



**Take the Polar Plunge for Special Olympics Alaska**

Saturday, December 19 Goose Lake, 2811 UAA Dr., Anchorage

The Polar Plunge is a unique opportunity for individuals, organizations, and businesses to support Special Olympics Alaska athletes by gathering pledges and jumping or running into the icy waters of Goose Lake in Anchorage.

And if you're "Too Cool to Plunge" you can still participate. Win great prizes and incentives including Alaska Airline Miles! Go to [specialolympicsalaska.org](http://specialolympicsalaska.org) for all the Polar Plunge details. All proceeds go to Special Olympics Alaska to provide sports training and competition for athletes with intellectual disabilities.

www.specialolympicsalaska.org  
Anchorage, AK 99501  
3200 Mt. View Dr.

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