

Take The Plunge!

For Special Olympics South Dakota



Looking for an effective and fun way to raise funds for your plunge? Create your own fundraising web-page!

- ▶ Log on to www.firstgiving.com/specialolympicssouthdakota or www.sosd.org and follow the link.
- ▶ Fill out the registration information and then create your fundraising page.
- ▶ Be sure to personalize your page by uploading a photo, writing an inspiring message, and setting aggressive fundraising goals.
- ▶ E-mail your page information to everyone in your address book and ask for donations toward your plunge.
- ▶ Add your fundraising page link to your online Blog, MySpace, Friendster, etc.
- ▶ Send out regular reminders regarding your plunge!

Too Chicken To Plunge?

You can still be a part of the fun and festivities:

- ▶ For a minimum donation of \$100, you can:
 1. Join a team which is actually plunging
 2. Start an entire team made up of only TCTP participants
 3. Register as an individual TCTP participant
- ▶ Wear a costume and join in... the teasing won't last as long as the warm feeling you get for helping our Special Olympics athletes!
- ▶ Everyone registered as TCTP will receive a long sleeve t-shirt and will be eligible for all prizes as our regular plungers.



For more information contact: Dave Stratton - Dave.stratton@rcgov.org - or
Todd Bradwisch - tbradwisch@sosd.org - 1-800-585-2114



freezin' for a reason!



Special Olympics
South Dakota

Rapid City Polar Plunge

February 27, 2010

www.rcpolarplunge.com

When & Where...

- Saturday, February 27, 2010
- Memorial Park (next to Civic Center)
- Registration from 1:00 pm - 1:30 pm
- The Plunge begins at 2:00 pm

What You Need To Do...

- Collect a minimum of \$100 per person.
- Make checks payable to SOSD.
- Return this form and your donations to SOSD by February 21, 2010 to:
Rapid City Police Dept.
Attn: Dave Stratton
300 Kansas City St. #101
Rapid City, SD 57701

Day of event registration will be accepted.

What You Need To Know...

- Plungers will be in the water for only a few moments... divers will be in the water to assist.
- Participants are required to wear shoes. You will also want to bring a towel.
- Changing rooms will be available for all plungers.
- A secure area will be provided for personal items. However, the Law Enforcement Torch Run and Special Olympics are not responsible for lost or stolen items.
- **Diving is prohibited!**
- All participants will receive a 2010 Polar Plunge appreciation souvenir.
- Plaques will be given for most money raised by a school & organization, most money raised by an individual & for best costume.
- The Participant Registration Form which includes a Release of Liability MUST be completed in advance of participation.

***** Detach and return the bottom to: *****

Dave Stratton **300 Kansas City St. #101 **Rapid City, SD 57701
In lieu of mailing, bring this completed form to the Polar Plunge

Name: _____ Phone: _____ E-Mail: _____

Address: _____ City: _____ Zip: _____

How would you like to be announced (i.e. funny nick name): _____

_____ I am plunging with a group Group Name: _____

_____ I am plunging alone _____ "Too Chicken To Plunge" Total Collected: \$ _____

**SPECIAL OLYMPICS SOUTH DAKOTA
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY, AND
PARENTAL CONSENT AGREEMENT**

In consideration of participating in the **Special Olympics South Dakota Law Enforcement "Polar Plunge 2010"**, I represent that I understand the nature of the Polar Plunge event and that I and/or my minor child am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I and/or my minor child believe event conditions are unsafe, I and/or my minor child will immediately discontinue participation in the Activity.

I fully understand that the **Polar Plunge** event involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inaction's, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I and/or my minor child incur as a result of my and/or my minor child's participation in the Activity.

I hereby release, discharge, and covenant not to sue Special Olympics Inc., **Special Olympics South Dakota**, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my and/or my minor child's behalf, makes a claim against any of the risk I, or anyone on my and/or my minor child's behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which may incur as the result of such a claim.

I have read this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, AND PARENTAL CONSENT AGREEMENT**, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance notwithstanding, shall continue in full force and effect.

Printed name of participant

Signature of participant (age 18 or over)

Date

Signature of Parent/Legal Guardian (If participant under age 18)