



MARYLAND PLUNGE

Join us for a Maryland Tradition!

WHAT

Join us for this year's Maryland plunge into the Chesapeake Bay with 10,000 people across the state of Maryland or participate virtually – whatever works best for your Plunge crew and you!

WHO

Anyone! No really, anyone! We have kids as young as two and adults as old as 90 still Plunging with us. Donate or fundraiser \$100 and receive the official Plunge sweatshirt!

WHERE

Sandy Point State Park – Annapolis, MD or You decide!
From Guam to Germany - we have had people Plunge all around the world to support Special Olympics Maryland

athletes and Unified® teammates. You can Plunge anywhere and still spread the mission of Special Olympics Maryland.



WHEN

Saturday, February 3rd at 11 AM, 1 PM or 3 PM or virtually anytime before March 3rd!

DETAILS

The Polar Bear Plunge is part of Maryland's history. For the past 25 years, thousands of plungers have jumped into the icy waters of the Chesapeake Bay all in support of Special Olympics Maryland. Vendors, food trucks, and a party with bands and booze in the Rams Head tent all add to the excitement of this day long festival. See full details on our website:

PlungeMD.com

WHY

To support the 15,588 athletes and Unified® teammates of Special Olympics Maryland. 100% of your donation will go to support the sports and leadership programs offered throughout the state.

HOW

Register today at www.MarylandPlunge.com as an individual or as a team!