

Plunge into Lake Tahoe to support Special Olympics

On March 20, hundreds of brave souls with warm hearts will be taking the Plunge for Special Olympics.

Join Area Director Jody Filgo and others to help raise funds for the Special Olympics South Lake Tahoe athletes. It is easy to participate and there is still time to join. Register online and then email family, friend and co-workers to support you.

The Plunge is not a swim. You take a quick dip at Zephyr Cove then head to the Post Plunge Party at the MontBleu Resort to celebrate with other participants.

“Plunge” is used loosely. You can dip your big toe or your whole body, it is completely up to you. For those who don’t want to get wet, you can still help. Register as a chicken and on plunge day you’ll be issued a sticker that will excuse you from taking the plunge. Plunger or chicken, everyone who raises at least \$100 will receive the Polar Plunge Sweatshirt and free admittance to the post plunge party.

Costumes are encouraged. At the post plunge party awards will be given for funniest costume, best theme, top fundraiser and more. But wetsuits are not allowed “that’s cheating.”

To join, [click here](#).

The money raised by Team Tahoe will help to support the Special Olympics athletes who participate in the South Lake Tahoe Special Olympics program.

Schedule:

10-11:45am Registration

11:45am – Costume Parade and Contest

noon – Plunge

12:30pm – Post Plunge Party