

# 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](http://www.nymayorscup.com) or call Ray Fusco 845 440 3127 or email [ray@nymayorscup.com](mailto:ray@nymayorscup.com)

