

JANUARY 2011

Baltimore

itlist it ticket



Top: Frigid Friday participants; Bottom: If they say so.

Ice, Ice Baby

For the 15th year, Baltimoreans prepare to take the Plunge.

By Shannon Austin

Here's one way to shock yourself out of the winter doldrums: Go for a swim at the **MSP Polar Bear Plunge 2011** on **January 29**.

Celebrating its 15th anniversary, the Polar Bear Plunge has raised over \$16.1 million for the athletes of the Special Olympics Maryland (SOMD). Among the nearly 60,000 people who've plunged are Governor Martin O'Malley, Olympic figure skater Kimmie Meissner, and Ravens QB Joe Flacco, who is scheduled to plunge for the third consecutive year. Flacco is co-chairing the event with SOMD athlete Rosa Marcellino, who inspired the recently passed Rosa's Law banning use of the "R-word" in federal education, health, and labor laws.

Aside from the actual plunge, the event includes food, music, and prizes for all participants. (The higher the donation, the more prizes given.) Also this year is the 2nd Annual Frigid Friday, a plunge created specifically for school teams. Frigid Friday attracted 21 different schools in 2010.

All that heartwarming goodwill will come in handy fending off the bay's icy waters.

Frigid Friday: January 28; Polar Bear Plunge: January 29. Sandy Point State Park, 110 E. College Pkwy., Annapolis. Fri. 12 p.m.; Sat. 1 p.m., 3 p.m. Spectators free, \$50 minimum pledge for participants. 410-789-6677 ext. 140. plungemd.com.