



What is the Law Enforcement Torch Run Polar Plunge for Special Olympics Illinois?

The Law Enforcement Torch Run Polar Plunge® is a unique opportunity to support Special Olympics athletes by taking a flying leap – a leap into the frigid waters of an Illinois lake.

Participants raise at least \$100 in donations from friends, family and co-workers in exchange for jumping into the icy waters in the middle of winter. Each plunger receives a Polar Plunge sweatshirt, plus the chance to win additional prizes for raising more money. All proceeds collected by Plungers benefit Special Olympics Illinois athletes. In 2019, nearly \$2 million was raised by 6,817 plungers and 322 dashers. In 21 years, nearly \$22 million has been raised by more than 78,000 plungers!

Attire: Anything but a wet suit. Shoes are recommended and costumes are encouraged. Don't forget a towel with which to dry off! No head-first diving is allowed!

Polar Plunges will take place from Feb. 15 to March 21 in 25 different locations around the state!

- Friday, February 15, 2020 - Peoria, Dozer Park
- Sunday, February 16, 2020 – Fox Lake, Fox Lake
- Thursday, February 20, 2020 - Edwardsville High School Cool School Plunge
- Friday, Feb 21 - Saturday, Feb 22, 2020 - SUPER Plunge into Lake Michigan (Plunging once an hour every hour for 24 straight hours)
- Saturday, February 22, 2020 - Bloomington, Miller Park Lake
- Saturday, February 22, 2020 - Quincy, Moorman Lake
- Sunday, February 23, 2020 – Evanston, Lake Michigan
- Sunday, February 23, 2020 – Galesburg, Lake Storey
- Saturday, February 29, 2020 - Carlyle, Carlyle Lake
- Saturday, February 29, 2020– Effingham, Lake Sara
- Saturday, February 29, 2020 – Macomb, Western Illinois University
- Saturday, February 29, 2020 – Mendota, Lake Mendota
- Saturday, February 29, 2020 – Oak Brook, Oak Brook Bath & Tennis Club
- Saturday, February 29, SIU Campus
- Sunday, March 1, 2020 – EIU Glow Plunge
- Sunday, March 1, 2020 – Yorkville, Loon Lake
- Friday, March 6, 2020 – Belleville, Main Street
- Saturday, March 7, 2020 - Decatur, Lake Decatur
- Saturday, March 7, 2020 – Manteno Lake, Manteno
- Saturday, March 7, 2020 – Rockford, Olson Lake
- Saturday, March 7, 2020 – Benton, Rend Lake
- Saturday, March 7, 2020 – Springfield, Lake Springfield
- Saturday, March 14, 2020 - Braidwood, Braidwood Rec. Club
- Sunday, March 15, 2020 – Rock Island, Wick's Lake
- Sunday, March 22, 2020 - Palatine, Twin Lakes
- Saturday, March 21, 2020 – Mahomet, Lake of the Woods

Online registration now available. For more information or to register, visit

www.plungeillinois.com