



**PRESS RELEASE**  
 For immediate release

**POLAR BEAR PLUNGE :  
 POLICE OFFICERS TAKE THE PLUNGE  
 AT THE POINTE-CLAIRE MARINA**

**Montreal, March 19, 2010** – Show your bravery and take the plunge! On Saturday, March 27, police officers from the Law Enforcement Torch Run invite the population to participate to the Polar Bear Plunge. Many courageous men and women are expected with at the Pointe-Claire Marina to take the plunge to benefit Special Olympics Québec.

In addition of the 30 police officers already confirmed, a team of 27 employees and friends from the Scotia Bank, Kirkland branch, will take the plunge.

The activity will start at 1 p.m. and end at 2 p.m. During this hour, the brave contestants will plunge into the cold waters. A team of police divers, paramedics and volunteers will support the participants. A spa and a heated tent will be available. Virgin radio will be on site to animate the crowd.

To plunge into the frozen waters, each participant needs to collect a minimum amount of \$50. It's still time to register. This activity is a great way to work on team building within your company. If you're too chicken to take the plunge, you are welcome to donate. All donations will benefit the 4,000 Quebec special athletes.

To participate or to donate, visit [www.olympiquesspeciaux.qc.ca](http://www.olympiquesspeciaux.qc.ca) and complete the registration form, on the Polar Bear Plunge page.

This fundraising activity is organised by the Law Enforcement Torch Run in collaboration with the Montréal Police Department, the Sûreté du Québec and the CN Police.

**About the Law Enforcement Torch Run**

The Law Enforcement Torch Run is the most important annual fundraiser benefiting Special Olympics in the world. It also raises public awareness to the cause of people living with an intellectual disability.

**About Special Olympics Québec**

Throughout the province, Special Olympics Québec provides over 4,000 athletes with an intellectual disability aged over 7 and over with training and competition designed to increase their well-being, self-sufficiency, self-esteem and social integration. [www.specialolympicsquebec.qc.ca](http://www.specialolympicsquebec.qc.ca)

<b>WHAT :</b>	<b>POLAR BEAR PLUNGE</b> <ul style="list-style-type: none"> <li>• Plunge into water for a great cause or come and cheer the participants</li> </ul>
<b>WHO :</b>	<b>TO BENEFIT SPECIAL OLYMPICS QUÉBEC</b> <ul style="list-style-type: none"> <li>• Law Enforcement Torch Run fundraising activity</li> </ul>
<b>WHEN :</b>	<b>SATURDAY, MARCH 27, 2010</b> <ul style="list-style-type: none"> <li>• Registration starting at noon</li> <li>• Water plunges from 1 p.m. to 2 p.m.</li> </ul>
<b>WHERE :</b>	<b>POINTE-CLAIRE MARINA</b> 1, Cartier street, Pointe-Claire Highway 20, Exit Cartier

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**Information :**

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**Proud partners of the Polar Bear Plunge**

