

2024-2025

POLAR PLUNGE

TOOLKIT



Polar Plunge Montana

The Polar Plunge® is a Law Enforcement Torch Run® signature event. It is a unique opportunity for individuals, clubs, organizations and schools to support local Special Olympics Montana athletes by jumping, running or slowly crawling into the frigid and icy waters of Montana. The first Polar Plunge was held in Whitefish, Montana in 1999. Since then the events have grown to 13 different plunges held all over the state with over 5,000 participants raising more than \$400,000 annually for Special Olympics Montana.

Why Fundraise?

Every dollar you raise supports the athletes of Special Olympics Montana and our goal of making the world more inclusive! When you participate in the Cool Schools Polar Plunge, you are helping students with and without intellectual disabilities change the world.

THIS ISN'T JUST A PLUNGE, IT'S A BOLD, BRAVE STATEMENT TO SHOW THE WORLD YOU CARE ABOUT INCLUSION!



LAW ENFORCEMENT TORCH RUN



POLAR PLUNGE

FOR SPECIAL OLYMPICS MONTANA



2024

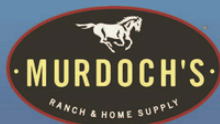
- Eastern MT Plunge | Sidney | 12/5/24
- Great Falls Plunge | Great Falls | 12/6/24
- Miles City Plunge | Miles City | 12/6/2024
- Middle of Nowhere Plunge | Glasgow | 12/7/24
- Subzero Superhero Plunge | Havre | 12/7/24
- Billings Polar Plunge | Billings | 12/13/24



2025

- Southwestern Plunge | Butte | 2/1/25
- Penguin Plunge | Whitefish | 2/8/25
- Sweetheart Passion Plunge | Helena | 2/15/25
- President's Plunge | Bozeman | 2/15/25
- Griz Dip | Missoula | 2/22/25
- Lucky Charm Plunge | Lewistown | 3/1/25
- Pintlers Plunge | Anaconda | 3/1/25

FUNDRAISING MINIMUM:
ADULT: \$125 PER PLUNGER
YOUTH/STUDENT: \$50 PER PLUNGER



Register to be a **PLUNGE WARRIOR!**

Adult Plungers fundraising minimum \$125
Youth Plungers fundraising minimum \$50

- 1 Visit somt.org/torch-run/polar-plunge/ and find your local plunge date
 - 2 Register by creating a team, joining a team or plunging as an individual
 - 3 Customize your fundraising page
 - 4 Start **FUNDRAISING!**
 1. Invite others to join your team
 2. Email the link to your friends, family, and colleagues - anyone you think will help you reach your goal
 - 5 Collect donations online or offline using a plunge pledge sheet
 - 6 Contact Amy Bliss at abliss@somt.org with questions
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**Celebrate the role you're playing in
the INCLUSION REVOLUTION!**

2024-2025 Pledge Tracker Form

Participant NAME:

TEAM NAME:

Make checks payable to **Special Olympics Montana**. Receipts will be sent for offline payments made over \$250. Online donations will automatically receive a receipt.



PLEDGE TRACKER

Please bring this completed form and pledges to the Registration. A waiver must be signed and participants under 18 must have a parent or guardian present. Waivers available online or at registration site.

NAME	ADDRESS/E-MAIL	PLEDGE AMOUNT	PAID
			<input type="checkbox"/> Cash <input type="checkbox"/> Online <input type="checkbox"/> Check <input type="checkbox"/> Matching
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Polar Plunge events are presented by the Law Enforcement Torch Run.



Check Amount: \$ _____
 Online Donation Amount: \$ _____
 Employer Matching Amount: \$ _____
 Total Amount Raised: \$ _____
 (office use only): \$ _____

Be Freezin' for a Reason!

Getting involved is a great way to celebrate the power of INCLUSION!

Get Creative. Take the Plunge. Join the Inclusion Revolution all while raising funds for Special Olympics Montana Athletes.



Questions?
Contact: Amy Bliss
abliss@somt.org
406-315-4212

**More
Information**

