



MENTOR
RHODE ISLAND

Dear Jo-Ann,

THE 2018 FROZEN CLAM DIP & OBSTACLE COURSE

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 Obstacle Course. You can kick-off the new year and National Mentoring Month 2018 with an invigorating dip into Narragansett Bay, or take on the Obstacle Course...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.

TIME IS RUNNING OUT...YOU MUST SIGN-UP TO BE A SPONSOR BY FRIDAY, DEC. 22 TO MAKE IT ON THE T-SHIRT

HOST:

[Laid-back Fitness](#)

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

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 | www.MentorRI.org

STAY CONNECTED:



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

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