Join Special Olympics Kansas and the Law Enforcement Torch Run for the 2023 Polar Plunge & Strut to benefit Special Olympics athletes across the state of Kansas.

Need help? Contact Chris Burt at burtc@soks.org with any questions or head to soks.org/polar-plunge/

**Polar Plunge**
February 18, 2023 | Lake Olathe Swim Beach

**Why Plunge?**
The Polar Plunge benefits Special Olympics Kansas – a non-profit organization whose mission is to provide sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

**Fundraising**
To participate in the plunge, you must raise a minimum of $75. The more you raise, the better chance you have to win the award for highest fundraiser!

The 5K Strut is $30 and takes place before directly before the Plunge.

**Rock ‘n’ Plunge**
The theme for our 2023 Plunge season is Rock ‘n’ Plunge! Get dressed up in your greatest rock and roll costume, bring your best air guitar moves, and come out for a good cause!

**Register**
Scan QR code with photo app for more details and to register for the 2023 Kansas City Plunge!