### Hudson

			-					_	_	
1	Sun	4:47 AM	1.09 L	10:14 AM	3.53 H	4:45 PM	0.89 L	10:44 PM	4.03 H	
2	Mon	5:44 AM	1.04 L	11:09 AM	3.39 H	5:37 PM	0.95 L	11:35 PM	4.03 H	
3	Tue	6:36 AM	0.93 L	12:09 PM	3.35 H	6:26 PM	0.94 L	No PN	1 High	
4	Wed	12:29 AM	4.10 H	7:24 AM	0.78 L	1:06 PM	3.41 H	7:13 PM	0.88 L	
5	Thu	1:20 AM	4.22 H	8:10 AM	0.62 L	1:58 PM	3.54 H	8:00 PM	0.77 L	
6	Fri	2:06 AM	4.38 H	8:56 AM	0.45 L	2:42 PM	3.70 H	8:46 PM	0.63 L	
7	Sat	2:46 AM	4.54 H	9:39 AM	0.29 L	3:23 PM	3.85 H	9:32 PM	0.49 L	
8	Sun	3:22 AM	4.67 H	10:21 AM	0.13 L	4:01 PM	3.98 H	10:16 PM	0.36 L	
9	Mon	3:57 AM	4.75 H	11:01 AM	0.01 L	4:38 PM	4.10 H	10:59 PM	0.26 L	
10	Tue	4:33 AM	4.78 H	11:40 AM	-0.07 L	5:17 PM	4.21 H	11:42 PM	0.21 L	
11	Wed	5:12 AM	4.74 H	12:18 PM	-0.09 L	6:00 PM	4.32 H	No PN	/ Low	
12	Thu	12:25 AM	0.24 L	5:57 AM	4.63 H	12:56 PM	-0.04 L	6:46 PM	4.43 H	
13	Fri	1:12 AM	0.33 L	6:47 AM	4.46 H	1:37 PM	0.06 L	7:36 PM	4.53 H	
14	Sat	2:06 AM	0.46 L	7:42 AM	4.26 H	2:25 PM	0.22 L	8:28 PM	4.61 H	
15	Sun	3:13 AM	0.58 L	8:40 AM	4.06 H	3:25 PM	0.38 L	9:22 PM	4.65 H	
16	Mon	4:25 AM	0.60 L	9:41 AM	3.88 H	4:34 PM	0.47 L	10:21 PM	4.68 H	
17	Tue	5:33 AM	0.50 L	10:50 AM	3.77 H	5:40 PM	0.46 L	11:27 PM	4.72 H	
18	Wed	6:35 AM	0.33 L	12:03 PM	3.78 H	6:41 PM	0.37 L	No PN	1 High	
19	Thu	12:36 AM	4.81 H	7:32 AM	0.14 L	1:13 PM	3.92 H	7:39 PM	0.25 L	
20	Fri	1:38 AM	4.95 H	8:26 AM	-0.04 L	2:13 PM	4.13 H	8:34 PM	0.13 L	
21	Sat	2:33 AM	5.07 H	9:18 AM	-0.19 L	3:05 PM	4.33 H	9:28 PM	0.04 L	
22	Sun	3:23 AM	5.12 H	10:06 AM	-0.28 L	3:53 PM	4.47 H	10:18 PM	0.01 L	
23	Mon	4:09 AM	5.08 H	10:52 AM	-0.31 L	4:39 PM	4.53 H	11:06 PM	0.05 L	
24	Tue	4:54 AM	4.94 H	11:34 AM	-0.24 L	5:25 PM	4.52 H	11:51 PM	0.17 L	
25	Wed	5:39 AM	4.71 H	12:14 PM	-0.09 L	6:11 PM	4.46 H	No PN	/ Low	
26	Thu	12:35 AM	0.36 L	6:25 AM	4.44 H	12:53 PM	0.14 L	6:57 PM	4.37 H	
27	Fri	1:20 AM	0.60 L	7:12 AM	4.16 H	1:30 PM	0.42 L	7:42 PM	4.26 H	
28	Sat	2:08 AM	0.85 L	8:00 AM	3.88 H	2:09 PM	0.72 L	8:25 PM	4.14 H	
29	Sun	3:02 AM	1.06 L	8:48 AM	3.63 H	2:53 PM	0.98 L	9:08 PM	4.04 H	
30	Mon	4:04 AM	1.18 L	9:39 AM	3.44 H	3:49 PM	1.18 L	9:54 PM	3.95 H	
31	Tue	5:06 AM	1.18 L	10:33 AM	3.32 H	4:53 PM	1.25 L	10:45 PM	3.92 H	

