

• CREATE AN ACCOUNT. P.



- JOIN TEAM HENRICO'.
- JOIN 'FALL TEAM CHALLENGE'.
- USE A CONCEPT 2 ROW-BIKE-SKI ERG
- LOG ONLINE OR APP.





THE FITNESS & WELLNESS **DIVISION INVITES YOU TO JOIN OUR 2024 TEAM HENRICO ROW-BIKE-SKI** ERG FALL TEAM!

DATES: SEPTEMBER 15 - OCTOBER 15

- ALL HENRICO COUNTY EMPLOYEES ARE **ELIGIBLE TO PARTICIPATE.**
- WE ARE STRIVING FOR 1ST PLACE WORLDWIDE!
- **EARN A T-SHIRT BY ACCOMPLISHING A 1/2** MARATHON OF METERS TOTAL (21.097M).
- TOP 20% FINISHERS ON TEAM EARN A MOBILITY



• TO PARTICIPATE VISIT HERE:

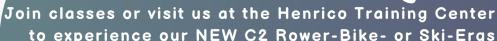


DOWNLOAD THE CONCEPT 2 "ERGDATA" PHONE **APP FOR BLUETOOTH CAPABILITY & EASIER ACCESSIBILITY & TRACKING.**

TEAM CAPTAIN: Joshua Gaskins

gas001@henrico.gov 💟 804-501-7218







CREATE AN ACCOUNT

ROW-BIKE-SKI for meters!

SEPTEMBER 15 - OCTOBER 15





Earn a t-shirt by accomplishing a 1/2 marathon of meters total (21,097m).

TRACKING



Top 20% finishers on team earn a mobility fitness tool.

TEAM CAPTAIN: Joshua Gaskins gas001@henrico.gov

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