

# Mighty Madison Special Olympics



3rd Annual

# Polar Plunge & Chili Cook Off

March 14th, 2:00pm  
Blannahassett Island  
Marshall, NC

For more information

Visit: <https://sites.google.com/site/madisonpolarplunge/>

Email: [mightymadisonspecialolympics@gmail.com](mailto:mightymadisonspecialolympics@gmail.com)

Call: (828)772-297

## **NEW & EXCITING NEWS for the 2015 POLAR PLUNGE!**

We're heading to the "Beach" on the French Broad River  
& plunging into the icy cold river!

Heated changing trailer will be available!!!

Plunging is now open to ages 14 & up!  
(Plungers under 18 years old must have a parent/guardian present)

Bigger & Better Prizes!!!!

The Plunger with the greatest amount of pledges will not only win the coveted Golden Plunger,  
but will take home a zipline pass for 2 at French Broad Rafting & Zipline!!!  
Valued at \$150.00

Chili Cook-Off contestants will battle it out for the Golden Spoon  
and a gift certificate for Red Lobster!  
Valued at \$25.00

Costume contestants will glam it up for the Golden Cape & one dozen Zuma Gold Cookies from Zuma!

### Plunger Tips

- Do bring your pledge sheet and all pledges to the plunge. All money must be collected beforehand.
- If you are under 18 a parent or guardian must accompany plunger.
- Wear your plunge "Attire" to the plunge site.
- Do bring a robe, towel, jacket or blanket to wear while waiting to plunge.
- Do wear tennis or water shoes.
- Do bring extra towels to dry off with after the "plunge".
- Do bring a plastic bag for wet clothing and towels.
- Do not forget to grab a bowl of hot chili after your plunge.
- No diving cannonballs, etc. Water is normally shallow.
- Only get wet up to your neck. There is no pressure to submerge your head and you can further enjoy activities after the plunge, if your head is dry.