

Bear Mountain Challenge Kayak Race

August 23, 2009

Foundry Dock Park; Cold Spring, NY

TUNE UP
KAYAK TRAINING SERIES

Fun for the whole family

Come and enjoy a day on the river with these fun family events!

NEW for 2009

Family River Fun - in partnership with the Constitution Marsh Audubon Center & Sanctuary we will be offering these fun Hudson River activities!

11:30 am to 12:15 pm - Foundry and Marsh exploration(hike/walk)

12:15 pm to 12:30 pm - snack

12:30 pm to 1:15 pm - Hudson River Seining

\$25* entry fee for adults - includes T shirt and lunch

\$10* entry fee for kids - includes T shirt and lunch

*Profits from this activity will go directly to the Audubon Center



NEW for 2009

Warm up for the race and try out the Kayak ergometer machine



The Race:

14 mile course - 11:00 am Launch

\$45 entry fee - includes T shirt and lunch

All race day registration add \$5



Race Details

9:30 am - Check In

10:40 am - Safety Briefing

3:30 pm - Finish Party and Awards

Audubon Activity Details

10:50 am - Check In

11:20 am - Briefing

register at www.nymayorscup.com or call Ray Fusco 845 440 3127 or email ray@nymayorscup.com

