



## 2021 Penguin Plunge Fact Sheet

We've all had to think outside the box this year and to adjust to this "new normal" known as 2020. So now we encourage everyone to think outside the box and make an alternate plan to plunge remotely. There will NOT be an in-person Penguin Plunge on January 1. We also can't stress the importance of fundraising, so we may continue to provide life-changing programs for Rhode Islanders with intellectual disabilities.

**What:** 2021 marks the 45<sup>th</sup> Anniversary of the Penguin Plunge for Special Olympics RI. This is one of the largest and most successful plunges in the entire state. It also was one of the very first plunges; as we have been going strong for 45 years! It's been a Rhode Island tradition for thousands every New Year's Day.

**What now:** The 2021 plunge will be a Remote plunge due to COVID 19. There will be NO organized in person plunge. Please do not go to the beach on January 1.

**What does this mean:** It means you get to be creative and plunge YOUR WAY.

**When:** January 1 or ANY TIME YOU CHOOSE

**Where:** YOU CHOOSE Get creative and have fun (safely) as you plunge or otherwise "cool off". Use the ever popular "ice bucket" method, hook up the garden hose, use water balloons or fill your bath tub with ice cold water. Be safe and be creative!

**Why:** For the 4,000 athletes here in RI who rely on your support. Although athletes may not be competing and participating in traditional ways, SORI has worked hard to offer athletes safe opportunities to continue to train and stay active. Along with a few in person activities, many virtual activities are being offered to keep the athletes engaged. Special Olympics Rhode Island provides all programs and services at no cost to athletes or their families.

**How:** All plungers are asked to raise a minimum of \$50 to participate this year. We wouldn't ask if it wasn't so important. The Penguin Plunge is typically one of SORI's biggest fundraisers and we need to start the year off right! We need your support now more than ever.

- Register: <https://secure.frontstream.com/45th-annual-penguin-plunge-for-special-olympics-ri>. Please be sure to sign the electronic waiver.
- Collect pledges/donations, even sponsorships. Plungers who raise at least \$50 will earn a Penguin Plunge Face Mask. Raise at least \$100 to earn the mask and a Penguin Plunge long sleeve shirt.
- Make a video and share it with all your friends & family (and share it with SORI). We will have prizes for the best videos. Videos will be streamed on New Year's Day!
- Challenge friends to participate (think of + 1 or just 1 more).
- Look for more info and updates on our Penguin Plunge for Special Olympics Rhode Island Facebook page and on [www.specialolympicsri.org](http://www.specialolympicsri.org) website.