



**MENTOR**  
RHODE ISLAND

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Dear Jo-Ann,

## THE 2018 FROZEN CLAM DIP & OBSTAPLUNGE

### New Year's Day at Noon Goddard Memorial State Park Beach



Join **MENTOR Rhode Island** and our co-host **Laid-back Fitness** for the 7th annual Frozen Clam Dip and Obstaplunge. You can kick-off the new year and National Mentoring Month 2018 with an invigorating dip into Narragansett Bay, or take on the Obstaplunge...a half-mile "American Ninja Warrior" style obstacle course that finishes with the dip.

Check-In begins at 11AM  
Dip and Obstaplunge at Noon

\$30: Traditional Frozen Clam Dippers

\$40: Obstaplungers

[REGISTER HERE!!!](#)

All paid participants will receive a long-sleeve t-shirt!  
All participants will need to sign a waiver at the event.  
Participants under the age of 18 will need to have a parent/guardian present to sign their waiver.



**This event is only possible through the support of our amazing sponsors!!!**

**[BECOME A SPONSOR](#)**

Sponsors will be listed on the Official Frozen Clam Shirt, our website, and all emails promoting the event.

**HOST:**

[Laid-back Fitness](#)

**Lead Sponsor:**

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[Stephen Gentile, C.P.A.](#)

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Sincerely,

The MENTOR Rhode Island team:

Jo-Ann, Sue, Pam, Nichole, Celeste, Cathy, Christopher, Darnell, Jay, & Marc

MENTOR Rhode Island | 401-732-7700 | [inquiry@mentorri.org](mailto:inquiry@mentorri.org) | [www.MentorRI.org](http://www.MentorRI.org)

STAY CONNECTED:



RI Mentoring Partnership, 3296 Post Road, Warwick, RI 02886

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