



VIRTUAL PAN MASS CHALLENGE

AUG 11-14 2023

As a firehouse, complete **211** miles on the Echo or Assault Bike. Miles do NOT need to be completed in one sitting. Teams may break up the ride into as many segments as needed but must take a photo of the monitor after each completed interval (time & miles). The sum of all intervals must equal 211 miles. As always, members must be from the same firehouse.

Firehouse Team Captains will forward total time and documentation to healthandladders@boston.gov by 1200 hrs on Wednesday, August 16th. Firehouse with the fastest time wins.