

POLAR PLUNGE & 5K RUN/WALK

Saturday, February 11, 2017



Pleasure Island's **Kure Beach** Boardwalk
Next to the Kure Beach Pier

Live Music & more 11:00 am – 3:00 pm
5K Run/Walk 1:30 pm
The Plunge 3:05 pm

Warm up with the 5K or cool down with a chilling plunge into the Atlantic Ocean to support the Special Olympics New Hanover County.

Join us for a day of music, art, food, auction, classic car show and much, much more. You can come out in your craziest costume; prizes

awarded to best dressed! For event information visit us at

www.sonhc.com. ***Form a Plunge or 5K Team to join the fun to help support our local Special Olympic Athletes!***

All proceeds go to

Dare to bear it

Support our athletes!



To Register:

www.sonhc.com / plungechair@plungenhc.com / 910-341-7253