



Massachusetts 4-H Program

“4-H Across America”

Information

“4-H Across America” is a program in which 4-H members, volunteers, and families exercise their way across America – “virtually speaking” - from Boston, Massachusetts to Sacramento, California. This program is open to everyone in 4-H-youth, volunteers, parents, supporters. “4-H Across America” will take place from May 15-October 1.

Here’s how it works:

- Create a four-person team, and give yourselves a team name. If you can’t field a full four-person team, submit your registration and we will place you on a team. Use this form. Registration deadline is May 15th.
- Every team that completes the “virtual” journey across America will receive a medallion for each team member.

Get on the road:

- Each team member will keep track of exercise mileage – whether by walking, jogging, biking, riding, rollerblading, skiing or swimming - any type of exercise as long as you can track the mileage. **The only allowable countable mileage is exercise via walking, jogging/running, horseback riding, using an elliptical, biking and swimming or team sports (see below).**
- **On the last day of each month from May 15 to October 1**, the team captain will submit their team’s total mileage. You will be on the honor system. We will communicate with the team captain, if there are updates or questions

Keep track of your progress:

- We will plot the progress of each team on a map of the United States on Facebook - beginning at Boston and ending in Sacramento.
- When submitting your mileage, please be specific. For example: 2 miles biking, 5 miles running, 2 miles swimming. Send in your actual mileage. We will convert it.

Here are the exercise/mileage ratios (we will also be sending you information for exercising per hour):

Horseback riding	1 mile=10 miles
Bike	1 mile= 15 miles
Walking/Jogging/Running/ Elliptical/Rollerblading/	
x-Country skiing	1 mile = 20 miles
Swimming	1 mile = 30 miles
General Exercise	30 minutes= 5 miles
Chores	30 minutes= 5 miles

Once the pandemic restrictions are lifted, we will also include team sports. Team sports such as lacrosse, basketball, baseball, softball, soccer, cheerleading, football, field hockey, gymnastics, wrestling, golf, hockey, tennis and skiing are included. The equivalent for a 1 hour game or practice=10 miles

You will receive a monthly e-mail detailing your team’s progress and you can follow all of the teams on Facebook.

If you have any questions or comments, please feel free to contact the staff listed on the bottom of the next page.

So, get moving, get fit, and help your team with “4-H Across America!”

“4-H Across America”

Registration

Team Name _____

Team Captain _____

Team Members

Name _____ Age _____ County _____

4-H Club Name _____ Email _____

Name _____ Age _____ County _____

4-H Club Name _____ Email _____

Name _____ Age _____ County _____

4-H Club Name _____ Email _____

Name _____ Age _____ County _____

4-H Club Name _____ Email _____

“4-H Across America” Staff

Send your team registrations to:

Meaghan McDermott, memcdermott@umass.edu if you are in Worcester County

Jay Field, jfield@umext.umass.edu if you are in Norfolk or Bristol County

Tom Waskiewicz, waskiewicz@umext.umass.edu if you are in Hampden, Berkshire, Franklin, Middlesex, Essex, Plymouth, Barnstable, Suffolk or Hampshire County



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