



# GREAT PELOTON RIDE OF 2024

## DEC 1-31 2024

**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](mailto:healthandladders@boston.gov) by noon on Monday, January 6th. For complete details please visit [bfdhealthandladders.com](http://bfdhealthandladders.com).