

G.E.C.U.

The Friendly Credit Union

Polar Dash (With a Splash?)

5k Fun Run/Walk

This "BEARable" event is a unique opportunity for individuals to support local Special Olympics athletes by running or walking through Pettibone Park. The Polar Dash 5k Fun Run/Walk will begin at 10:00 a.m. Participants will have the option to finish dry and warm near the Plunge site or cold and wet with a "splash" in the Mississippi River! Dashers and Splashers that collect pledges are eligible for all plunge incentives!

Fees

\$30 - Polar Dash:

- Enjoy the scenic 3.1 mile Dash around Pettibone Park.
- Receive an official Polar Dash T-shirt.
- Finish the Polar Dash fun run/walk on dry land. Watch as fellow walkers and runners into the icy Mississippi River waters.

\$100 - Polar Dash and Splash:

- Enjoy the scenic 3.1 mile Dash around Pettibone Park.
- Receive an official Polar Dash T-shirt.
- Splash into the icy waters of the Mississippi River at the end of the Polar Dash fun run/walk.
- Receive an official Polar Plunge long sleeve T-shirt.
- Plunge as many times as you would like through out the day!
- Don't forget....you're eligible to raise pledges and earn other great incentives!

Where:

Pettibone Park
378 Pettibone Drive S.
La Crosse, WI 54601

When:

Saturday, March 3rd
(Before the Plunge)
Race starts at 10:00am

Price:

\$30 to Polar Dash
\$100 to Polar Dash and Splash

Special Note:

Please plan on taking a FREE shuttle to Pettibone Park. Parking is extremely limited.



Special Olympics
Wisconsin

**POLAR
PLUNGE.**

Freeze For A Reason

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