

FOR IMMEDIATE RELEASE

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Special Olympics
New Hampshire



Ready, Set...PLUNGE!

Manchester, New Hampshire – Special Olympics New Hampshire (SONH) will present the High School Plunge on Saturday, January 31st and the Penguin Plunge on Sunday, February 1st. Both events will take place on Hampton Beach. These annual fundraisers encourage communities to come together by taking a plunge into the icy Atlantic Ocean to support nearly 3,000 Special Olympics athletes in New Hampshire.

Plungers must raise \$175 for the High School Plunge or \$350 for the Penguin Plunge to participate. Everyone is encouraged to register online at www.sonh.org and create a fundraising webpage through FirstGiving. Many of the Plungers wear costumes to reflect the days' themes, "Disney" for the High School Plunge and "Superheroes" for the Penguin Plunge. In addition to jumping in the water, the day includes live music, food and awards.

Joyce Daniels was the King Penguin (top fundraiser), in 2014, raising \$10,499 to support SONH. "My brother-in-law coaches for the Manchester track and field team and he was saying about four years ago they didn't even have enough money for his team to have matching shirts, so that is pretty much what motivated me," Daniels said.

The SONH website allows her to see where other supporters are in raising for funds, and the competition has grown fierce and fun! Her 2015 fundraising is well underway and she is currently in the lead, thanks in part to a \$1,000 donation from her employer, Comcast.

"I am looking forward to the competition between the top fundraisers. I think it will be fun," she said. Help Joyce beat her personal best by donating today or register now and start your own race to the top at www.sonh.org.

For more information, visit the SONH website at www.sonh.org or call the SONH office at (603) 624-1250.

About Special Olympics New Hampshire

Special Olympics New Hampshire unleashes the human spirit through the transformative power and joy of sports, every day around the Granite State. We empower people with intellectual disabilities to become accepted and valued members of their communities, which leads to a more respectful and inclusive society for all. Using sports as the catalyst and programming around health and education, Special Olympics is fighting inactivity, injustice and intolerance. Founded in 1970, Special Olympics New Hampshire has grown to offer sports training and athletic competition for nearly 3,000 athletes in 22 sports year round.

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