



LAW ENFORCEMENT TORCH RUN
POLAR PLUNGE

FOR SPECIAL OLYMPICS ILLINOIS

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 2018, more than \$2 million was raised by 6,532 plungers and 224 dashers. In 20 years, more than \$20 million has been raised by more than 72,000 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 24 in 23 different locations around the state!

- Friday, Feb. 15 & Saturday, Feb. 16, 2019 – SUPER Plunge into Lake Michigan (Plunging once an hour every hour for 24 straight hours)
- Saturday, February 16, 2019 – Lake Sara, Effingham
- Saturday, February 16, 2019 - Peoria Civic Center, Peoria
- Sunday, February 17, 2019 – Lake Michigan, Northwestern University Campus, Evanston
- Sunday, February 17, 2019 – Lake Storey, Galesburg
- Saturday, February 23, 2019 - Miller Park Lake, Bloomington
- Saturday, February 23, 2019 – Mendota Lake, Mendota
- Saturday, February 23, 2019 – Moorman Lake, Upper Moorman Park, Quincy
- Saturday, February 23, 2019 – Carlyle Lake, Carlyle
- Saturday, February 23, 2019 – SIU Campus Lake, Carbondale
- Sunday, February 24, 2019 – Lakefront Park, Fox Lake
- Saturday, March 2, 2019 – Olson Lake, Rock Cut State Park, Rockford
- Saturday, March 2, 2019 - Oak Brook Bath and Tennis Club, Oak Brook
- Saturday, March 2, 2019 – Manteno Lake, Manteno
- Saturday, March 2, 2019 – Lake Springfield, KC Lake Club, Chatham
- Saturday, March 2, 2019 – Lake Decatur, The Beach House, Decatur
- Saturday, March 2, 2019 – Rend Lake, South Sandusky Beach, Benton
- Sunday, March 3, 2019 - Loon Lake, Silver Springs State Park, Yorkville
- Friday, March 8, 2019 - 4204 Banquet Center, Belleville
- Saturday, March 9, 2019 – Leisure Lakes, Joliet
- Saturday, March 9, 2019 – Lake of the Woods Forest Preserve, Mahomet
- Sunday, March 10, 2019 – Twin Lakes, Palatine
- Sunday, March 24, 2019 – Wicks Lake, Jumer's Casino, Rock Island
- TBD – Spring Lake, Macomb

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