



Special Olympics Ukiah Polar Plunge Mendocino Lake, South Shore February 28, 2027

Brave the Chilly Water for Special Olympics Ukiah!

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 year-round Special Olympics program in Ukiah area that is offered for free to children and adults with intellectual disabilities.** 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 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 fingertips when you register for the Polar Plunge.

We're here to help! To Register scan the QR code or for more information contact: Plunge@sonc.org