# assistance experts.

Albany Sun 6:27 AM 0.59 L 11:53 AM 4.04 H 6:18 PM 0.30 L No PM High Mon 12:23 AM 4.75 H 7:25 AM 0.50 L 12:49 PM 3.91 H 7:07 PM 0.40 L Tue 1:14 AM 4.81 H 8:21 AM 0.32 L 1:45 PM 3.86 H 7:58 PM 0.43 L Wed 2:03 AM 4.91 H 9:14 AM 0.10 L 2:38 PM 3.90 H 8:49 PM 0.40 L Thu 2:49 AM 5.01 H 10:04 AM -0.13 L 3:26 PM 3.98 H 9:39 PM 0.30 L Fri 3:31 AM 5.11 H 10:50 AM -0.31 L 4:11 PM 4.07 H 10:28 PM 0.18 L Sat 4:08 AM 5.19 H 11:33 AM -0.45 L 4:52 PM 4.17 H 11:15 PM 0.07 L Sun 4:42 AM 5.24 H 12:15 PM -0.53 L 5:31 PM 4.27 H No PM Low Mon 12:00 AM -0.03 L 05:12 AM 5.28 H 12:55 PM -0.57 L 6:07 PM 4.39 H Tue 12:46 AM -0.09 L 05:45 AM 5.29 H 1:35 PM -0.59 L 6:43 PM 4.55 H Wed 1:32 AM -0.11 L 06:23 AM 5.26 H 2:14 PM -0.58 L 7:21 PM 4.74 H Thu 2:20 AM -0.07 L 07:09 AM 5.16 H 2:54 PM -0.54 L 8:03 PM 4.92 H Fri 3:12 AM 0.00 L 8:00 AM 4.98 H 3:36 PM -0.47 L 8:50 PM 5.05 H Sat 4:09 AM 0.11 L 8:59 AM 4.74 H 4:23 PM -0.35 L 9:43 PM 5.13 H Sun 5:12 AM 0.20 L 10:06 AM 4.46 H 5:17 PM -0.21 L 10:43 PM 5.13 H Mon 6:19 AM 0.23 L 11:19 AM 4.22 H 6:18 PM -0.08 L 11:48 PM 5.11 H 16 Tue 7:24 AM 0.14 L 12:30 PM 4.10 H 7:22 PM -0.03 L No PM High Wed 12:54 AM 5.11 H 8:28 AM -0.04 L 1:36 PM 4.12 H 8:25 PM -0.07 L Thu 1:58 AM 5.17 H 9:27 AM -0.28 L 2:37 PM 4.25 H 9:26 PM -0.20 L Fri 2:56 AM 5.27 H 10:22 AM -0.51 L 3:32 PM 4.42 H 10:22 PM -0.33 L Sat 3:49 AM 5.34 H 11:13 AM -0.68 L 4:24 PM 4.57 H 11:15 PM -0.41 L Sun 4:38 AM 5.35 H 12:00 PM -0.76 L 5:13 PM 4.66 H No PM Low Mon 12:05 AM -0.40 L 05:25 AM 5.28 H 12:44 PM -0.73 L 6:00 PM 4.70 H 23 Tue 12:53 AM -0.30 L 06:12 AM 5.14 H 1:26 PM -0.62 L 6:48 PM 4.70 H 24 25 Wed 1:39 AM -0.13 L 06:59 AM 4.96 H 2:06 PM -0.46 L 7:35 PM 4.69 H Thu 2:26 AM 0.07 L 7:47 AM 4.74 H 2:44 PM -0.27 L 8:22 PM 4.68 H 26 Fri 3:13 AM 0.27 L 8:36 AM 4.51 H 3:20 PM -0.06 L 9:08 PM 4.67 H 27 Sat 4:02 AM 0.45 L 9:27 AM 4.27 H 3:55 PM 0.14 L 9:54 PM 4.65 H 28 Sun 4:55 AM 0.57 L 10:20 AM 4.04 H 4:30 PM 0.32 L 10:41 PM 4.62 H 29 Mon 5:50 AM 0.63 L 11:17 AM 3.84 H 5:12 PM 0.48 L 11:31 PM 4.59 H Tue 6:48 AM 0.59 L 12:14 PM 3.72 H 6:07 PM 0.60 L No PM High

## Castleton

ľ	1	Sun	5:58 AM	0.68 L	11:36 AM	3.85 H	5:49 PM	0.40 L	No PN	1 High
	2	Mon	12:06 AM	4.55 H	6:56 AM	0.59 L	12:32 PM	3.71 H	6:38 PM	0.49 L
1	3	Tue	12:57 AM	4.61 H	7:52 AM	0.42 L	1:28 PM	3.67 H	7:29 PM	0.53 L
ľ	4	Wed	1:46 AM	4.71 H	8:45 AM	0.20 L	2:21 PM	3.70 H	8:20 PM	0.49 L
ľ	5	Thu	2:32 AM	4.82 H	9:35 AM	-0.03 L	3:09 PM	3.78 H	9:10 PM	0.40 L
ľ	6	Fri	3:14 AM	4.92 H	10:21 AM	-0.22 L	3:54 PM	3.87 H	9:59 PM	0.28 L
	7	Sat	3:51 AM	4.99 H	11:04 AM	-0.35 L	4:35 PM	3.97 H	10:46 PM	0.16 L
ľ	8	Sun	4:25 AM	5.04 H	11:46 AM	-0.43 L	5:14 PM	4.07 H	11:31 PM	0.07 L
	9	Mon	4:55 AM	5.08 H	12:26 PM	-0.47 L	5:50 PM	4.20 H	No PA	Low
ľ	10	Tue	12:17 AM	0.01 L	5:28 AM	5.09 H	1:06 PM	-0.49 L	6:26 PM	4.35 H
	11	Wed	1:03 AM	-0.01 L	06:06 AM	5.06 H	1:45 PM	-0.48 L	7:04 PM	4.54 H
	12	Thu	1:51 AM	0.03 L	6:52 AM	4.96 H	2:25 PM	-0.45 L	7:46 PM	4.72 H
	13	Fri	2:43 AM	0.10 L	7:43 AM	4.79 H	3:07 PM	-0.37 L	8:33 PM	4.86 H
	14	Sat	3:40 AM	0.21 L	8:42 AM	4.54 H	3:54 PM	-0.26 L	9:26 PM	4.93 H
1	15	Sun	4:43 AM	0.30 L	9:49 AM	4.27 H	4:48 PM	-0.11 L	10:26 PM	4.93 H
	16	Mon	5:50 AM	0.33 L	11:02 AM	4.03 H	5:49 PM	0.02 L	11:31 PM	4.91 H
1	17	Tue	6:55 AM	0.24 L	12:13 PM	3.90 H	6:53 PM	0.07 L	No PN	High
	18	Wed	12:37 AM	4.91 H	7:59 AM	0.06 L	1:19 PM	3.92 H	7:56 PM	0.02 L
	19	Thu	1:41 AM	4.98 H	8:58 AM	-0.18 L	2:20 PM	4.05 H	8:57 PM	-0.10 L
	20	Fri	2:39 AM	5.07 H	9:53 AM	-0.41 L	3:15 PM	4.22 H	9:53 PM	-0.23 L
ľ	21	Sat	3:32 AM	5.14 H	10:44 AM	-0.58 L	4:07 PM	4.37 H	10:46 PM	-0.31 L
	22	Sun	4:21 AM	5.15 H	11:31 AM	-0.66 L	4:56 PM	4.46 H	11:36 PM	-0.30 L
Î	23	Mon	5:08 AM	5.08 H	12:15 PM	-0.63 L	5:43 PM	4.50 H	No PN	/ Low
	24	Tue	12:24 AM	-0.20 L	05:55 AM	4.95 H	12:57 PM	-0.53 L	6:31 PM	4.51 H
Î	25	Wed	1:10 AM	-0.03 L	06:42 AM	4.76 H	1:37 PM	-0.36 L	7:18 PM	4.50 H
ľ	26	Thu	1:57 AM	0.17 L	7:30 AM	4.54 H	2:15 PM	-0.17 L	8:05 PM	4.48 H
	27	Fri	2:44 AM	0.37 L	8:19 AM	4.31 H	2:51 PM	0.04 L	8:51 PM	4.47 H
1	28	Sat	3:33 AM	0.55 L	9:10 AM	4.07 H	3:26 PM	0.24 L	9:37 PM	4.45 H
Ì	29	Sun	4:26 AM	0.67 L	10:03 AM	3.84 H	4:01 PM	0.42 L	10:24 PM	4.42 H
ľ	30	Mon	5:21 AM	0.72 L	11:00 AM	3.65 H	4:43 PM	0.58 L	11:14 PM	4.40 H
Ĩ	31	Tue	6:19 AM	0.69 L	11:57 AM	3.53 H	5:38 PM	0.70 L	No PIV	High

