

2012

Benefiting
SPECIAL OLYMPICS
DeLAWare

LEWES POLAR BEAR

PLUNGE

Michael Muller

Inside

- Schedule of events
- Plunge to celebrate 21 years
- 2nd Annual Polar Bear Cake-Off
- Run to the Plunge sets course



Plunge 2012 ready for a cold splash

Thousands of bears have raised millions of dollars for Delaware Special Olympics

Though we've had a mild winter this year, that 40 degree Atlantic Ocean will still feel like a blanket of icicles when thousands of warm-hearted polar bears shuck their robes, sweat-shirts and shoes on Sunday for the 21st Annual Lewes Polar Bear Plunge to Special Olympics Delaware.

The 20th annual event in 2011 brought out a record 3,094 bears who braved the icy waters and collectively raised \$550,000 for Special Olympics. With more than \$5 million raised over its polar plunging history, the Delaware event is one of the most suc-

cessful in a nation that has embraced winter time swimming as a way to raise money for worthy causes.

The sensation of freezing water against the skin works as a loud reminder that helping others often requires sacrifice. But with that sacrifice comes a lot of joy. If you don't believe it, become one of the thousands who pack the Boardwalk to watch the jumpers. You will see sunshine reflecting off chattering teeth of those splashing into the cold surf and, afterwards, more of those same wide-eyed and toothy smiles as the plungers huddle in blankets and hugs to restore their body heat.

Through the years, the annual Polar Plunge has also created an additional winter-fest style weekend that brings

thousands to Rehoboth Beach for the plunge and related events including a cake-off baking competition, a 5K run and walk, an ice-sculpting competition and the après-splash party at the Rehoboth Beach Convention Center.

The biggest splash of all, however, comes at 1 p.m. Sunday, and not from the feet and bodies rushing into the ocean.

The biggest splash is the hundreds of thousands of dollars raised by selfless Delawareans supporting the important work of Special Olympics Delaware. Those efforts celebrate the courageous accomplishments of people of all ages who overcome physical and mental odds and, in the process, inspire the rest of us to focus on our ability to strengthen our communities.



DAN COOK PHOTO

A RECORD 3,094 POLAR BEAR PLUNGERS raised a whopping \$ 550,000 (also a record) Sunday, Feb. 6, 2011, at the Lewes Polar Bear Plunge, sponsored by Wawa and Comcast. The annual event has raised more than \$ 5,550,000 for Special Olympics Delaware in its 20-year history.

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A brief history of the Lewes Polar Bear Plunge

In the first 20 years, the Lewes Polar Bear Plunge for Special Olympics Delaware has raised over \$5 million!

Here are some of the highlights ...

- The Lewes Polar Bears Club, headed by Dave “Da Bear” Frederick, have taken the plunge since 1982. They plunge five times each year at Cape Henlopen State Park on the first Sunday of the month from November through March – except January, when they plunge on New Year’s Day.

- Special Olympics Delaware approached the Lewes Polar Bears Club in 1991 with the proposition of designating one of their plunges to benefit Special Olympics. The Club agreed to February and the 1992 February Plunge was dedicated to Special Olympics Delaware.

- At that inaugural event in 1992, 78 people took the plunge at Cape Hen-

lopen State Park and raised \$7,000.

- In 1995 the weather turned frigid with zero-degree temperatures and winds gusting to wind chills of minus-25 degrees! A total of 339 bears braved those wicked winds!



THIS GROUP SHOT OF the Lewes Polar Bear Plunge in the mid-1990s shows the event when it was held at Cape Henlopen State Park in Lewes.

- In 1996 a nor’easter blew in, dumping two feet of snow and making roads and the park impassable. For the first time in its history the plunge was postponed to the first Sunday in March.

- Two years later another nor’easter blew in and the resulting damage

made the park unusable. With two days notice, the 1998 Plunge was relocated to Rehoboth Beach. Due to the growing size of the Plunge and in deference to keeping our state park pristine, the Plunge was permanently relocated to Rehoboth Beach in 1999.

- In 2009, a record 2,923 Polar Bears hit the waves and raised more than \$490,000 for Special Olympics Delaware. The first annual Weekend Festival was held, involving business and organizations in the Rehoboth Beach and surrounding communities coming together to attract

Bears and their families to the beach for the entire weekend.

- In 2010, a nor’easter dumped over two feet of snow across the state, forcing the event to be postponed until March 12 - 14, when 2,683 bears raised over \$500,000.

