



MENTOR
RHODE ISLAND

Dear Jo-Ann,

THE 2018 FROZEN CLAM DIP & OBSTAPLUNGE

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



In the words of our fearless leader...Ryan McGowan of Laidback Fitness, "there are no fair-weather dippers among our ranks."

We are still a go despite a frigid forecast. We will make every effort to provide opportunities to warm-up but we encourage all participants to take every precaution necessary to keep themselves safe, warm, and dry, except for the

actual moment of the dip. Dress in your cold weather gear... Like you're going sledding or skiing until the last possible moment. Special thanks to our sponsor G. Metz Moving for providing a heated moving van to protect us from the elements while undressing and drying off!

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
\$40: Nobstaplungers - Course only, no plunge.

[REGISTER HERE!!!](#)

Bundle up and c'mon down to watch! Participate in our 50/50 raffle!

And remember...

NO GRIT
No Pearl



www.totallyrims.com

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



For those braving the day... advice from the RI Dept. of Health:

- DO NOT plunge if you have any heart or serious medical conditions, or if you are not used to higher heart rates from physical activity.
- DO NOT stay in the water for more than a few minutes. Body heat is lost 25 times faster in water than in air.
- DO NOT dive or somersault into the water.
- DO NOT drink alcohol prior to the plunge. Alcohol accelerates hypothermia.
- DO bring a robe, blanket, towel or jacket to wear while waiting to plunge and for when you get out of the water. A towel to dry off as well as an extra towel to stand on is also a good idea.
- Change out of your wet clothes and dry yourself right away after you come out of the water.

Hypothermia can set in within 30 minutes in Monday's expected temperatures.

Please use extreme caution.

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

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Happy New Year!

The MENTOR Rhode Island team:

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

MENTOR Rhode Island | 401-732-7700 | inquiry@mentorri.org | www.MentorRI.org

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MENTOR Rhode Island, 2065 Warwick Ave., Unit 1, Warwick, RI 02889

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2/7/2018

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