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	Tr	oy								
	1	Sun	6:37 AM	0.59 L	12:01 PM	4.04 H	6:28 PM	0.30 L	No PN	1 High
	2	Mon	12:31 AM	4.75 H	7:35 AM	0.50 L	12:57 PM	3.91 H	7:17 PM	0.40 L
	3	Tue	1:22 AM	4.81 H	8:31 AM	0.32 L	1:53 PM	3.86 H	8:08 PM	0.43 L
	4	Wed	2:11 AM	4.91 H	9:24 AM	0.10 L	2:46 PM	3.90 H	8:59 PM	0.40 L
2	5	Thu	2:57 AM	5.01 H	10:14 AM	-0.13 L	3:34 PM	3.98 H	9:49 PM	0.30 L
92	6	Fri	3:39 AM	5.11 H	11:00 AM	-0.31 L	4:19 PM	4.07 H	10:38 PM	0.18 L
	7	Sat	4:16 AM	5.19 H	11:43 AM	-0.45 L	5:00 PM	4.17 H	11:25 PM	0.07 L
	8	Sun	4:50 AM	5.24 H	12:25 PM	-0.53 L	5:39 PM	4.27 H	No PN	/ Low
	9	Mon	12:10 AM	-0.03 L	05:20 AM	5.28 H	1:05 PM	-0.57 L	6:15 PM	4.39 H
	10	Tue	12:56 AM	-0.09 L	05:53 AM	5.29 H	1:45 PM	-0.59 L	6:51 PM	4.55 H
╸】●)	11	Wed	1:42 AM	-0.11 L	06:31 AM	5.26 H	2:24 PM	-0.58 L	7:29 PM	4.74 H
	12	Thu	2:30 AM	-0.07 L	07:17 AM	5.16 H	3:04 PM	-0.54 L	8:11 PM	4.92 H
	13	Fri	3:22 AM	0.00 L	8:08 AM	4.98 H	3:46 PM	-0.47 L	8:58 PM	5.05 H
	14	Sat	4:19 AM	0.11 L	9:07 AM	4.74 H	4:33 PM	-0.35 L	9:51 PM	5.13 H
	15	Sun	5:22 AM	0.20 L	10:14 AM	4.46 H	5:27 PM	-0.21 L	10:51 PM	5.13 H
	16	Mon	6:29 AM	0.23 L	11:27 AM	4.22 H	6:28 PM	-0.08 L	11:56 PM	5.11 H
	17	Tue	7:34 AM	0.14 L	12:38 PM	4.10 H	7:32 PM	-0.03 L	No PN	1 High
	18	Wed	1:02 AM	5.11 H	8:38 AM	-0.04 L	1:44 PM	4.12 H	8:35 PM	-0.07 L
70	19	Thu	2:06 AM	5.17 H	9:37 AM	-0.28 L	2:45 PM	4.25 H	9:36 PM	-0.20 L
S	20	Fri	3:04 AM	5.27 H	10:32 AM	-0.51 L	3:40 PM	4.42 H	10:32 PM	-0.33 L
Ħ	21	Sat	3:57 AM	5.34 H	11:23 AM	-0.68 L	4:32 PM	4.57 H	11:25 PM	-0.41 L
ä	22	Sun	4:46 AM	5.35 H	12:10 PM	-0.76 L	5:21 PM	4.66 H	No PN	/ Low
H	23	Mon	12:15 AM	-0.40 L	05:33 AM	5.28 H	12:54 PM	-0.73 L	6:08 PM	4.70 H
<b>GIT</b>	24	Tue	1:03 AM	-0.30 L	06:20 AM	5.14 H	1:36 PM	-0.62 L	6:56 PM	4.70 H
H	25	Wed	1:49 AM	-0.13 L	07:07 AM	4.96 H	2:16 PM	-0.46 L	7:43 PM	4.69 H
_	26	Thu	2:36 AM	0.07 L	7:55 AM	4.74 H	2:54 PM	-0.27 L	8:30 PM	4.68 H
	27	Fri	3:23 AM	0.27 L	8:44 AM	4.51 H	3:30 PM	-0.06 L	9:16 PM	4.67 H
	28	Sat	4:12 AM	0.45 L	9:35 AM	4.27 H	4:05 PM	0.14 L	10:02 PM	4.65 H
	29	Sun	5:05 AM	0.57 L	10:28 AM	4.04 H	4:40 PM	0.32 L	10:49 PM	4.62 H
	30	Mon	6:00 AM	0.63 L	11:25 AM	3.84 H	5:22 PM	0.48 L	11:39 PM	4.59 H
	31	Tue	6:58 AM	0.59 L	12:22 PM	3.72 H	6:17 PM	0.60 L	No PN	1 High

# HUDSON VALLEY H20

# By Mary F. Foster, former mayor of Peekskill, NY



Ian, white shirt, and Jim, white hat, teaching beginners the art of standup paddling and kayaking

It all began with an idea in 2017 when Ian Berger put out a Facebook call for interested collaborators to bring a new amenity to the Peekskill waterfront. Mother Nature gifted Peekskill with an amazing waterfront that can accommodate various water crafts. The docks at Peekskill Landing were designed for canoes, kayaks and paddle boards with direct access to the Hudson River-no bridges to go under or creeks to navigate. The goal of HVH2O is to encourage local youth and adults to take advantage of open access to the Hudson River and try the sport. Beginner status is welcomed. They love to see first time paddlers enjoy the experience.

A small group of dedicated board members and volunteers has created a steady presence at the waterfront on weekends with low-cost kayak and stand-up paddle board rentals and lessons. For the 2021 summer season



rentals are \$20 an hour and lessons are \$30 an hour. HVH2O volunteers also

provide paddle lessons to local camps serving middle school age campers. Nature and art activities are incorporated into the half day programs to keep all campers engaged while not on the water.

The biggest challenge for HVH2O is garnering City support to build a paddle center on Peekskill Landing. This would enable the secure storage of kayaks, paddle boards and canoes owned by HVH2O and Peekskill residents. Paddling is a low cost sport and a natural fit for communities with a diverse economic base. But storing boards is a big challenge for those without garages. The City of Beacon has the ideal facility on Long Dock. HVH2O wants to bring that type of facility plus the rental kiosk to Peekskill Landing.

