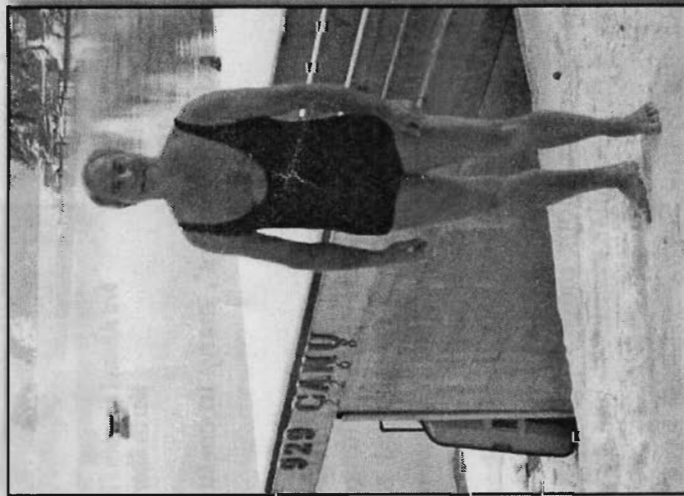


The Annual Deep Cove Penguin Plunge is another example of just how special Deep Cove is as a community. One that can take an event started by a few, then continue to grow that tradition through the dedication, involvement and commitment of many more people to become the popular event we enjoy to this day... January 1st at 2:00 pm.



Merv Ovesen
1st Annual Penguin Plunge January 1, 1983

The Deep Cove Penguin Plunge History Pamphlet
is proudly sponsored by
Deep Cove Canoe & Kayak Centre and Deep Cove Outdoors
in memory of Merv Ovesen.



Deep Cove
Outdoors

DEEP COVE PENGUIN PLUNGE HISTORY

Deep Cove, North Vancouver, British Columbia



New Year's Day Since 1983

Penguin Plunge

History from 1983 to present day...

The annual Deep Cove Penguin Plunge is an event that has been going on for over 25 years.

The Penguin Plunge was first started back in 1983 by Merv Ovesen and a few friends as an alternative to Vancouver's Polar Bear Swim. Merv had worked with Vancouver Parks Board for many years and believed it was safer to just plunge in and plunge out of the water rather than risking hypothermia with a swim. He also felt that 2:00 pm was a much more civilized hour than 12:00 noon to "take the Plunge."

The original Penguin Plunge was on the beach in front of Cove Canoe Rentals, now known as Deep Cove Canoe and Kayak Centre. Merv's wife, Ingrid, owned Cove Canoe Rentals. Merv and Ingrid lived in the old log cabin that was located in Deep Cove Park because they were the caretakers of Mrytle Park. The log cabin was the last remaining cabin of the

Deep Cove Motel, previously owned by Joe Thornley, another long time Deep Cove resident. The first Penguin Plunge had four participants and one dog.

The next year, 1984, there were 18 participants and two dogs and it has continued to grow in popularity ever since then.

January 1st, 1986 the Penguin Plunge changed locations over to Panoram Park to accommodate the growing numbers of participants and spectators. The North Vancouver Recreation Commission came on board to help out since the event was getting bigger every year. The 1986 Penguin Plunge had 42 "Pl" of spectators.

January 1st, 1991 many more community organizations came forward to plan a big splash for the Penguin Plunge in celebration of The District of North Vancouver's Centennial Year. Now there was involvement from The District of North Vancouver, The North Vancouver Recreation Commission, The Deep Cove Yacht Club and also The Mount Seymour Lions. This was a banner year and marked an important part of the history of this cherished event. Since then, The Mount Seymour Lions have continued to be the main organizers of this popular event.

Since 1991, the Mount Seymour Lions have increased the popularity of the Penguin Plunge by organizing and coordinating the many family - friendly fun activities and entertainment that starts at 12:00 noon in Panorama Park prior to the 2:00pm Penguin Plunge.

10th Annual Penguin Plunge, Jan 1, 1992.
Deep Cove Grier