A schedule of all the COOOOOL Polar Plunge happenings

FRIDAY, FEBRUARY 3

- **Polar Plunge registration** - 5 p.m. to 8 p.m. at the Atlantic Sands Hotel, the Boardwalk and Baltimore Avenue. The Atlantic Sands serves as the official headquarters for the Lewes Polar Bear Plunge.
- **Run to the Plunge 5K** participants may also register at the Atlantic Sands on Friday night.

SATURDAY, FEBRUARY 4

- **Polar Bear Cake-Off** - 9 a.m. to 3 p.m., Rehoboth Beach Convention Center. The Polar Bear Cake-Off features the winner of The Learning Channel’s (TLC) first season of “Cake Boss: Next Great Baker,” Delaware’s own Dana Herbert, and several other contestants from the show. Free admission and you can even vote for your favorite cake.
- **Ice-Sculpting Contest** - This competition and demonstration, with contestants starting their projects in the morning, will take place in front of the Atlantic Sands Hotel with judging set to begin at 2 p.m.
- **Polar Plunge Registration** - 10 a.m. to 1 p.m. and 5 p.m. to 9

p.m. at the Atlantic Sands Hotel for polar plungers only. Runners must register at the run, under the tent near the Bandstand on Rehoboth Avenue.

- **Run to the Plunge Registration** - 11 a.m., under the tent near the Bandstand.
- **Run/Walk to the Plunge 5K** - 1 p.m.
- **Ice Sculpting Competition** - Judging begins at approximately 2 p.m.
- **Chili Contest** - 3 p.m. to 6 p.m. at all participating restaurants. Sponsored by Peninsula Oil and Propane
- **Activities for Kids** - All day. See article in this booklet for details.

SUNDAY, FEBRUARY 5

- **Polar Plunge Registration** - Starting at 10 am. under the tent on Rehoboth Avenue near the Boardwalk and the Bandstand.
- **21ST ANNUAL LEWES POLAR BEAR PLUNGE** - 1 p.m. in the Atlantic Ocean.
- **Apres Plunge Party** - Starting at 1:15 p.m. in Rehoboth Beach Convention Center on Rehoboth Avenue.



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Warm Up With The Polar Plunge 5K Walk and Run

Whether you are a serious runner, casual jogger or would just enjoy a brisk walk for a good cause, the Run to the Plunge 5K is the perfect way to warm up exactly 24 hours before thousands of Polar Bears - and maybe even you - head into the cold water!

In 2011, race participants numbering 464 raised more than \$22,000 for Delaware Special Olympics.

The run/walk begins on the Boardwalk near Dolle's and heads north. The course loops out beyond the end of the Boardwalk before returning to the Boardwalk and finishing near the starting line. The course is the same for runners and walkers.

Registration will be available on both Friday and Saturday. Friday's registration will be open from 5 p.m. - 8 p.m. at the Atlantic Sands Hotel.

On Saturday, registration will open at 11 a.m. until race start time in the tent on Rehoboth Avenue next to the Bandstand.

As a pre-registered participant, you will sign your waiver form and be able to pick up your T-shirt and bib number either Friday or Saturday. And, it is not too late for friends or family to join you that day, so please encourage them to take part in all the fun and festivity of our plunge weekend.

Following the race, participants are invited back to the registration tent to enjoy bananas, bagels and refreshments.

Awards will be given to the top three overall male and female finishers, the top master male and female finisher, and the top three finishers in five-year age groups.

Awards will be presented in the vicinity of the Bandstand as soon as all race results are tabulated.

If the weather does not cooperate for any reason (snow, heavy winds) the race will be held on Sunday morning, Feb. 5 at 8 a.m. If the event is postponed, information will be posted at sode.org.



PAPA BEAR DAVE FREDERICK, one of the founders of the Lewes Polar Plunge, accepts an award from Delaware Special Olympics Executive Director Ann Grunert during the party following last year's 20th anniversary plunge.

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CAPE GAZETTE FILE PHOTO

THE CROWD THAT GATHERED to watch and plunge in 2011 was ginormous. More than 3,000 bears made the leap into the cold Atlantic.

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Polar Plunge: History by Numbers

Year	# Bears	\$ Raised	Air Temp.	Water
1992	78	\$7,000	35F	35F
1993	189	\$22,000	28F	34F
1994	305	\$37,000	38F	34F
1995	339	\$42,000	zeroF*	28F
1996	393	\$45,000	38F	38F
1997	506	\$59,000	42F	39F
1998	684	\$120,000	5F	42F
1999	950	\$165,000	48F	41F
2000	1,200	\$267,000	40F	34F
2001	1,500	\$276,000	40F	35F
2002	1,860	\$350,000	45F	40F
2003	2,190	\$360,000	40F	34F
2004	2,075	\$365,000	28F	32F
2005	2,115	\$395,000	43F	36F
2006	2,390	\$426,000	46F	43F
2007	2,692	\$520,000	29F	42F
2008	2,767	\$530,000	53F	43F
2009	2,923	\$490,000	53F	40F
2010	2,600	\$500,000	48F	42F
2011	3,094	\$550,000	48F	35F

TOTALS

First 20 years
28,250 Bears

\$5,555,000 raised

39F - Avg. air temperature

37F - Avg. water temperature

NOTABLE

* Wind chill temp. reached
-20F in **1995**

• A nor'easter caused the
 Plunge to be postponed
 until March in **1996** and
2010



POLAR PLUNGERS GET VERY creative with the costumes they wear to celebrate the annual dip.



AND FOR SOME, the Polar Plunge offers an opportunity to show off their own personal expressions of art.



Delaware Scene.com

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The Delaware Division of the Arts is proud to support
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El Centro Cultural
Inner City Cultural League
Milford Community Band
Millsboro Art League
Mispillion Art League
Possum Point Players
Rehoboth Art League
Rehoboth Beach Film Society
Rehoboth Beach Writers Guild
Rehoboth Summer Children's Theatre
Schwartz Center for the Arts
Second Street Players
Smyrna Opera House
Southern DE Choral Society
VSA Delaware



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Delaware Division of the **Arts**

2012 Anniversary Polar Bears

Some people are just downright fanatical about making their annual Polar Plunges. Whether they see it as a purifying ritual or they're just so driven to help out the athletes that strive so hard to be successful in Special Olympics, we salute them!

20-YEAR BEARS

Jeffrey Bachtlin
Ed Baldwin
Greg Breunig
Jon Buzby
Jim Grimes
Irv Levin
Sue Poley

15-YEAR BEARS

Richard Appleby, D.O.
Mary Kate Campbell
Blane Danley
Wayne Danley
Geri Donahue

Tomothy Garrahan
Darryl Jones
Jason Kahn
Paula Korenkiewicz
Joseph Layug
Kristen Leida
Peter Leida
Tom Mac Leish
Travis Michels
Andrew Rose
Buddy West
Philip Young

10-YEAR BEARS

Andrew Abele
Rachel Alena
Jason Armacost
Mary Kay Armstrong
Jason Barnes
Allison Barrish
Bill Barrish
Jason Barrowclough
Lauren Berheide
Maureen Berry
Kristine Betts
Jeff Bonis

Daniel Breeding
Norma Brister
Christopher Butto
Kelly Caloway
Walt Caloway
Bill Carpenter
Karen Carpenter
Sherri Close
Jeremy Coleman
Tom Cooksey
Rose Dagg
Robert Daniels
Dustin Davis
Neal Dignon
Vince Douglas
Perry Ehli
Kristen Endres
Wendy Felts
John Fogelgren, Jr.
Ashley Furio
Stephanie Geissel
Matt Goins
Patrick Gorman
Audrey Govatos
John Green, Jr.
Nate Griffith

Jena Guthrie
Bruce Hamm, Jr.
Aaron Heiser
James Hewes
Lori Holveck
Carol Inter
Kimberly Jara
Chris Johnson
Eric Jones
Ashley Joyner
Emily Kazaba
Bob Kearns
Thomas Kenny
J. Leroy Knight
Amanda Koronik
Aaron Lewis
Christina Lunski
Dave Manwiller
David McCarthy
Brandon McGovern
Mark Mendell
Reggie Miller
Rich Moudy
Amber Napolitano
Frank Napolitano
Kayla Orr

Jennifer Osborn
Katie Pierce
Ronald Prisco
Frederick Prout
Larry Purdy
Chris Rathmanner
Robert Sadot
Pat Sawyer
Donald Schaefer
William Schuler
Richard Seagraves
Chuck Selvaggio
Michael Simpson
Connor Slatcher
Joseph Squitiere
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Adam Stephanson
Jonathan Stephens
Kristen Stewart
Melissa Street
Ryan Street
Mark Struve
Robert Valihura, Jr.
Robert Wann
Cyndi White
Mike Womer



DAN COOK PHOTO

LONGTIME SPECIAL OLYMPICS VOLUNTEER WINNIE SPENCE is all smiles as he is surrounded by bathing beauties just before entering the Atlantic Ocean during the 20th Annual Polar Bear Plunge for Special Olympics. Shown are (l-r) Julie Ellingsworth, Shannon Taylor, Spence, Shannon Conroy, Vanessa Ferreira and Kate Bishop.

