

# 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

Kerry Gloede • (608) 789-7596 • gloedek@cityoflacrosse.org