



June 30, 2019

Discover Hudson Valley Ride

Join **BIKENCSY** to help send NCSY teens to Israel for a gap year of Torah study and growth

**OPEN TO ALL LEVEL BIKERS —
15 MILES, 33 MILES, 55 MILES, 75 MILES, OR 100 MILES**

JOIN THE RIDE IN JUST THREE EASY STEPS:

1. Register at bike.ncsy.org
2. Get sponsors to reach your goal
3. Bike! Ride begins at Congregation Schomre Israel (18 Park Avenue, Poughkeepsie) and ends at Waryas Park Promenade (Main St, Poughkeepsie)

Registration includes access to the pre-ride breakfast, post-race gala BBQ, and complimentary bike jersey.

For more information, email bike@ncsy.org or call 646.459.5195