



# Polar Bear Plunge

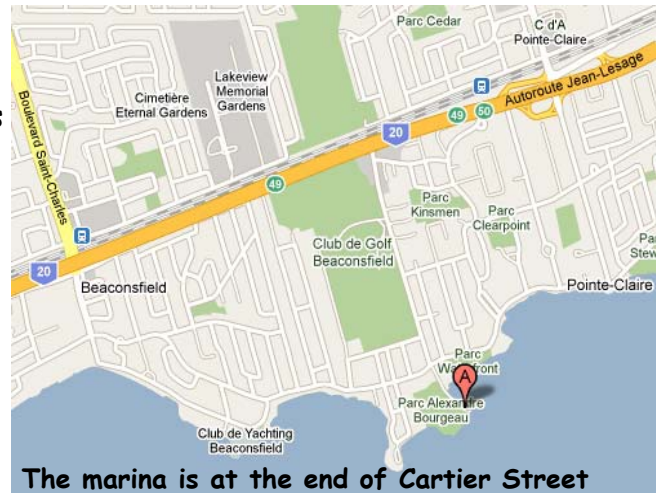
## TAKE THE PLUNGE FOR Special Olympics Québec

The Polar Bear Plunge is an individual or group fundraising challenge, organized by the Law Enforcement Torch Run officers to benefit Special Olympics Québec. Each participant must raise at least \$50 to participate and take the plunge in the cold water!

**March 27, 2010, from 1 p.m. to 4 p.m.  
at the Pointe-Claire Marina**

### THINGS TO BRING:

- A plastic bag for your wet clothes
- A backpack to hold your street clothes
- A towel and a bathrobe
- A dry partner to hold your valuables while you are in the water
- Water shoes (**no sandals**) for your plunge into the water
- A camera that you can carry into the Plunge Zone with you to capture your big moment



The marina is at the end of Cartier Street

For more information on this activity:

[http://www.olympiquesspeciaux.qc.ca/defi\\_OursPolaire\\_en.aspx](http://www.olympiquesspeciaux.qc.ca/defi_OursPolaire_en.aspx)

### About Special Olympics Québec

The mission of Special Olympics Québec is to enrich the lives of people living with an intellectual disability through sport. Active in more than 180 countries, the Special Olympics movement has more than one million special athletes registered world-wide and more than 4,000 athletes taking part in the programmes offered throughout Québec.



### About the Law Enforcement Torch Run

All over the world, the Law Enforcement Torch Run is the most important annual fundraising activity benefiting Special Olympics. It also promotes the Special Olympics movement and raises the public's awareness of the cause of people living with and intellectual disability. The Law Enforcement Torch Run international movement is present in 35 countries.

