



Special
Olympics
Pennsylvania



FOR IMMEDIATE RELEASE

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SPECIAL OLYMPICS PA TO CELEBRATE ITS 15TH ANNUAL CAPITAL AREA POLAR PLUNGE ON JANUARY 25TH

(Norristown, PA – January 15, 2020) –The 15th annual Capital Area Polar Plunge to benefit Special Olympics Pennsylvania (SOPA) will be held on Saturday, January 25, 2020 at Conewago Day Use Area, located at 1185 Alpine Road in Wellsville, PA. The Plunge will take place at 12 p.m.

The Capital Area Polar Plunge invites participants of all ages (under 18 requires parent or guardian signature) to take a dip in the “chilly” waters at Gifford Pinchot State Park and freeze for a reason. Participants can take the plunge on their own with a minimum fundraising goal or join a group of friends and form a Plunge Team. Proceeds from the Capital Area Polar Plunge benefit the nearly 2,000 athletes served by Special Olympics Pennsylvania – Area M, so the coldest moment of a plunger’s life will support the biggest moment in the lives of Special Olympics athletes.

Plungers are asked to pledge and raise a minimum of \$ 50 in order to receive an official 2020 commemorative Polar Plunge long-sleeve shirt. Additionally, since taking a dip in icy waters is not for everyone, participants can choose to register for the event as a "Too Chicken to Plunge" participant. All plungers are eligible to earn additional prizes as their pledges increase.

In addition, students and teachers can sign up for the [Cool Schools Challenge](#) and show their school spirit by creating a team, fundraising and plunging together. The Cools Schools team that raises the most money will be presented with the coveted Cool School Award.

Plunge spectators can attend free of charge and enjoy several activities at Chillville & Concessionville while waiting for friends and family to take a dip into icy cold pools. Chillville will feature Area M’ very own DJ Tommy getting the crowd pumped up.

The 2020 Capital Area Polar Plunge major event sponsors include Law Enforcement Torch Run for Special Olympics PA; Aerotek; GEICO Cares; Harmelin Media; New Pace Production; and Energy Transfer.

Every minute our plungers spend in the cold will warm the hearts of thousands of Special Olympics Pennsylvania 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, please visit www.PlungePA.org, www.specialolympicspa.org, or call Kerry Wevodau at 717-732-6756.

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.

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Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities