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Polar Plunge participants to get cold and courageous for Special Olympic BC

Special Olympics BC supporters are ready to take a chilly challenge for a great cause!

From February 18 to March 5, anyone and everyone can get bold and cold with the 2023 Polar Plunge for Special Olympics BC. Fun-loving participants can #Plunge4SOBC at an in-person event or get cool and creative from home.

[Watch fearless participants take the Plunge in 2022.](#)

“It’s so inspiring to see people from across the province come together for the Polar Plunge for Special Olympics BC,” says SOBC President & CEO Dan Howe. “Not only will Plungers have a lot of fun, they will create life-changing opportunities for athletes with intellectual disabilities.”

This year, Vancouver participants are excited to return to their in-person Plunge on March 4 at Kitsilano Beach. The icy dip in Vancouver kicked off in 2016, and is the largest Polar Plunge for Special Olympics BC event. After a two-year pause because of the pandemic, the Vancouver Polar Plunge will once again see law enforcement champions, SOBC athletes, and members of the community come together to take the Plunge.

[Find in-person Plunges happening around the province.](#)

The 2023 Polar Plunge will play a vital role in rebuilding Special Olympics BC’s empowering sport, youth, and health programs.

The pandemic has had a long-lasting, far-reaching impact on athletes with intellectual disabilities, who were already far too familiar with the pain of isolation. More than ever, Special Olympics BC needs support to rebuild all of the year-round, in-person programs that create empowering connections, open hearts and minds to inclusion, and break down barriers.

Special Olympics is “like a big happy family,” athlete Ashley Adie says. “It gives me purpose, a sense of belonging, something to continually strive for, and has me push myself to the limit.”

The Polar Plunge for Special Olympics BC is staged in partnership with the [Law Enforcement Torch Run for SOBC](#). The event is a proud LETR tradition. Every year, thousands of people get bold and cold at events around the world.

All are welcome to register for the Polar Plunge for Special Olympics BC at www.plunge4specialolympics.com. Supporters can also [donate to SOBC through the Plunge](#).

For Polar Plunge for SOBC videos and photos, please contact Michael Obendoerfer at michaelo@specialolympics.bc.ca.



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About the Law Enforcement Torch Run

For more than 35 years, law enforcement members throughout the world have supported people with intellectual disabilities through the Law Enforcement Torch Run. The LETR movement has raised more than \$5 million in British Columbia since 1990. To date, the LETR has raised more than \$700 million for Special Olympics programs around the world. To learn more about the LETR, visit www.specialolympics.bc.ca/letr. Find BC LETR on Twitter @BCLETR.

About Special Olympics BC

Special Olympics BC is dedicated to enriching the lives of individuals with intellectual disabilities through sport. In 55 communities around the province, we provide year-round training and competitive opportunities in 18 different sports to more than 5,200 athletes of all ages and a wide range of abilities, thanks to the dedicated efforts of over 4,300 volunteers. For more information, please visit www.specialolympics.bc.ca and find us on Facebook, Instagram, TikTok, and Flickr @specialolympicsbc and Twitter @sobcsociety.

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