



GREAT PELOTON RIDE OF 2023

DEC 1-31 2023

Cycle as much as possible in 30 days! Members may use either their firehouse or personal Peloton bike, but only workouts completed on a Peloton are eligible. Spin classes or rides completed on other spin bikes are NOT accepted. The firehouse with the highest averaged ranking wins.

How to Play:

1. Complete as many rides as possible during December.
2. Rides must be at least 20 minutes long. Rides less than 20 minutes do not count.
3. On 12/31, members will screenshot their 30 day history and forward to their Team Captain.

Firehouses will be ranked in 6 categories using each member's 30 Day stats from December: Number of workouts completed, total time (hr/min), total distance (miles), total calories (kcal), total output (kj) and total participants (FFs). Single Engine Companies will have their totals multiplied by 2.

Firehouse Team Captains: Forward your firehouse's total in each category to healthandladders@boston.gov by noon on Wednesday, January 3rd. For complete details please visit healthandladders.com.