



2022 Law Enforcement Torch Run Rochester Polar Plunge Presented by *Big City Sportswear*

It's time to #ROC the 22nd Anniversary Rochester Polar Plunge presented by
Big City Sportswear!



STAY SAFE: The Monroe County Public Health Department reminds all too socially distance and recommends the importance of wearing a mask in public.

Here's the scoop on what you need to know before taking the PLUNGE on Sunday, February 6 at Ontario Beach Park.

EVENT DETAILS:

- Polar Plunge registration opens at 9:00AM
- Live stage, dancing, costume judging, awards & more 10AM-12PM
- The Rochester Polar Plunge kicks off at 12Noon
- For additional information, visit our website at polarplunge.net
 - Be sure to SHARE YOUR PICTURES using our hashtags
 - #ROCthePlunge
 - #SOpolarplungeNY
 - #SpecialOlympicsNY
 - Our Social Media Pages
 - Facebook: @SpecialOlympicsNewYork
 - Twitter: @SpecOlympicsNY
 - Instagram: @specialolympicsny

WHAT IS THE FUNDRAISING MINIMUM TO POLAR PLUNGE?

- To take part of the Rochester Polar Plunge, **EACH PARTICIPANT MUST RAISE A MINIMUM OF \$60. NO EXCEPTIONS.** For raising a minimum of \$60, as a thank you participant will receive the most coveted sweatshirt in all of Rochester...the Polar Plunge sweatshirt!
- Haven't started fundraising? It's not too late! Ask 6 friends to sponsor you for \$10 to reach the minimum and receive the 2022 sweatshirt!



FUNDRAISING CHALLENGES & INCENTIVES:

- **Fly Your Colors**
 - The school team (K-12 or College) that raises the most money overall for the 2022 Rochester Polar Plunge will have their school colors and school logo part of the 2023 Polar Plunge sweatshirt.
- **Rochester Polar Plunge Fundraising Incentives**

Set your fundraising goal at \$250 to earn great prizes and reach for the stars. The more you raise, the bigger and better prizes you can earn!

(Following the event, plungers will receive an email to claim their incentive prizes. Follow the emailed instructions and prizes will arrive in 6 to 8 weeks.) Check out these great fundraising incentives for 2022!



2022 Fundraising Rewards Program

Fundraise and earn a great reward. Let us motivate you!



<p>\$60</p>  <p>Will be distributed at your event</p> <p>Event Unisex Hoodie Sweatshirt</p>	<p>\$250</p>  <p>Sportsman - Solid 12" Cuffed Beanie</p>
<p>\$500</p>  <p>Southern Plush Blanket</p>	<p>\$1,000</p>  <p>Glacier Cooler Bag</p>
<p>\$2,500</p>  <p>SW Solar Waterproof Bluetooth® Speaker</p>	<p>\$5,000</p>  <p>Carhartt® Foundry Series 20" Duffel</p>
<p>\$7,500</p>  <p>3 Piece Laser Etched Decanter Set</p>	<p>\$10,000</p>  <p>Spyder Men's / Ladies' Pursuit Jacket</p>

 Administered by the Spectrum Designs Foundation | Fort Washington, NY | (516-767-7187) | <https://www.spectrumdesigns.org/>



YOUR QUESTIONS ANSWERED FROM A to Z:

WHAT SHOULD I WEAR?

- Have fun! Wear a costume. Be a Superhero. A Princess. A Clown. Be Creative and Get into the Polar Plunge Spirit!
- Dress warm and in layers.
- Wear shoes (water shoes are best). Shoes are a MUST!
- NO flip flops.
- Wear your mask!

WHAT SHOULD I BRING?

- An extra change of clothes, socks and shoes for after you plunge.
- A towel. We hand out towels right when you come out of the water but those must stay on the beach. An extra one is always a great idea.
- A garbage bag to put your wet clothes in after you Plunge.

WHEN YOU ARRIVE ON SUNDAY...

CHECK IN AT THE POLAR PLUNGE REGISTRATION TENT presented by Datto

- **All participants MUST check in** at the Polar Plunge Registration Tent presented by Datto. It's located in the FIRST tent when approaching the Ontario Beach Park.
- Registration opens at 9:00AM.
- At check in, each participant will sign a Participant Waiver *, receive a wristband to Plunge and receive a Polar Plunge sweatshirt coupon. **REMINDER: Each participant MUST raise \$60 to participate.**
- For participants under 18 years of age, their Participant Waiver **MUST** be signed by a Parent or Legal Guardian – **NO EXCEPTIONS and LEGIBLE.**
- If you are bringing donations to the Polar Plunge in the form of cash and/or checks, your donations can be brought directly to the Polar Plunge Registration Tent presented by Datto.
- Checks should be made payable to "Special Olympics New York".
- Credit Cards are accepted.



FOR PARTICIPANTS ON A TEAM:

- Polar Plunge sweatshirts are handed out to each participant on the team that has raised the \$60 fundraising minimum requirement. Team donations can be spread among team members before the Polar Plunge to ensure all team members receive a sweatshirt.
- If you raised your money all online...don't worry! We will have totals for each participant at Registration.
- If you are part of a team you **DO NOT** check in with your team. Each participant can check in at any of the registration lines and meet with their team afterward.

WHERE DO I PICK UP MY POLAR PLUNGE SWEATSHIRT?

- **REMINDER:** You must raise \$60 to receive the coveted Polar Plunge sweatshirt.
- When checking in at the **Polar Plunge Registration Tent presented by Datto**, you will receive a Sweatshirt Coupon to redeem at the **Polar Plunge Sweatshirt Pick Up** on the SECOND floor in the Robach Community Center.

WHERE IS THE COSTUME JUDGING CONTEST & TEAM PHOTOS?

- Show your Polar Plunge Spirit by wearing a costume to the Polar Plunge! We'll have official judges voting on the best costumes on the SECOND floor in the Robach Community Center.
- Individual and Team photos will also be taken on the SECOND floor in the Robach Community Center.
- Costume judging contest is from 10:00AM-11:15AM

WHAT IS THE VIP FUNDRAISING INCENTIVE, PLUNGERS THAT RAISE \$500 OR MORE?

- Plungers that raise \$500 or more will check-in at the VIP express registration line inside the Registration Tent presented by Datto. Look for the VIP balloons inside the Registration Tent presented by Datto when you arrive.
- Each top fundraiser will receive a:
 - Custom Top Fundraiser T-Shirt!



RAFFLES AND POLAR PLUNGE MERCHANDISE!

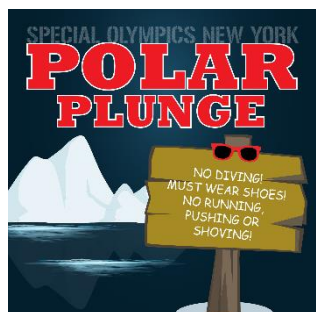
- We have great raffle items this year! A grill, sporting events, dinner packages, a huge TV and more!
- Tickets can be purchased at the Raffle Table located on the SECOND floor in the Robach Community Center. Raffle volunteers will be walking around selling tickets throughout the morning in the Main Tent too.

FOOD, COFFEE, HOT CHOCOLATE!

- There will be plenty of delicious treats, coffee and hot chocolate for a donation on the FIRST floor in the Robach Community Center.

WHERE DO I POLAR PLUNGE AND IS THE WATER ICE COLD?

- The Rochester Polar Plunge takes place in the icy waters of Lake Ontario directly behind the Robach Community Center.
- At 12Noon, participants will begin forming a line in the Main Event Tent and parade to the waters of Lake Ontario.
- Yes, you are correct, the water is chilly!
- **No Diving! No Diving! No Diving! Did we mention No Diving? NO DIVING!**





WE ARE GOING TO PUMP YOU UP TO POLAR PLUNGE?

- The Polar Plunge has the best party in town with Nova Event Management and Hot Shots located in the Main Tent next to the Robach Community Center.
- Starting at 9:00ish, we rock the stage with our Polar Plunge emcee, David Shaw, with great music, awards and costume winners announced in an opening ceremony. The party doesn't stop until we parade to the Polar Plunge at Noon.

WHEN SHOULD I ARRIVE AND WHERE DO I PARK?

- **Don't be late!** The best part of the Polar Plunge is what happens *before* you actually take the Plunge. The Pre-Plunge party kicks off at 9:00AM. Plan to spend the morning with us. If you can't, be inside the main event entertainment tent by 11:00AM.
- Allow yourself PLENTY of time as **parking is VERY limited** at Ontario Beach Park.
- Since parking is first come-first serve, we advise you to use our **FREE parking and shuttle service** from Greece Arcadia High School, located at 120 Island Cottage Road.
- **Directions to Greece Arcadia High School:** Take 390 N, Exit at Latta Road and turn right onto Latta Rd. Take an immediate left onto Island Cottage Road, Greece Arcadia HS is on the right.
- Our FREE OFF-SITE shuttle services are running to and from Greece Arcadia High School beginning at 8:30AM until 1:30PM.

On behalf of all our Special Olympics New York athletes, THANK YOU!

See You this Sunday as We #ROcthePlunge Celebrating 22 Years!