

PLUNGE WEEKEND FESTIVAL

Schedule of Events

FRIDAY, January 30, 2026

4-7PM **Registration & Souvenirs**
Rehoboth Beach Convention Center

SATURDAY, January 31, 2026

10AM **5K Run to the Plunge**
Rehoboth Ave & the Boardwalk

10AM-3PM **Sand Sculpting Demonstration**
timing may change based on weather
Boardwalk near Candy Kitchen
Featuring Andy West & the "Sand Bears"

12-2PM **Fire & Ice**
while supplies last
Atlantic Sands Ballroom
Hot wings & ice cream tastings

2:30-5PM **Restaurant Chili Contest**
while supplies last
Look for the 🌶️ on the map to find participating restaurants.
Ballots (\$15) can be purchased at participating restaurants & Souvenirs.

4-7PM **Registration & Souvenirs**
Rehoboth Beach Convention Center

SUNDAY, February 1, 2026

9AM-12PM **Ice Sculpting Demonstration**
Tents near bandstand on Rehoboth Ave
Featuring Jim Lauser

9AM-1PM **Sand Sculpting Demonstration**
timing may change based on weather
Boardwalk near Candy Kitchen
Featuring Andy West & the "Sand Bears"

10AM-1PM **Registration & Souvenirs**
Tents near bandstand on Rehoboth Ave

1PM **POLAR BEAR PLUNGE**
for Special Olympics Delaware
Plunge Zone - Rehoboth Beach

1:15PM **Après Plunge Party**
while supplies last
Rehoboth Beach Convention Center



Download our exclusive
PLUNGE HUB app
to stay connected and
fully informed.



5K RUN TO THE PLUNGE

Saturday at 10:00 am
Registration opens at 8:30 am
Rehoboth Ave & the Boardwalk

Presented by


LEVIN MATCHING FUND

Irv & Phyllis
LEVIN
MATCHING FUND
FOR SPECIAL OLYMPICS DELAWARE

Irv & Phyllis Levin have committed to **match,**
dollar for dollar, donations made to the
Levin Matching Fund.

Go see them on the boardwalk on Sunday
– they take cash, check (payable to Special
Olympics Delaware), credit card, and Venmo.

Use the QR code below to donate online:



APRÈS PLUNGE PARTY

Sunday at 1:15 pm
Immediately following the Plunge!
Rehoboth Beach Convention Center
Free for Bears; \$5 for friends & family age 10+
Pizza & chili courtesy of **Nicola Pizza**
Music from Greg Mack's Band 33 1/3

Supported by



**Special
Olympics
Delaware**



Special Olympics Delaware changes lives by promoting understanding, acceptance and inclusion between people with and without intellectual disabilities.

Your support fuels the mission of Special Olympics Delaware to provide year-round sports training, competition, leadership opportunities and health screenings to thousands of athletes, at no charge.

WWW.SODE.ORG

MISSION PARTNER



The Law Enforcement Torch Run® for Special Olympics Delaware is our organization's largest grass-roots public awareness and fundraising vehicle.

Their year-round commitment includes the presentation of medals at all competitions, as well as volunteer efforts and fundraising initiatives.

All Special Olympics Delaware events, including - and especially - the Plunge, would not be possible without our partnership with law enforcement, which celebrates its 40th anniversary in 2026.

PRESENTING SPONSOR



Wawa and The Wawa Foundation have been supporting Special Olympics Delaware and the Plunge for 20 years, finding various ways to help fuel our mission and empower our athletes.

You can help continue to support our athletes by stopping in your local Wawa through March 1. Drop your spare change into the coin canisters, round up to the nearest dollar, or add a donation at the register.

LEWES POLAR BEAR PLUNGE

PRESENTED BY

Wawa



THE LEWES
POLAR
BEARS

Weekend Festival Jan 30 - Feb 1
Plunge Sunday, Feb 1

 @sodelaware / @plungeDE

CAN YOU BEAR IT?



**Special
Olympics
Delaware**
PlungeDE.org

Restaurants

- 1. Above the Dunes 10% discount on non-discounted items Fri - Sun
- 2. Arena’s Deli 10% off entire check Fri - Sun
- 3. Cafe Azafran 10% off Fri - Sun
- 4. Dos Locos 15% discount each bear participating Fri - Sun
- 5. Downtown Bethany Blues 20% off Fri - Sun
- 6. Fins Fish House and Raw Bar Chili
- 7. Henlopen City Oyster House 10% off Fri - Sun
- 8. Kiwi’s Kove at the Sands 10% off food Fri - Sun
- 9. Mariachi 10% off Fri - Sun
- 10. Nalu Chili
- 11. Purple Parrot 15% off food Fri - Sun excl. alcohol
- 12. Rehoboth Ale House 10% off Sat - Sun
- 13. 302 Social Rehoboth Fri - Sun 10% off entire check
- 14. Sunny Bay Cafe 10% off Fri - Sun
- 15. Summer House Chili
- 16. Tiki Jac’s Chili

Retailers

- A. Beaches - The Green Truck Shop 15% off website or Facebook. Shipping fees apply.
- B. Charm City Run 15% off your purchase Fri – Sun, excl. may apply
- C. Critter Beach 10% off Fri - Sun
- D. Gidget’s Gadgets 20% off Fri - Sun
- E. Rehoboth Toy & Kite 10% off Fri - Sun
- F. Stoneworks Lapidary 10% off Fri - Sun

- G. The Spice and Tea Exchange Free hot tea to plungers Fri - Sun
- H. Yesteryears \$8 Commemorative photo. 20% off old time photos

Businesses Located Off The Map

- Dogfish Head Brewings and Eats 320 Rehoboth Ave 10% off Sun
- NV Homes at the Beach 28416 Keel Dr, Milton Purchase home by 2/28 and receive a fireplace
- Rehoboth Beach Running Co 301 Rehoboth Ave 10% off Fri - Sun
- Seaside Wellness LLC 17515 Nassau Commons Blvd 15% off of any IV, Fri - Sun

Northbound Rt 1

- Applebee’s Rehoboth 36501 Seaside Outlet Dr \$5 off of \$30 - excl. alcohol
- Buffalo Wild Wings 19930 Lighthouse Plaza 10% off Fri - Sun. Dine-in only. excl. alcohol
- Crabby Dick’s 188311 Coastal Hwy 15% off (excl. daily specials) Fri-Sun
- Nicola Pizza 17323 Ocean One Plz, Lewes 15% off Fri - Sun to all plungers

- Outback Steakhouse 19917 Sea Blossom Blvd 20% off Fri - Sun
- The Local Bootlegging Co. 19819 Coastal hwy 10% discount on Sat - Sun

Southbound Rt 1

- Bluecoast Rehoboth 30115 Veterans Way 10% off Fri – Sun, cannot combine discounts
- Eden 20200 Coastal Hwy 15% off check Fri - Sat
- First State Brewing Co 19266 Coastal Hwy, Unit 1 20% off Fri - Sun, cannot combine discounts. Terms apply
- Jersey Mike’s 18598 Coastal Hwy, Unit 2 10% off your bill, Fri - Sun. Dine-in only and excl. alcohol
- Surf Bagel 17382 & 18675 Coastal Hwy, Lewes 20% off Fri. - Sun (excl. merch & catering) Midway and Lewes
- Thompson Island 30133 Veterans Way 10% off entire check Fri - Sun

Lewes Polar Bear Plunge Weekend Festival

To receive discounts, Polar Bears must wear event wristband obtained at Registration.

KEY: Restaurants

Retailers

Chili Contest



Thank you

to all of the generous local businesses who welcome our Polar Bears into their doors!