



February 1 - 28, 2023

RALLY for the **Y**
RALLY. RIDE. RAISE.

**Join the RALLY for the Y and help
impact your community!**

1. Register for the Rally—Go to RallyForTheY.com

Click on **join challenge**. If you are already a registered Espresso rider you will choose **Sign in** or if you are a new Espresso rider, you will choose **Register now**. Finally, you choose our team to join, YMCA—Lebanon.

2. From Feb. 1-28 ride on one of our 4 Espresso bikes located in the front row at the windows in the wellness center.

See a fitness staff member for any assistance.

3. Espresso will donate \$0.10/mile for every registered cyclist.

4. Help raise more money by asking friends and family to sponsor your riding.

Once you are registered for the Rally, you will receive a message that you can customize a unique support link that you can share with friends and family.

All money raised during our **RALLY FOR THE Y** will go towards our **Annual Campaign** which helps families of all income levels in our community gain access to the Y's membership and programs including things like summer camp, youth sports, swim lessons and childcare.

