



Statewide Polar Plunge Events Return Across Washington This Winter

Community invited to take the plunge to support Special Olympics Washington athletes

January 20, 2026 – WASHINGTON – Special Olympics Washington invites communities across the state to take part in the annual Polar Plunge, a series of high-energy winter events benefiting more than 14,000 children and adults with intellectual and developmental disabilities (IDD) statewide.

Held January through March, Polar Plunge events bring together community members, law enforcement, volunteers, and supporters for a unique fundraising experience that directly supports year-round sports, leadership, health, and inclusion programs offered by Special Olympics Washington at no cost to athletes and their families.

Participants can get involved by taking the plunge, joining a 5K run, or making a donation, all in support of Special Olympics Washington.

2026 Polar Plunge Event Schedule

- **January 24** – Lewis County Polar Plunge | Mayfield Lake Park
- **February 7** – Tri-Cities Polar Plunge & 5K Run | Columbia Point Marina Mark
- **February 13–14** – Super Plunge | Magnuson Park
(24-hour plunge challenge held ahead of the Seattle Polar Plunge)
- **February 14** – Seattle Polar Plunge & 5K Run | Magnuson Park
- **February 21** – Wenatchee Polar Plunge | Walla Walla Point Park
- **February 22** – North Sound Polar Plunge | North Cove Park
- **March 7** – Tacoma Polar Plunge | Chambers Bay Beach

More Ways to Participate

New and returning participants can choose from a variety of experiences, including traditional plunges, Polar Plunge 5K runs, or the **Super Plunge**, a 24-hour endurance challenge where participants plunge every hour on the hour while committing to raise \$3,000 or more. The Super Plunge highlights teamwork, determination, and dedication to inclusion across Washington communities.

Collectively, Polar Plunge events raise hundreds of thousands of dollars each year to support Special Olympics Washington athletes and programs statewide.

For event details or to register, visit PolarPlungeWA.com.

About Special Olympics Washington

Special Olympics Washington provides year-round sports training and athletic competition in a variety of Olympic-type sports for thousands of children and adults with IDD, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. Learn more at SpecialOlympicsWashington.org.

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