



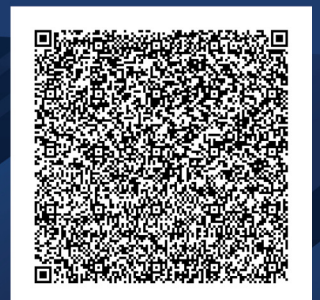
ROWING CHALLENGE

23 SEPT-11 OCT | 0500-1800 | FREE
WASHINGTON NAVY YARD FITNESS CENTER

- An individual challenge using the Concept 2 Rower at NSAW Fitness Center
- Row a Marathon (exactly 42,195 meters) within 15 days.
- Participant will use log sheet to record meters
- First (5) finishers will receive a NSAW Fitness Center prize

Open to all with base access.

REGISTER HERE!



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