Since its incorporation, HVH2O has been learning the

## The Battery

	ie Do	atter	y						
1	Wed	4:35 AM	3.75 H	10:39 AM	1.39 L	4:45 PM	4.51 H	11:40 PM	1.07 L
2	Thu	5:35 AM	3.86 H	11:31 AM	1.21 L	5:44 PM	4.67 H		
3	Fri	12:27 AM	0.83 L	6:28 AM	4.08 H	12:20 PM	0.98 L	6:35 PM	4.91 H
4	Sat	1:11 AM	0.58 L	7:14 AM	4.35 H	1:07 PM	0.71 L	7:18 PM	5.17 H
5	Sun	1:54 AM	0.32 L	7:53 AM	4.64 H	1:54 PM	0.45 L	7:56 PM	5.39 H
6	Mon	2:36 AM	0.07 L	8:31 AM	4.92 H	2:40 PM	0.21 L	8:33 PM	5.54 H
7	Tue	3:17 AM	-0.13 L	09:08 AM	5.18 H	3:26 PM	0.03 L	9:11 PM	5.58 H
8	Wed	3:57 AM	-0.26 L	09:47 AM	5.38 H	4:11 PM	-0:06 L	9:53 PM	5.50 H
9	Thu	4:36 A.M	-0.28 L	10:29 AM	5.51 H	4:58 PM	-0.04 L	10:39 PM	5.31 H
10	Fri	5:16AM	-0.19 L	11:18 AM	5.56 H	5:46 PM	0.09 L	11:33 PM	5.05 H
11	Sat	5:59 AM	0.02 L	12:11 PM	5.55 H	6:41 PM	0.30 L		
12	Sun	12:32 AM	4.77 H	6:49 AM	0.30 L	1:08 PM	5.48 H	7:46 PM	0.52 L
13	Mon	1:35 AM	4.52 H	7:53 AM	0.60 L	2:07 PM	5.37 H	8:58 PM	0.63 L
14	Tue	2:41 AM	4.34 H	9:07 AM	0.77 L	3:11 PM	5.27 H	10:07 PM	0.58 L
15	Wed	3:50 AM	4.27 H	10:17 AM	0.75 L	4:20 PM	5.22 H	11:08 PM	0.42 L
16	Thu	5:02 AM	4.35 H	11:19 AM	0.61 L	5:29 PM	5.28 H		
17	Fri	12:04 AM	0.22 L	6:08 AM	4.58 H	12:16 PM	0.43 L	6:30 PM	5.40 H
18	Sat	12:55 AM	0.04 L	7:03 AM	4.85 H	1:09 PM	0.27 L	7:22 PM	5.52 H
19	Sun	1:44 AM	-0.11 L	07:51 AM	5.10 H	2:00 PM	0.15 L	8:07 PM	5.57 H
20	Mon	2:29 AM	-0.19 L	08:35 AM	5.27 H	2:48 PM	0.10 L	8:49 PM	5.51 H
21	Tue	3:11 AM	-0.19 L	09:16 AM	5.34 H	3:33 PM	0.12 L	9:30 PM	5.36 H
22	Wed	3:51 AM	-0.10 L	09:55 AM	5.33 H	4:16 PM	0.22 L	10:11 PM	5.11 H
23	Thu	4:28 AM	0.09 L	10:34 AM	5.23 H	4:57 PM	0.39 L	10:54 PM	4.82 H
24	Fri	5:02 AM	0.35 L	11:14 AM	5.08 H	5:38 PM	0.62 L	11:39 PM	4.51 H
25	Sat	5:35 AM	0.65 L	11:54 AM	4.89 H	6:20 PM	0.88 L		
26	Sun	12:27 AM	4.22 H	6:06 AM	0.97 L	12:35 PM	4.71 H	7:08 PM	1.14 L
27	Mon	1:17AM	3.98 H	6:37 AM	1.26 L	1:17 PM	4.54 H	8:07 PM	1.34 L
28	Tue	2:08 AM	3.80 H	7:23 AM	1.51 L	2:03 PM	4.42 H	9:12 PM	1.40 L
29	Wed	3:02 AM	3.71 H	8:48 AM	1.63 L	2:55 PM	4.37 H	10:13 PM	1.31 L
30	Thu	3:59 AM	3.73 H	10:02 AM	1.53 L	3:55 PM	4.41 H	11:05 PM	1.10 L

