



## Jump in for Special Olympics! Camp Richardson Resort Beach December 6, 2026

*Brave the Chilly Water for Special Olympics NorCal!*

### Why Polar Plunge?

It's fun, it's crazy and it's for a good cause. Did we mention costumes are encouraged? The funds raised will support the sports, health, educational and athlete leadership programs that Special Olympics Northern California provides to children and adults with intellectual disabilities **for free**. By participating in Special Olympics, athletes develop the skills and confidence they need to succeed in life.

### What is the Polar Plunge?

The Plunge is NOT a swim! If you can grin and "bear" it, it's a quick walk, run, hop or skip into chilly waters and then back out for the Post Plunge festivities! If the thought of cold water is "unbearable", you can register as a chicken and be excused from getting wet!

### Who can Plunge?

Anyone with a little guts and a warm heart can participate! Participants under the age of 18 must bring a waiver signed by a legal guardian.

### What About Fundraising?

Every Plunger and Chicken is asked to raise the "bear" minimum of \$125. In return, you'll receive a cool long-sleeve Polar Plunge t-shirt and lunch. But don't stop there! Raise additional funds and you can earn more cool stuff. All the tools you'll need will be at your finger-tips when you register for the Polar Plunge.

We're here to help! To Register or for more information contact: [Plunge@sonc.org](mailto:Plunge@sonc.org)

