



---

# SUPER PLUNGE

'From Dawn to Dusk'

## WHO

The Super Plunge isn't for everyone but if you're brave enough – we want you!

## WHAT

It's simple, really. Plunging from Dawn to Dusk.

## WHEN | WHERE

February 3	Seattle	6AM-5PM
February 17	Spokane	6AM-5PM

## WHY

We think it's obvious. Extreme people – Extreme cold – Extremely good cause.

## HOW

Extreme Fundraising. Super Plungers will collect a minimum of \$650 in pledges for Spokane and/or \$1,500 for Seattle. Elite Plungers are sure to be kept fed, warm, comfortable, and entertained throughout this chilly commitment. These brave Winter Warriors will also be rewarded with specialty swag and welcomed to bring one guest. Fundraising above and beyond the minimums is always encouraged so don't forget to check out our incentive offerings.

## READY

Register online as a Super Plunger for Spokane or Seattle by visiting us at: [PolarPlungeWA.org](http://PolarPlungeWA.org)

## QUESTIONS

(206) 362-4949

Seattle	Chris Roof	<a href="mailto:croof@sowa.org">croof@sowa.org</a>
Spokane	Jennifer Suniga	<a href="mailto:jsuniga@sowa.org">jsuniga@sowa.org</a>