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1	Wed	5:27 AM	3.15 H	11:27 AM	1.17 L	5:37 PM	3.79 H		
2	Thu	12:28 AM	0.90 L	6:27 AM	3.25 H	12:19 PM	1.02 L	6:36 PM	3.92 H
3	Fri	1:15 AM	0.70 L	7:20 AM	3.43 H	1:08 PM	0.82 L	7:27 PM	4.12 H
4	Sat	1:59 AM	0.49 L	8:06 AM	3.66 H	1:55 PM	0.60 L	8:10 PM	4.34 I
5	Sun	2:42 AM	0.27 L	8:45 AM	3.90 H	2:42 PM	0.37 L	8:48 PM	4.53 H
6	Mon	3:24 AM	0.06 L	9:23 AM	4.14 H	3:28 PM	0.18 L	9:25 PM	4.65 1
7	Tue	4:05 AM	-0.11 L	10:00 AM	4.35 H	4:14 PM	0.03 L	10:03 PM	4.68 1
8	Wed	4:45 AM	-0.21 L	10:39 AM	4.51 H	4:59 PM	-0.05 L	10:45 PM	4.62 1
9	Thu	5:24 AM	-0.23 L	11:21 AM	4.63 H	5:46 PM	-0.04 L	11:31 PM	4.46 ]
10	Fri	6:04 AM	-0.16 L	12:10 PM	4.67 H	6:34 PM	0.07 L		
11	Sat	12:25 AM	4.24 H	6:47 AM	0.01 L	1:03 PM	4.66 H	7:29 PM	0.25
12	Sun	1:24 AM	4.00 H	7:37 AM	0.26 L	2:00 PM	4.60 H	8:34 PM	0.44
13	Mon	2:27 AM	3.80 H	8:41 AM	0.50 L	2:59 PM	4.51 H	9:46 PM	0.53
14	Tue	3:33 AM	3.65 H	9:55 AM	0.64 L	4:03 PM	4.42 H	10:55 PM	0.49
15	Wed	4:42 AM	3.59 H	11:05 AM	0.63 L	5:12 PM	4.39 H	11:56 PM	0.35
16	Thu	5:54 AM	3.66 H	12:07 PM	0.51 L	6:21 PM	4.43 H		
17	Fri	12:52 AM	0.19 L	7:00 AM	3.84 H	1:04 PM	0.36 L	7:22 PM	4.54
18	Sat	1:43 AM	0.03 L	7:55 AM	4.08 H	1:57 PM	0.23 L	8:14 PM	4.64
19	Sun	2:32 AM	-0.09 L	08:43 AM	4.28 H	2:48 PM	0.13 L	8:59 PM	4.68
20	Mon	3:17 AM	-0.16 L	09:27 AM	4.43 H	3:36 PM	0.08 L	9:41 PM	4.63
21	Tue	3:59 AM	-0.16 L	10:08 AM	4.49 H	4:21 PM	0.10 L	10:22 PM	4.50
22	Wed	4:39 AM	-0.08 L	10:47 AM	4.47 H	5:04 PM	0.18 L	11:03 PM	4.30
23	Thu	5:16 AM	0.07 L	11:26 AM	4.39 H	5:45 PM	0.33 L	11:46 PM	4.05
24	Fri	5:50 AM	0.29 L	12:06 PM	4.26 H	6:26 PM	0.52 L		
25	Sat	12:31 AM	3.79 H	6:23 AM	0.55 L	12:46 PM	4.11 H	7:08 PM	0.74
26	Sun	1:19 AM	3.55 H	6:54 AM	0.82 L	1:27 PM	3.95 H	7:56 PM	0.96
27	Mon	2:09 AM	3.34 H	7:25 AM	1.06 L	2:09 PM	3.81 H	8:55 PM	1.13
28	Tue	3:00 AM	3.19 H	8:11 AM	1.27 L	2:55 PM	3.71 H	10:00 PM	1.18
29	Wed	3:54 AM	3.12 H	9:36 AM	1.37 L	3:47 PM	3.67 H	11:01 PM	1.10
30	Thu	4:51 AM	3.13 H	10:50 AM	1.29 L	4:47 PM	3.70 H	11:53 PM	0.92

Spuvten Duvvil

SE4

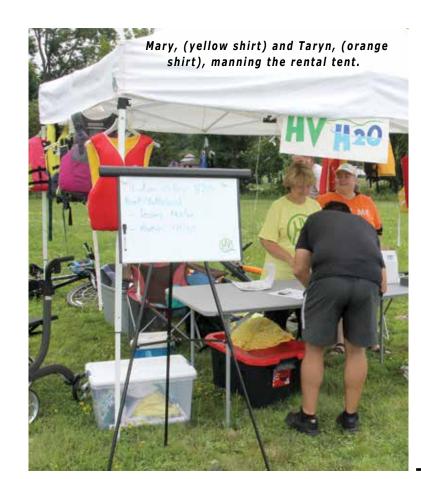
Haverstraw



### **Tarrytown** Wed 12:47 AM 0.88 L 6:24 AM 2.63 H 12:36 PM 0.97 L 6:34 PM 3.15 H 1:37 AM 0.75 L 7:24 AM 2.70 H 1:28 PM 0.85 L 7:33 PM 3.27 H Thu Fri 2:24 AM 0.58 L 8:17 AM 2.86 H 2:17 PM 0.68 L 8:24 PM 3.44 H Sat 3:08 AM 0.41 L 9:03 AM 3.05 H 3:04 PM 0.50 L 9:07 PM 3.62 H Sun 3:51 AM 0.22 L 9:42 AM 3.25 H 3:51 PM 0.31 L 9:45 PM 3.77 H Mon 4:33 AM 0.05 L 10:20 AM 3.45 H 4:37 PM 0.15 L 10:22 PM 3.88 H Tue 5:14 AM -0.09 L 10:57 AM 3.62 H 5:23 PM 0.02 L 11:00 PM 3.90 H Wed 5:54 AM -0.18 L 11:36 AM 3.76 H 6:08 PM -0.04 L 11:42 PM 3.85 H Thu 6:33 AM -0.20 L 12:18 PM 3.85 H 6:55 PM -0.03 L Fri 12:28 AM 3.72 H 7:13 AM -0.13 L 1:07 PM 3.89 H 7:43 PM 0.06 L 10 Sat 1:22 AM 3.53 H 7:56 AM 0.01 L 2:00 PM 3.88 H 8:38 PM 0.21 L 11 12 Sun 2:21 AM 3.34 H 8:46 AM 0.21 L 2:57 PM 3.83 H 9:43 PM 0.36 L Mon 3:24 AM 3.16 H 9:50 AM 0.42 L 3:56 PM 3.76 H 10:55 PM 0.44 L 13 14 Tue 4:30 AM 3.04 H 11:04 AM 0.54 L 5:00 PM 3.69 H Wed 12:04 AM 0.41 L 5:39 AM 2.99 H 12:14 PM 0.53 L 6:09 PM 3.65 H 15 Thu 1:05 AM 0.29 L 6:51 AM 3.05 H 1:16 PM 0.43 L 7:18 PM 3.69 H 16 Fri 2:01 AM 0.15 L 7:57 AM 3.20 H 2:13 PM 0.30 L 8:19 PM 3.78 H 17 2:52 AM 0.03 L 8:52 AM 3.40 H 3:06 PM 0.19 L 9:11 PM 3.87 H Sat 18 Sun 3:41 AM -0.08 L 09:40 AM 3.57 H 3:57 PM 0.11 L 9:56 PM 3.90 H 19 Mon 4:26 AM -0.14 L 10:24 AM 3.69 H 4:45 PM 0.07 L 10:38 PM 3.86 H 20 5:08 AM -0.14 L 11:05 AM 3.74 H 5:30 PM 0.09 L 11:19 PM 3.75 H Tue 21 Wed 5:48 AM -0.07 L 11:44 AM 3.73 H 6:13 PM 22 0.15 L Thu 12:00 AM 3.58 H 6:25 AM 0.06 L 12:23 PM 3.66 H 6:54 PM 0.27 L 23 12:43 AM 3.38 H 6:59 AM 0.24 L 1:03 PM 3.55 H 7:35 PM 0.43 L Fri 24 25 Sat 1:28 AM 3.16 H 7:32 AM 0.46 L 1:43 PM 3.42 H 8:17 PM 0.62 L Sun 2:16 AM 2.96 H 8:03 AM 0.68 L 2:24 PM 3.29 H 9:05 PM 0.80 L 26 Mon 3:06 AM 2.79 H 8:34 AM 0.89 L 3:06 PM 3.18 H 10:04 PM 0.94 L 27 Tue 3:57 AM 2.66 H 9:20 AM 1.05 L 3:52 PM 3.10 H 11:09 PM 0.98 L 28 Wed 4:51 AM 2.60 H 10:45 AM 1.14 L 4:44 PM 3.06 H 29 Thu 12:10 AM 0.92 L 5:48 AM 2.61 H 11:59 AM 1.07 L 5:44 PM 3.09 H 30

