



2024 5K Run to the Plunge Check-In Schedule

Wednesday, January 31

9:00 a.m. – 6:30 p.m.

Special Olympics Delaware office in Newark

619 S. College Ave, Newark, DE 19716

Friday, February 2

4:00 - 7:00 p.m.

Rehoboth Beach Convention Center

229 Rehoboth Ave, Rehoboth Beach, DE 19971

Saturday, February 3

8:30 - 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 Delaware office at 302.831.4653.