



Event Day Information

So the big day is almost here and you're ready to take the SUPER Plunge! Below is a list of common items that you should bring, along with some helpful tips to ensure a smooth experience. Plan to arrive between noon and 1 p.m. on Friday (Feb. 21) to setup your area in the tent. **First Plunge is at 2 p.m. sharp!**

- **Your Home for the Next 24 Hours!** We have rented a large heated tent (~4,000 sq. ft.), complete with hard floors covered with AstroTurf. The tent will be heated around 70 degrees throughout the event. **As a reminder, cots are not provided.** You are responsible for bringing your own cot or chair for the event – **reclining zero gravity chairs have been very popular with this group recently, rather than using a cot.** As a reference, [here is a great deal](#) on a set of zero gravity chairs you can purchase online. **Air mattresses are not allowed.**
- **Directions to the Plunge Site:** The 2020 SUPER Plunge will take place on the beach in front of the [Ryan Fieldhouse located at 2311 Campus Dr., Evanston, IL 60208](#). Participants should drop their supplies off in parking lot 108 located at 2255 Campus Drive which is on the east side of the Walter Athletic Center ([click here for drop off map](#)) before parking.
 - **From the north on I-94 (Edens Expressway):** Exit at US 41 (south) towards Skokie Blvd. Continue south for approximately 3.2 miles and then turn left onto Lake Ave. Continue for approximately 1 mile and turn right onto Sheridan Rd. Continue on Sheridan Rd for approximately 2 miles. Just past the University, Sheridan Rd. will curve to the left at the stoplight. Take that curve left and continue onto Lincoln St. Lincoln St. turns right and becomes Campus Dr. Follow Campus Dr. through campus until you reach the Norris Aquatic Center.
 - **From South, West or Northwest (I-88, I-90, I-94 or I-190):** Continue on I-88, I-90, I-94 or I-190 eastbound until you reach northbound I-294 (towards Wisconsin). Take I-294 north to Dempster St. (US – 14 E) follow Dempster St approximately ten miles and then take a left onto Forest Ave. In approximately ½ a mile, Forest Ave will merge with Sheridan Rd. Take a left onto Campus Dr. and follow it through campus until you pass the Norris Aquatic Center.
- **Parking:** All Super Plungers are asked to drop off their supplies at the ramp entrance located on the east side of the Walter Athletic Center off of Campus Drive ([click here for drop off map](#)) prior to parking. Once your supplies have been unloaded, you will be directed to park in the North Campus Parking Garage located at [2311 N. Campus Drive](#). There are limited spots available so overflow parking will be directed to the South Campus Parking Lot located at [1841 Sheridan Rd](#) next to the Segal Visitor Center. [Click here to view the Northwestern Parking Map](#). The South Campus Parking Garage is #211. It is an approximate 15 minute walk to the SUPER Plunge site so please be sure to drop all supplies prior to parking. There is a \$9 parking fee to park in the garages prior to 4 p.m. on Friday. This garage is open to the public and parking slots may be limited prior to 4 p.m. We strongly encourage participants and support staff to carpool when possible.
- **Food & Drink:** On Friday, we will supply dinner and some late-night pizzas; Dunkin' coffee and donuts will be provided early Saturday morning with a hot breakfast served later that morning. We will also have a variety of fresh fruit, salad, granola bars and miscellaneous snacks for everyone. Hot chocolate, coffee, water, soda and assorted juices will also be available. Feel free to bring any additional snacks/drinks that you may want, as there can never be too much at an event like this! **We will have a Keurig brewer on-site** with a variety of K-cups (hot chocolate, coffee and hot cider).



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- **Appropriate Footwear:** We have rented scuba booties for each SUPER Plunger to wear during their 24 icy dips. These need to be returned on-site after the final Plunge. Family/Friend Plungers will need to provide their own foot protection.
- **Restrooms & Changing Area:** Multiple large potty houses are available on-site. There is also a designated changing area at the back of our tent.
- **Medical Personnel:** A great medical and emergency crew will be on-site for the duration of the event.
- **Media:** We plan for media to be present at this event, so be prepared for interviews. If you are not comfortable doing an interview, please let us know. If you are approached by a member of the media that is seeking a contact person, please direct them to me or Alex McMillian of Special Olympics Illinois.
- **Offline Donations:** Please bring and submit any offline money that you have raised on event day. Please complete & include [this offline donation form](#).
- **Entertainment:** As always, many members of our group will play cards – bring some money (especially quarters and \$1's) if you'd like to buy in! We also encourage you to bring games or activities for your group. During the late hours, many participants bring books, magazines, iPod/iPad, etc., for a lower-key option.
- **Visitors:** Visitors and spectators for our event are certainly welcome, but since we're sharing the same "home" for 24 hours, we ask that you be mindful of others. Visitors should be kept to a minimum during the late hours (midnight – 6 a.m.). There is no cost for visitors to park in the parking garage after 5 pm on Friday or anytime Saturday. They can then walk down the beach to reach our tent.
- **Important Items to Bring:** Below is a list of some essentials for this 24-hour event. Please keep in mind that space in our tent is always at a premium, so pack as lightly as possible.
 - Sleeping bag/blankets and pillow
 - 3 – 4 bathing suits (to ensure you'll always have a dry one!)
 - Hangers for wet suits
 - As a reminder, **do not place items directly in front or on top of the heaters**
 - 2 – 4 beach towels
 - Items to keep you warm and comfortable!
 - "Easy on, easy off" clothes are ideal
 - Sweatpants/fleece pants, gloves, stocking hat
 - Heavyweight jacket, wool socks, snow boots and other winter gear
 - Your zero gravity chair, bag chair or cot
 - Costumes or "logo'd" apparel from any sponsors supporting your efforts
 - Garbage bag or sack for your wet clothes
 - Any additional snacks/food/drink that you'd like to have on hand