seatow.com

Wed	1:43 AM	0.81 L	7:09 AM	2.67 H	1:12 PM	0.58 L	7:31 PM	3.45 1
Thu	2:36 AM	0.69 L	8:09 AM	2.75 H	2:08 PM	0.54 L	8:25 PM	3.591
Fri	3:23 AM	0.56 L	9:00 AM	2.89 H	2:59 PM	0.45 L	9:10 PM	3.731
Sat	4:08 AM	0.44 L	9:44 AM	3.05 H	3:47 PM	0.34 L	9:51 PM	3.85 1
Sun	4:50 AM	0.32 L	10:23 AM	3.20 H	4:35 PM	0.23 L	10:29 PM	3.93 1
Mon	5:31 AM	0.21 L	11:00 AM	3.35 H	5:23 PM	0.14 L	11:06 PM	3.95 1
Tue	6:10 AM	0.10 L	11:37 AM	3.49 H	6:09 PM	0.07 L	11:45 PM	3.91 I
Wed	6:47 AM	0.00 L	12:16 PM	3.62 H	6:55 PM	0.04 L		
Thu	12:27 AM	3.82 H	7:23 AM	-0.07 L	12:59 PM	3.72 H	7:42 PM	0.08
Fri	1:12 AM	3.68 H	8:01 AM	-0.09 L	1:46 PM	3.77 H	8:33 PM	0.18
Sat	2:03 AM	3.50 H	8:43 AM	-0.05 L	2:39 PM	3.78 H	9:30 PM	0.33
Sun	3:01 AM	3.31 H	9:33 AM	0.05 L	3:38 PM	3.75 H	10:36 PM	0.47
Mon	4:04 AM	3.16 H	10:34 AM	0.19 L	4:39 PM	3.71 H	11:47 PM	0.56
Tue	5:09 AM	3.04 H	11:44 AM	0.30 L	5:42 PM	3.66 H		
Wed	12:56 AM	0.56 L	6:17 AM	3.00 H	12:54 PM	0.33 L	6:49 PM	3.64
Thu	2:00 AM	0.47 L	7:27 AM	3.04 H	1:59 PM	0.29 L	7:57 PM	3.68
Fri	2:56 AM	0.35 L	8:31 AM	3.16 H	2:57 PM	0.22 L	8:56 PM	3.76
Sat	3:47 AM	0.24 L	9:27 AM	3.31 H	3:50 PM	0.17 L	9:46 PM	3.82
Sun	4:35 AM	0.16 L	10:16 AM	3.42 H	4:41 PM	0.17 L	10:31 PM	3.83
Mon	5:19 AM	0.12 L	11:01 AM	3.50 H	5:29 PM	0.20 L	11:13 PM	3.79
Tue	5:59 AM	0.10 L	11:43 AM	3.54 H	6:15 PM	0.28 L	11:53 PM	3.68
Wed	6:36 AM	0.12 L	12:23 PM	3.54 H	6:58 PM	0.38 L		
Thu	12:32 AM	3.54 H	7:09 AM	0.17 L	1:02 PM	3.53 H	7:40 PM	0.51
Fri	1:13 AM	3.37 H	7:40 AM	0.23 L	1:41 PM	3.50 H	8:23 PM	0.65
Sat	1:56 AM	3.19 H	8:10 AM	0.32 L	2:22 PM	3.48 H	9:09 PM	0.79
Sun	2:44 AM	3.01 H	8:43 AM	0.43 L	3:07 PM	3.45 H	10:02 PM	0.91
Mon	3:39 AM	2.86 H	9:23 AM	0.55 L	3:55 PM	3.42 H	11:02 PM	0.98
Tue	4:35 AM	2.75 H	10:15 AM	0.68 L	4:46 PM	3.39 H		
Wed	12:05 AM	0.97 L	5:32 AM	2.69 H	11:21 AM	0.75 L	5:39 PM	3.38
Thu	1:05 AM	0.88 L	6:31 AM	2.68 H	12:32 PM	0.74 L	6:38 PM	3.401
	Thu Fri Sat Sun Mon Tue Wed Thu Fri Sat Sun Mon Tue Wed Thu Fri Sat Sun Mon Tue Wed Thu Fri Sat Sun Un Fri Sat Sun Sun Sun Mon Tue Wed	Thu     2:36 AM       Fri     3:23 AM       Sat     4:08 AM       Sun     4:50 AM       Mon     5:31 AM       Tue     6:10 AM       Wed     6:47 AM       Tue     6:10 AM       Wed     6:47 AM       Fri     1:12 AM       Sat     2:03 AM       Sun     3:01 AM       Mon     4:04 AM       Tue     5:09 AM       Wed     12:56 AM       Thu     2:00 AM       Fri     2:56 AM       Sat     3:47 AM       Sun     3:519 AM       Wed     6:36 AM       Tue     5:59 AM       Wed     6:36 AM       Thu     12:32 AM       Fri     1:13 AM       Sat     1:15 AM       Sat     1:13 AM       Sat     1:36 AM       Sun     2:44 AM       Mon     3:39 AM       Tue     4:35 AM	Thu     2:36 AM     0.69 L       Fri     3:23 AM     0.56 L       Sat     4:08 AM     0.44 L       Sun     4:50 AM     0.32 L       Mon     5:31 AM     0.21 L       Tue     6:10 AM     0.10 L       Wed     6:47 AM     0.00 L       Wed     6:47 AM     0.00 L       Thu     1:12 AM     3.68 H       Sat     2:03 AM     3.50 H       San     3:01 AM     3.11 H       Mon     4:04 AM     3.16 H       Tue     5:09 AM     0.56 L       Thu     2:00 AM     0.35 L       Sat     3:47 AM     0.24 L       Sun     3:47 AM     0.16 L       Mon     5:19 AM     0.12 L       Tue     5:59 AM     0.10 L       Wed     6:36 AM     0.12 L       Tue     5:59 AM     0.10 L       Wed     6:36 AM     0.12 L       Tue     5:59 AM     0.10 L       Wed     1:232 AM     3.54 H </td <td>Thu     2:36 AM     0.69 L     8:09 AM       Fri     3:23 AM     0.56 L     9:00 AM       Sat     4:08 AM     0.44 L     9:44 AM       Sun     4:50 AM     0.32 L     10:23 AM       Mon     5:31 AM     0.21 L     11:00 AM       Tue     6:10 AM     0.10 L     11:37 AM       Wed     6:47 AM     0.00 L     12:16 PM       Thu     12:27 AM     3.82 H     7:23 AM       Sat     2:03 AM     3.50 H     8:43 AM       Sun     3:01 AM     3.31 H     9:33 AM       Mon     4:04 AM     3.16 H     10:34 AM       Tue     5:09 AM     3.04 H     11:44 AM       Wed     12:56 AM     0.56 L     6:17 AM       Thu     2:00 AM     0.47 L     7:27 AM       Sat     3:47 AM     0.24 L     9:27 AM       Sun     4:35 AM     0.16 L     10:16 AM       Mon     5:19 AM     0.12 L     11:01 AM       Tue     5:59 AM     0.10 L     11:43</td> <td>Thu     2:36 AM     0.69 L     8:09 AM     2.75 H       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H       Tue     6:10 AM     0.01 L     11:37 AM     3.49 H       Wed     6:47 AM     0.00 L     12:16 PM     3.62 H       Thu     12:27 AM     3.68 H     8:01 AM     -0.07 L       Fri     1:12 AM     3.68 H     8:01 AM     -0.05 L       Sat     2:03 AM     3.50 H     8:43 AM     -0.05 L       Sun     3:01 AM     3.31 H     9:33 AM     0.05 L       Mon     4:04 AM     3.16 H     10:34 AM     0.19 L       Tue     5:09 AM     3.04 H     11:44 AM     0.30 L       Wed     12:56 AM     0.56 L     6:17 AM     3.00 H       Thu     2:00 AM     0.42 L     9:27 AM<td>Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H     3:47 PM       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H     4:35 PM       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H     5:23 PM       Tue     6:10 