

2023 Hudson Valley Regional Open



Saturday - June 3, 2023
at



Gold's Gym Dutchess County
Fishkill • LaGrange

258 Titusville Rd, Poughkeepsie, NY 12603

This is a sanctioned USA Weightlifting competition. This Hudson Valley premier event is **also a fundraiser for the Cancer Research Institute!** At least 75% of the proceeds will go to them. We are also asking for everyone to donate on top of our promised amount.

Register Here



Fight Cancer here



Come join us! Free admission for spectators.

More info at Cuppajoeweightlifting.com