



The Rye YMCA and Rye Recreation Trip Across New York!



Everything You Need to Know

Q: When is the Trip Across NY?

A: October 2-30, 2021

Q: Who can participate?

A: Everyone! Kids, adults, families, school or friend groups. Do it by yourself or form a team!

Q: How can I sign up?

A: Registration is required. You can sign up at: www.ryeymca.org or www.ryeny.gov/government/recreation-department

Q: Is there a cost to participate?

A: No, this is a free event sponsored by the Rye YMCA and Rye Recreation.

Q: How does it work?

A: Once you register, we will send you information about 8 different NYS regions: New York City, Long Island, Westchester County, Hudson Valley, Capital District, The Adirondacks, Western NY and the Finger Lakes. For each region, there will be 4 different routes, one for each week of the activity. You can stick with one region, or try a different region each week. And if you don't finish a full route in a week—no worries! You set your own goals!

Track your progress using your Fitbit, phone or a pedometer. You can walk, swim, bike or wheel across your route. Conversion information for swimming and walking will be included on the routes document. We have a limited number of pedometers for those who need them, courtesy of Greenwich Hospital.

And along the way, learn fun facts and answer trivia questions about New York State!

Q: Will there be a way to compare notes with others?

A: Yes! Visit our special "Trip Across NY" Facebook page at: <https://www.facebook.com/Trip-Across-NY-108508834884551> for you to post news of your progress, photos and more. We will also post photos at the Rye Y and Rye Rec and on these organization's social media accounts.

Q: Will there be prizes?

A: Every kid will receive a sneaker key chain from the Rye Y, a fidget popper from Rye Rec and a certificate. Every participant will be entered into a raffle to win a Rye YMCA one-year youth membership (value: \$306) or a Rye Rec child's birthday party (value: \$225). Note: you must turn in your tracking sheet to be entered into the raffle.