AM     0.00 L     12:16 PM     3.62 H     6:55 PM       Med     6:47 AM     0.00 L     12:16 PM     3.62 H     6:55 PM       Thu     12:27 AM     3.82 H     7:23 AM     -0.07 L     1:259 PM       Sat     2:03 AM     3.50 H     8:43 AM     -0.05 L     2:39 PM       Sun     3:01 AM     3.16 H     10:34 AM     0.90 L     2:49 PM       Tue     5:09 AM     3.04 H     11:44 AM     0.30 L     5:42 PM       Wed     12:56 AM     0.56 L     6:17 AM     3.00 H     12:54 PM       Thu     2:00 AM     0.42 L<td>Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM     0.54 L       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM     0.45 L       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H     3:47 PM     0.34 L       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H     4:35 PM     0.23 L       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H     5:23 PM     0.14 L       Tue     6:10 AM     0.00 L     12:16 PM     3.62 H     6:55 PM     0.04 L       Thu     6:47 AM     0.00 L     12:16 PM     3.62 H     6:55 PM     0.04 L       Thu     12:27 AM     3.82 H     7:23 AM     -0.07 L     12:59 PM     3.72 H       Sat     2:03 AM     3.50 H     8:43 AM     -0.05 L     1:38 PM     3.73 H       Sun     3:01 AM     3.16 H     10:34 AM     0.05 L     3:38 PM     3.71 H       Tue     5:09 AM     3.04 H     11:44 AM     0.30 L     5:42 PM     <td< td=""><td>Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM     0.54 L     8:25 PM       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM     0.45 L     9:10 PM       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H     3:47 PM     0.34 L     9:51 PM       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H     4:35 PM     0.23 L     10:29 PM       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H     5:23 PM     0.14 L     11:06 PM       Tue     6:10 AM     0.10 L     11:37 AM     3.49 H     6:09 PM     0.07 L     11:45 PM       Wed     6:47 AM     0.00 L     12:16 PM     3.62 H     6:55 PM     0.04 L     7:42 PM       Tuu     12:27 AM     3.82 H     7:23 AM     -0.01 L     1:46 PM     3.77 H     8:33 PM       Sat     2:03 AM     3.01 H     9:33 AM     0.05 L     3:38 PM     3.75 H     10:36 PM       Mon     4:04 AM     3.16 H     10:34 AM     0.19 L</td></td<></td></td></td>	Thu     2:36 AM     0.69 L     8:09 AM       Fri     3:23 AM     0.56 L     9:00 AM       Sat     4:08 AM     0.44 L     9:44 AM       Sun     4:50 AM     0.32 L     10:23 AM       Mon     5:31 AM     0.21 L     11:00 AM       Tue     6:10 AM     0.10 L     11:37 AM       Wed     6:47 AM     0.00 L     12:16 PM       Thu     12:27 AM     3.82 H     7:23 AM       Sat     2:03 AM     3.50 H     8:43 AM       Sun     3:01 AM     3.31 H     9:33 AM       Mon     4:04 AM     3.16 H     10:34 AM       Tue     5:09 AM     3.04 H     11:44 AM       Wed     12:56 AM     0.56 L     6:17 AM       Thu     2:00 AM     0.47 L     7:27 AM       Sat     3:47 AM     0.24 L     9:27 AM       Sun     4:35 AM     0.16 L     10:16 AM       Mon     5:19 AM     0.12 L     11:01 AM       Tue     5:59 AM     0.10 L     11:43	Thu     2:36 AM     0.69 L     8:09 AM     2.75 H       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H       Tue     6:10 AM     0.01 L     11:37 AM     3.49 H       Wed     6:47 AM     0.00 L     12:16 PM     3.62 H       Thu     12:27 AM     3.68 H     8:01 AM     -0.07 L       Fri     1:12 AM     3.68 H     8:01 AM     -0.05 L       Sat     2:03 AM     3.50 H     8:43 AM     -0.05 L       Sun     3:01 AM     3.31 H     9:33 AM     0.05 L       Mon     4:04 AM     3.16 H     10:34 AM     0.19 L       Tue     5:09 AM     3.04 H     11:44 AM     0.30 L       Wed     12:56 AM     0.56 L     6:17 AM     3.00 H       Thu     2:00 AM     0.42 L     9:27 AM <td>Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H     3:47 PM       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H     4:35 PM       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H     5:23 PM       Tue     6:10 AM     0.00 L     12:16 PM     3.62 H     6:55 PM       Med     6:47 AM     0.00 L     12:16 PM     3.62 H     6:55 PM       Thu     12:27 AM     3.82 H     7:23 AM     -0.07 L     1:259 PM       Sat     2:03 AM     3.50 H     8:43 AM     -0.05 L     2:39 PM       Sun     3:01 AM     3.16 H     10:34 AM     0.90 L     2:49 PM       Tue     5:09 AM     3.04 H     11:44 AM     0.30 L     5:42 PM       Wed     12:56 AM     0.56 L     6:17 AM     3.00 H     12:54 PM       Thu     2:00 AM     0.42 L<td>Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM     0.54 L       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM     0.45 L       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H     3:47 PM     0.34 L       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H     4:35 PM     0.23 L       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H     5:23 PM     0.14 L       Tue     6:10 AM     0.00 L     12:16 PM     3.62 H     6:55 PM     0.04 L       Thu     6:47 AM     0.00 L     12:16 PM     3.62 H     6:55 PM     0.04 L       Thu     12:27 AM     3.82 H     7:23 AM     -0.07 L     12:59 PM     3.72 H       Sat     2:03 