



Special  
Olympics  
Pennsylvania



## FOR IMMEDIATE RELEASE

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## Special Olympics PA Announces 9th Annual Winter Games Polar Plunge Polar Plunge to Kick Off Annual Winter Games Celebration at Seven Springs

**Norristown, PA – January 30, 2020** –The ninth annual Winter Games Polar Plunge benefitting Special Olympics Pennsylvania (SOPA) will be held on Saturday, February 1, 2020 at Canoe Creek State Park, located at 205 Canoe Creek Road in Hollidaysburg, PA. Registration opens at 9:00 a.m. with a 12:00 p.m. “splash” time. The Plunge will welcome special guest Morgan Koziar, Producer and On-Air Talent at WTAJ News, to serve as the plunge emcee.

The Winter Games Polar Plunge will precede SOPA’s winter sports competition being held at Seven Springs Mountain Resort from February 9-11, 2020. The plunge will welcome hundreds of individuals willing to brave the cold waters of Canoe Creek Lake with the goal of bringing awareness to the Winter Games and raising funds to help benefit Western PA Special Olympics athletes year-round. Funds raised will ensure that SOPA athletes continue to participate in sports training and competition free of charge.

The Polar Plunge invites participants of all ages (under 18 requires parent or guardian signature) to take a dip in the “cool” waters of Canoe Creek Lake. Plungers can register as an individual or, better yet, join a group of friends and form a Plunge Team. All participants are asked to raise \$50 in pledge support. With this minimum goal met, participants are then eligible to receive an official 2020 long sleeved Polar Plunge t-shirt. As pledges increase, plungers become eligible to earn additional prizes as incentives for their fundraising efforts. Additionally, since jumping into a freezing lake is not for everyone, participants can choose to register for the event as a “Too Chicken to Plunge” participant. This option allows “chickens” the opportunity to still support a worthy cause while remaining on dry land.

Spectators can attend the Plunge free of charge and will have the opportunity to enjoy activities in the morning while waiting for friends and family to take a dip Canoe Creek. Activities and entertainment will include games, free refreshments, music from a local DJ, Face Painting by Celeste, Zumba from 10:00 to 10:30 a.m. and more. More than 300 costumed clad, energized plungers are anticipated to be “freezin’ for a reason” on February 1st.

Winter Games Polar Plunge major event sponsors include the Law Enforcement Torch Run for Special Olympics PA, Aerotek, GEICO, Harmelin Media, New Pace Productions, and the Tribune Democrat, the official newspaper of the Winter Games Polar Plunge.

Every minute our plungers spend in the cold will warm the hearts of thousands of SOPA athletes, so we ask that individuals sign up and join the ones who are “freezin’ for a reason.” To register online or, for more information, visit [www.PlungePA.org](http://www.PlungePA.org), or call Jessica Kury at 724-375-7515, ext. 244.

### About Special Olympics Pennsylvania

Special Olympics Pennsylvania (SOPA) provides year-round training and competition in 21 Olympic-type sports to more than 20,000 children and adults with intellectual disabilities or closely related developmental disabilities. For 50 years, SOPA and its 54 local programs have used the power of sports to transform the lives of people with intellectual disabilities and unite everyone by fostering community and building a more acceptable and civil society. SOPA is much more than a sports organization. Through its Athlete Leadership Programs, athletes assume meaningful leadership roles, influence change within the Special Olympics movement and take on roles as Global Messengers (trained as

public speakers for Special Olympics), athlete representatives, coaches, board members and more. SOPA also addresses major challenges facing its athletes including healthcare. Its Healthy Athletes program offers athletes free health screenings in the form of eye, ear, dental and podiatry assessments. Athletes are also taught how to live active lifestyles, eat healthy and more. Additionally, SOPA strives to create a unified world by promoting inclusion, uniting communities, and changing attitude. Through Unified Sports, SOPA brings together individuals with and without intellectual disabilities as equal teammates in training and competition, which promotes respect and acceptance, and facilitates meaningful relationships between people of all abilities. For more information about how you can join “The Inclusion Revolution,” visit [www.specialolympicspa.org](http://www.specialolympicspa.org).

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