

**Special
Olympics**
Delaware



**LEWES
POLAR BEAR
PLUNGE**

2023 5K Run to the Plunge Check-In Schedule

Wednesday, February 1

9:00 a.m. – 7:00 p.m.

Special Olympics Delaware office in Newark
619 S. College Ave, Newark, DE 19716

Friday, February 3

4:00 - 7:00 p.m.

Rehoboth Beach Convention Center
229 Rehoboth Ave, Rehoboth Beach, DE 19971

Saturday, February 4

8:00 - 9:55 a.m. (Race Start: 10:00 a.m.)

Tent near the Bandstand on Rehoboth Ave
Rehoboth Ave, Rehoboth Beach, DE 19971

If you have any questions about checking in or registering for the 5K Run to the Plunge, please email plungede@sode.org or call the Special Olympics office at 302.831.4653.