



RUN TO THE PLUNGE

A 5K Run & Walk held in conjunction with the
Lewes Polar Bear Plunge Weekend Festival.

Event participants and their families will enjoy a weekend of activities both pre- and post-event and are encouraged to visit the merchants in and around Rehoboth Beach.

Date & Time

Date Saturday, February 4, 2012 *Rain Date:* Sunday, February 5, 2012 at 8:00am

Race Time 5K Run (and Walk) to the Plunge 1:00pm

Registration Online at www.plungeDE.org or using the registration form below

On-Site Registration Opens at 11:00am; in vicinity of Rehoboth Avenue & Boardwalk

Entry Fee \$20 pre-registered participants; \$25 day-of; all participants will receive a long-sleeve event T-shirt
(*Entry Fee is non-refundable*)

Awards & Prizes

Framed Award & Prizes for :

Male & Female: Overall

- 1st GORE RUNNING WEAR(TM) Magnitude III Jacket
- 2nd GORE RUNNING WEAR(TM) Magnitude III Pants
- 3rd GORE RUNNING WEAR(TM) Mythos Gloves or Hat

Male & Female: Masters (40+)

- 1st GORE RUNNING WEAR(TM) Mythos Gloves or Hat

(*Must be present to receive awards, prizes and event t-shirt.*)

Framed Award for:

Male & Female 1st, 2nd & 3rd place

Age Groups: 9 & under, 10-14, 15-19, 20-24,
25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75+

Law Enforcement Category

Photos available for purchase post-event at: www.sode.org

Reason To Run

Special Olympics Delaware is an organization that changes lives by promoting understanding, acceptance and inclusion between people with and without intellectual disabilities. Through year-round sports training, athletic competition and related programs conducted for more than 3,500 children and adults with intellectual disabilities, the organization creates a model community that celebrates people's diverse gifts. Special Olympics Delaware builds sports skills, confidence, strength, motivation and self-esteem - not just for athletes, but for everyone involved.



**Special Olympics
Delaware**

www.sode.org



Pre-Registration Form

Pre-Registration Form & \$20 must be received by January 25th for Event shirt to be available day-of the event. (Day-of fee- \$25)

Name: _____ **DOB:** _____ **Age on Race Day (02/04/12):** _____

Street: _____ **Gender (please circle) M F**

City: _____ **State:** _____ **Zip:** _____

Phone: (____) _____ **Tee-Shirt size (please circle)** **Youth** S M L

E-mail: _____ **Adult** S M L XL XXL XXXL

Are you a law enforcement officer? (please circle) YES NO

Emergency Contact: _____ **Emergency Contact Phone # :** _____

Payment

_____ Check enclosed (payable to Special Olympics Delaware)

_____ M/C or Visa or Discover Acct. # _____ Exp. Date _____

Return this completed form to: Special Olympics Delaware · University of Delaware · Newark · DE · 19716-1901