



THE BOSTON FIRE ROWATHON

APRIL 1-27 2025

As a team, row a marathon (42,195 meters) on the Concept 2 RowERG. Each team must be composed of members from the same fire house.

Teams will have two ways to complete this year:

1. In Person at The Phoenix at 10:00am on Sunday, April 27th 2025.
2. In your Firehouse during April (1st - 27th).

Submissions for teams completing the Rowathon in their firehouse are due by Wednesday, April 30th @ 12:00pm.

Training to help prepare for the Rowathon will be emailed each Monday leading up to the event. These workouts are to supplement your current workout regimen.

Please see bfdhealthandladders.com for complete details.