






# 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 FITNESS TOOL.**

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



- **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 

Join classes or visit us at the Henrico Training Center to experience our NEW C2 Rower-Bike- or Ski-Ergs



HENRICO COUNTY  
**HUMAN RESOURCES**  
Engage • Educate • Empower

## 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).



## ACCESSIBILITY & TRACKING



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

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