We all love the Susquehannain the summertime –

Kayaks and catfish and campfires along the way.

We see the magic that moonlight can bring,

And by autumn that water is starting to sting.

As the New Year rolls in, we start to grin,

‘Cause that deep winter chill means the fun soon begins!

You may shiver in the river, but your thrill will be delivered

When you’re doin’ the Polar Bear Plunge!

Thanksgiving was long ago – just a vague memory. Now Christmas has come and gone, and it’s February.

Well, the nights may be getting shorter,

But the river keeps getting colder.

Little chunks of ice may make you think twice,

But there’s no stoppin’ now if you take this advice!

You may shiver in the river, but your thrill will be delivered

When you’re doin’ the Polar Bear Plunge!

College kids and gutsy grandmas

Crowd down to the edge of the Susquehanna,

Running and jumping right into the flow,

And when they come up they know

That their thrill has been delivered as they shiver in the river

After doin’ the Polar Bear – They do it everywhere, but

Nowhere is better than here,

In the water of the Susquehanna,

For the Polar Bear Plunge.

YIPPEE!!