



Dear

I am writing to ask for your help. I have committed to participating in the 2026 Dutchess County Polar Plunge Weekend. I know – you're probably thinking why would I participate in the Plunge? I have committed to jumping in super cold water to help support the local Athletes of Special Olympics New York. The positive impact this event will have on the lives of thousands of athletes with intellectual disabilities will last a lifetime.

Some say I may be a little wacky by jumping into freezing water in the middle of winter and in a shipping container but I am doing it for the more than 45,000 athletes and Unified Partners of Special Olympics New York, so they can continue to train and compete year-round, free of charge, in more than 5,000 competitive events throughout the state in 22 sports. I personally have seen the positive impact that Special Olympics has had on the lives of individuals with intellectual disability and hope that you will support me in my mission to support them.

I have set a personal fundraising goal of _____. Please help me meet this goal with your tax-deductible donation. Your donation will be put directly into growing programs to serve these individuals with intellectual disabilities and to help them find success in life through success on the field of sport.

To support me and my team, please make your check payable to "Special Olympics New York" and return it directly to Special Olympics New York 1207 Route 9, Ste. 1C Wappingers Falls, NY 12590. Please put my name and/or my team's name on the check so the staff at Special Olympics New York will know to apply the donation to my Polar Plunge account.

Or, if you prefer online donations, visit polarplungeny.org, click the 2026 Dutchess County Polar Plunge Weekend, click "Find a Participant," type in my name, which will take you to my personal fundraising page, and give you the option of making a donation online via credit or debit card. If you want to learn more about this community fall event, visit www.specialolympicsNY.org to find out all the details. I will do my best to make my supporters proud!

Spectators are welcome at any of the event days, so make sure you mark your calendar and come support me when I jump for the cause!

Thank you!!!
Sincerely,