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CHEF GERRY TREESE, A CULINARY teacher at Hodgson Vocational School, started with a 300 lb. block of ice and transformed it into an airplane - below - in just a couple of hours at a recent Polar Plunge.

JACK CLEMONS PHOTO
WINNER OF TLC'S "CAKE BOSS: NEXT GREAT BAKER," Dana Herbert of Bear, is shown with stacks of yellow sheet cakes cut into rounds and rice-cereal treats formed into layers, during the 2011 competition. Herbert is among the bakers who will be competing in the Cake-Off competition again this year. The Polar Bear Cake-Off also features several other contestants from the show. The Cake-Off takes place Saturday, Feb. 4, from 9 a.m. - 3 p.m. at the Rehoboth Beach Convention Center. Those attending will have the chance to cast their vote for their favorite cake creation.



ICE SCULPTORS ALSO APPRECIATE what the Polar Plungers do for Delaware Special Olympics.



THIS PAIR OF LOVEBIRDS is another of the ice sculptures created at one of the recent Polar Plunge events.



Polar Plunge is a family and friends event for good cause

The Lewes Polar Bear Plunge, celebrating its 20th year, has become one of the most popular events in the State of Delaware. The uniqueness of this event, unlike many others, is that it spans all genders, age groups, income levels, and every demographic area of the state, with participation extending beyond our state's borders. It truly is a family and friends event!

The plunge benefits Special Olympics Delaware's (SODE) athletes and everyone involved including:

- 3,500 athletes and ...
- their families and ...
- the continued growth of Special Olympics Delaware, and ...
- our 500 coaches and ...
- our 4,000 volunteers!

Special Olympics Delaware changes lives by promoting understanding, acceptance and inclusion between people with and without intellectual disabilities. We build sports skills, confidence, strength, motivation and self-esteem – not just for 3,500 athletes, but for everyone involved.

Money raised from the Lewes Polar Bear Plunge fuels SODE's growth. In the past seven years we have tripled the number of athletes who train and compete in our program – from 1,100 to 3,500 athletes.

The number of competitions has also increased from 9 events to 35 events in calendar year 2010.

There are 17 states that conduct a Polar Bear Plunge to benefit their state's Special Olympics program. Delaware's Plunge remains one of the most successful.

Go, Plungers!

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Congratulations, Polar Bears Thank you for supporting Special Olympics Delaware





