

It's so Easy, a Penguin Can do it!

STEP 1: Register for the Plunge.

You can fill out the registration form on this brochure and mail or fax it to the Special Olympics Idaho, bring it with you day of, or register online. It's easy! Go to www.idso.org and click on News And Events / Upcoming Events. Then, select the Penguin Plunge in your area and follow the link to the registration site. You can even create teams! Just make sure each person on your team registers individually.

STEP 2: Collect Pledges.

Go out and ask for pledges from family, friends, neighbors, and coworkers. You can use the pledge form on this brochure, or you can create your own online fundraising site. Visit www.idso.org to get started. Then e-mail additional friends and family asking them to support you by donating to your personal fundraising webpage. It is easy and fast! All donations from the web go directly to Special Olympics Idaho. All other pledges must be collected before the plunge and brought with you to the Plunge Registration/ Check-In.

STEP 3: Read and Sign Waiver

Make sure you bring your signed waiver to the plunge or sign one at registration the day of. "Penguins" under the age of 18 must have a parent/guardian read and sign the waiver.

STEP 4: HAVE FUN!!

Have fun and feel good about helping support our Special Olympics athletes!

You
Can Make a
Difference!

The Penguin Plunge will take place on Saturday, March 17, 2018 at the Search and Rescue Waterways Building. By taking the plunge, you can help raise money and awareness for our Special Olympic athletes who train hard to compete in Special Olympics. Without the generous support and donations from our community, Special Olympics would not be possible.

"Let me win. But if I cannot win, let me be brave in the attempt."

Athlete Oath

Website Registration www.idso.org

Select Bonners Ferry Plunge under upcoming events.

Mail Registration to Special Olympics Idaho: 199 E. 52nd Street Garden City,



Saturday, March 17, 2018

**Search and Rescue Waterways
Building**

Located on River St.

**Registration and
Entertainment Starts at
11:00am**

Plunging Starts at 12:00pm

*A cool way for people with
warm hearts to support Special*

