



THE BOSTON FIRE ROWATHON

APRIL 11-15 2024

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 14th 2024.
2. In your Firehouse, as we have done the last 2 years.

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 healthandladders.com for complete details.