AM     3.50 H     8:43 AM     -0.05 L     1:38 PM     3.73 H       Sun     3:01 AM     3.16 H     10:34 AM     0.05 L     3:38 PM     3.71 H       Tue     5:09 AM     3.04 H     11:44 AM     0.30 L     5:42 PM     <td< td=""><td>Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM     0.54 L     8:25 PM       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM     0.45 L     9:10 PM       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H     3:47 PM     0.34 L     9:51 PM       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H     4:35 PM     0.23 L     10:29 PM       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H     5:23 PM     0.14 L     11:06 PM       Tue     6:10 AM     0.10 L     11:37 AM     3.49 H     6:09 PM     0.07 L     11:45 PM       Wed     6:47 AM     0.00 L     12:16 PM     3.62 H     6:55 PM     0.04 L     7:42 PM       Tuu     12:27 AM     3.82 H     7:23 AM     -0.01 L     1:46 PM     3.77 H     8:33 PM       Sat     2:03 AM     3.01 H     9:33 AM     0.05 L     3:38 PM     3.75 H     10:36 PM       Mon     4:04 AM     3.16 H     10:34 AM     0.19 L</td></td<></td></td>	Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H     3:47 PM       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H     4:35 PM       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H     5:23 PM       Tue     6:10 AM     0.00 L     12:16 PM     3.62 H     6:55 PM       Med     6:47 AM     0.00 L     12:16 PM     3.62 H     6:55 PM       Thu     12:27 AM     3.82 H     7:23 AM     -0.07 L     1:259 PM       Sat     2:03 AM     3.50 H     8:43 AM     -0.05 L     2:39 PM       Sun     3:01 AM     3.16 H     10:34 AM     0.90 L     2:49 PM       Tue     5:09 AM     3.04 H     11:44 AM     0.30 L     5:42 PM       Wed     12:56 AM     0.56 L     6:17 AM     3.00 H     12:54 PM       Thu     2:00 AM     0.42 L <td>Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM     0.54 L       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM     0.45 L       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H     3:47 PM     0.34 L       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H     4:35 PM     0.23 L       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H     5:23 PM     0.14 L       Tue     6:10 AM     0.00 L     12:16 PM     3.62 H     6:55 PM     0.04 L       Thu     6:47 AM     0.00 L     12:16 PM     3.62 H     6:55 PM     0.04 L       Thu     12:27 AM     3.82 H     7:23 AM     -0.07 L     12:59 PM     3.72 H       Sat     2:03 AM     3.50 H     8:43 AM     -0.05 L     1:38 PM     3.73 H       Sun     3:01 AM     3.16 H     10:34 AM     0.05 L     3:38 PM     3.71 H       Tue     5:09 AM     3.04 H     11:44 AM     0.30 L     5:42 PM     <td< td=""><td>Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM     0.54 L     8:25 PM       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM     0.45 L     9:10 PM       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H     3:47 PM     0.34 L     9:51 PM       Sun     4:50 AM     0.32 L     10:23 AM     3.20 H     4:35 PM     0.23 L     10:29 PM       Mon     5:31 AM     0.21 L     11:00 AM     3.35 H     5:23 PM     0.14 L     11:06 PM       Tue     6:10 AM     0.10 L     11:37 AM     3.49 H     6:09 PM     0.07 L     11:45 PM       Wed     6:47 AM     0.00 L     12:16 PM     3.62 H     6:55 PM     0.04 L     7:42 PM       Tuu     12:27 AM     3.82 H     7:23 AM     -0.01 L     1:46 PM     3.77 H     8:33 PM       Sat     2:03 AM     3.01 H     9:33 AM     0.05 L     3:38 PM     3.75 H     10:36 PM       Mon     4:04 AM     3.16 H     10:34 AM     0.19 L</td></td<></td>	Thu     2:36 AM     0.69 L     8:09 AM     2.75 H     2:08 PM     0.54 L       Fri     3:23 AM     0.56 L     9:00 AM     2.89 H     2:59 PM     0.45 L       Sat     4:08 AM     0.44 L     9:44 AM     3.05 H  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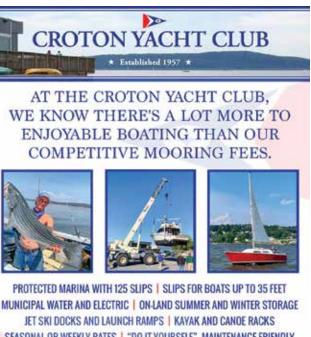
Pollinated **5** Pathways

ropes to creating awareness and partnering with other community groups. Networking among the boating community has resulted in a paddle race now scheduled for October 9th.

The paddle race scheduled for 2020 had to be postponed due to COVID-19 as was the 2020 and 2021 spring fundraisers and the stand-up paddle board lessons for the 2020 summer season. But the volunteers made good use of the COVID shut down by: getting kayak certifications so kayak lessons could be offered; purchasing and refurbishing a trailer that stores a dozen boards; submitting a grant application under the City of Peekskill's DRI fund; and partnering with the City's Parks Department.

So with two years of operations under their belt, what has the volunteers and board members of HVH2O learned? Stay flexible. Be nimble. Look for partners and collaborators. Awareness takes time. Stay committed and consistent. Opportunities come at unexpected times so be ready. Respect each person's skills and contributions. Most importantly stay focused on the mission and vision. Don't get distracted. Six people can accomplish a lot when working together and in sync.

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57