGE!**

* **Seahawks Blue Thunder Drumline to Lead Plunge!!!**
* **Win a Cruise to the Caribbean or Mexico**

Nearly 500 plungers, including 200 regional Police Officers and Blue Thunder will brave the frigid waters at Seattle’s Golden Garden’s Saturday Feb. 4 at 1 p.m. in support of Special Olympics Washington. Day of/onsite registration available as Special Olympics pushes to raise $150,000!

**Need a Reason to Plunge…We’ve Got 14,500**

Special Olympics Washington is approaching its fundraising goal of $150,000…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 2017 State Winter Games.

**Super Plunge Kick Off Event...Dip from Dawn to Dusk February 3!**

Over a 10-hour period, 15 Super Plungers will take 20 icy dips (once every half hour) into the frigid **waters of Golden Gardens on Friday, February 3 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.

**Win a Cruise to the Caribbean or Mexico**

Whether you plunge or not, if you register and raise at least $150, for any one of the seven upcoming Polar Plunge events by March 31, 2017, you’ll be entered to win a five-star 7-day Caribbean or Mexico ocean view cruise for two on Holland America Line, plus airfare\*. All aboard!

**And there’s more…Mobile Food Rodeo!**

The [Mobile Food Rodeo](https://www.facebook.com/MobileFoodRodeo/) is proud to partner with [Special Olympics Washington](https://www.facebook.com/SpecialOlympicsWa/) this year to support Special Olympics.

This year's festivities brings food trucks, yard games, live music and a heated beer garden proudly serving [Alaskan Brewing Co.](https://www.facebook.com/AlaskanBrewingCo/) on tap for charity. Warm up under the patio heaters for some serious food trucks and a beer garden at your favorite beach.

**Special Olympics Washington Polar Plunge Details**

**When:** Saturday, Feb 4, 2017, Plunge at 1 p.m., Registration Open at 10 a.m.

**Where:** Golden Gardens (Seattle)

**Who:** Nearly 500 Plungers

**Registration:** PolarPlungeWa.org

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