



**MENTOR**  
RHODE ISLAND

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!!!**

**HOST:**

**[Laid-back Fitness](#)**

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Sincerely,

The MENTOR Rhode Island team:

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

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STAY CONNECTED:



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