

How to Interpret the Weather Conditions

1. Visit: <https://weather.com> and enter Sunderland's Zip Code of 01375.
2. Navigate to **Hourly** weather reports.



3. Check the windspeed and rain amount. It is not recommended to paddle if the windspeed is greater than 10 mph. We do not recommend paddling with any amount of rain.
4. Navigate to **Radar** weather reports. Check to see if there are any expected thunderstorms nearby. Anything between the New York border and Sunderland is less than an hour away.