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Themed Plunge Hours: We are hosting a several “themed” Plunge hours to add to the fun and make for some great pictures! We certainly encourage everyone to participate. Feel free to expand upon these hours and be creative with your 24 icy dips!

FRIDAY

- 2 p.m. Special Olympics/Torch Run:** Help us kickoff this year’s SUPER Plunge by showing your support for the Inclusion Revolution! Wear your favorite SO or LETR t-shirt!
- 3 p.m. Hawaiian/Tropical:** It may be cold outside but you wouldn’t know it by these costumes! Grab your coconut bra and hula skirt for this theme hour!
- 4 p.m. SUPER Hero:** While all super heroes don’t wear capes...during this theme hour it is highly encouraged!
- 5 p.m. Northwestern Hour:** We will celebrate our host by plunging in exclusive Northwestern University hats and plunging alongside Northwestern Women’s Volleyball Assistant Coach Kevin Moore.
- 6 p.m. Family & Friends Hour:** Make it a family affair! Invite your family and friends to join you for this special hour.
- 7 p.m. Favorite Animal:** We will be partying “Animal House” style as SUPER Plungers take their icy dip dressed as their favorite animal.
- 8 p.m. Pirates:** Ahoy matte! This hour we will be plunging for treasure as we channel our inner pirates!
- 9 p.m. Royal Rumble:** Channel your inner Hulk Hogan or Ronda Rousey for this hour as you dress up as your favorite professional wrestler!
- 10 p.m. Sports Team:** Show your pride with apparel from your favorite team during this plunge hour!
- 11 p.m. Peace, Love and Happiness:** Make peace not war during this blast from the past theme hour! Show off your favorite bell bottom jeans and tie dye shirts as we travel back in time for this plunge!
- 12 a.m. Glow Plunge:** We want to see you in the dark, so break out your neon, bright colors and glow sticks.



Event Day Information

Themed Plunge Hours Continued

SATURDAY

- 6 a.m. Let Freedom Ring:** Dust off your Red, White and Blue Gear and show your pride for the great USA!
- 7 a.m. Disney Character:** “Let it Go” as you show off your inner Elsa or go “Under the Sea” as Ariel during this Disney themed hour!
- 8 a.m. Where’s Waldo and Carmen Sandiego?** Let’s get lost together! Dress up as the 80s iconic character Waldo or Carmen Sandiego!
- 9 a.m. Roaring 20s:** Let’s celebrate our 20th Plunge in 2020, with a Roaring 20s theme! Ladies grab your flapper dresses and men pull out those sweater vests as we dance our way into the final Leg of our plunge!
- 10 a.m. Blackhawks Plunge:** Chicago Blackhawks Alumni and Stanley Cup Champion Dave Bolland will be on site to sign autographs, take pictures and cheer on our SUPER Plungers!
- 11 a.m. Cops and Robbers:** We ask that our Law Enforcement Plungers wear their uniform shirt (if allowed) during this theme hour. Not in law enforcement, no problem! Every good cop needs a robber!
- Noon SUPER Plunge Sweatshirt:** Sport your SUPER Plunge sweatshirt for this plunge! We will be taking a group photo before our icy dip
- 1 p.m. 2020 LETR Kickoff:** Help us kick off another great year for the Illinois LETR by wearing one of our 2020 Torch Run T-Shirts.



Event Day Information

SUPER Plunger Incentives

\$1,500

- All SUPER Plungers must raise \$1,500 by midnight on February 21 to participate in the SUPER Plunge and receive your 2020 Exclusive Under Armour Hooded SUPER Plunge Sweatshirt

\$2,500

- Enjoy all of the above, plus choose between a pair of Champion Sweatpants or Sherpa Blanket AND our exclusive SUPER Plunge North Face Coat

All donations must be received by March 30 to be eligible for SUPER Plunge Incentives.

Incentives will be ordered in April and shipped directly to the SUPER Plungers home.