*Barbara and
Scott Green*




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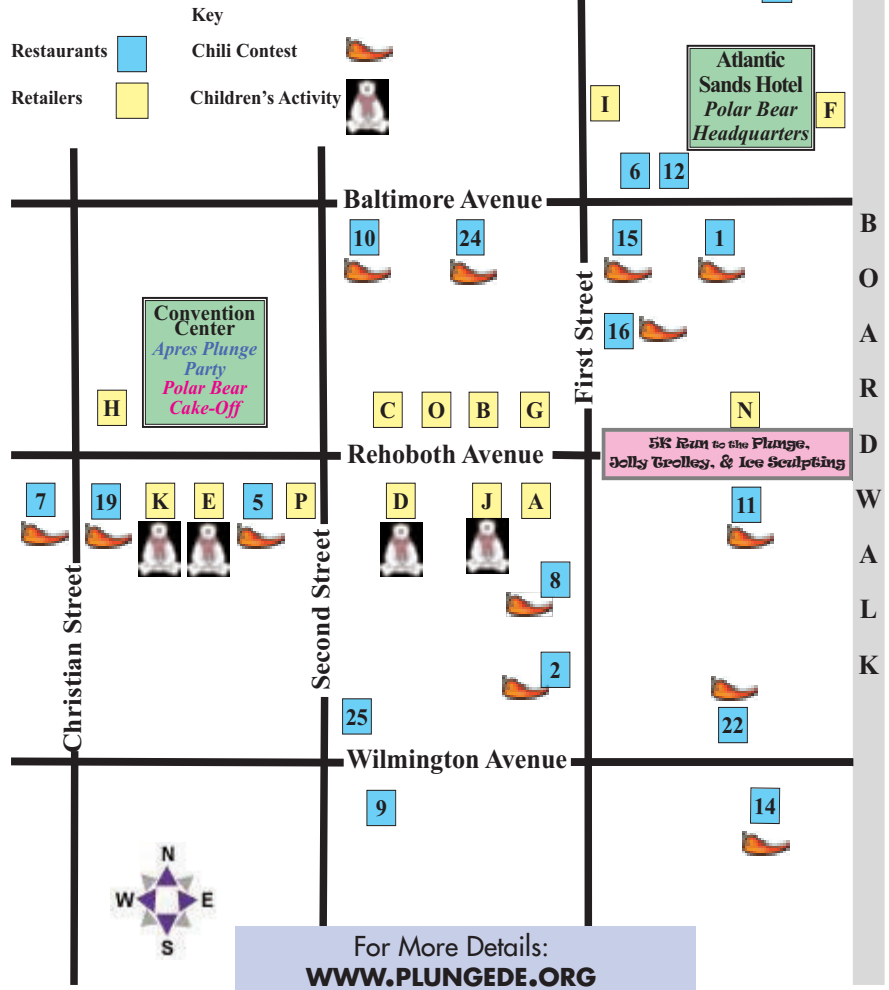
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5. Dos Locos *
6. Eden
7. Finbar's Pub & Grill *
8. Frogg Pond *
9. Henlopen City Oyster House
10. Hobo's Restaurant & Bar *
11. Irish Eyes Pub & Restaurant *
12. Jam Bistro
13. JD's Filling Station
329 Savannah Road, Lewes
14. Mariachi *
15. Mixx *
16. Nicola Pizza *
17. Outback Steakhouse
Rt. 1, North; 19917 Sea Blossom Blvd.
18. Pickled Pig Pub
Harbor Square, 18756 Rt. 1, South
19. Pig + Fish *
20. Plaza Pub *
21. Port Dewey Beach
1205 Rt. 1, South, Dewey Beach
22. Rehoboth Ale House *
23. Scully's Ocean Side Cafe
2000 Rt. 1, North, Dewey Beach
24. Seafood Shack *
25. Stoney Lonen
26. The Point Coffee House & Bake Shoppe - 722 Rehoboth Ave.
(Where Rt. 1 meets 1A)

**Lewes Polar Bear Plunge Weekend Festival
Rehoboth Beach
February 3-5, 2012**



For More Details:
WWW.PLUNGEDE.ORG

27. Victoria's Restaurant
At the Boardwalk Plaza Hotel
* Chili Contest Participants

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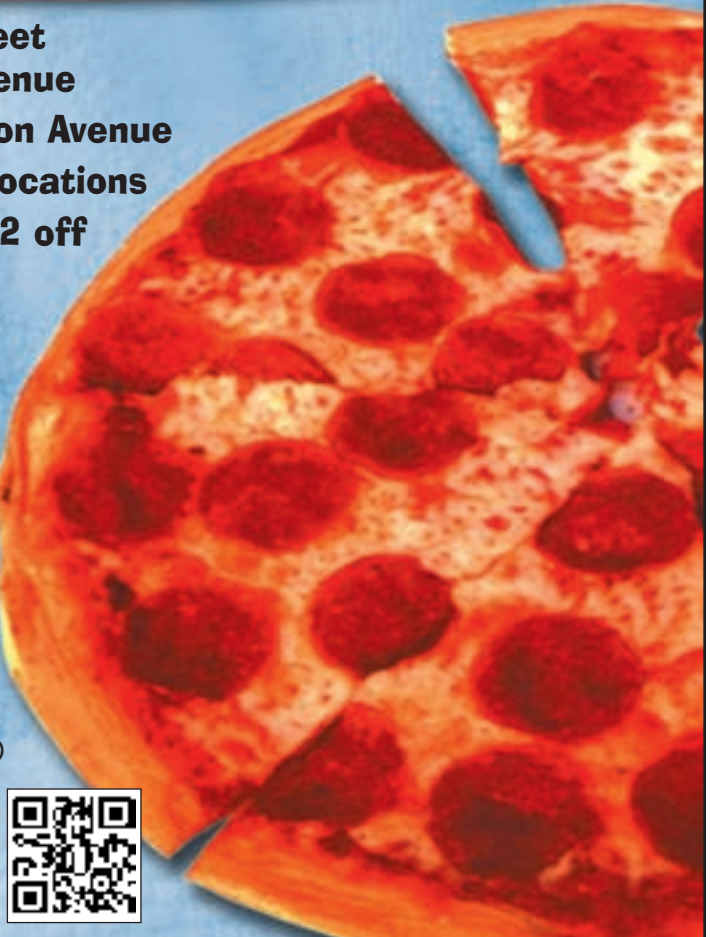
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