

# Get Fit. Save Dogs. Join Me.

Learn about indoor rowing and/or Challenge yourself to row a huge amount in 30 days. Raise awareness and support for dogs in need of life-saving rescue.



**Free Dog Fitness** is recruiting team members for the Concept2 free indoor rowing challenge.

The Fall Challenge starts on 9/15 and ends on 10/15. Anyone in the world can join our team. Beginners to Experienced rowers all are welcome. No cost to you to participate.

The poster for the 2024 Fall Team Challenge features the Concept 2 logo at the top. Below it is a circular graphic with a fall leaf pattern containing the text "2024 FALL TEAM CHALLENGE Sept. 15-Oct. 15". The main title "THE CHALLENGE" is in red. Below the title is a list of four bullet points: "Form a team or join a team.", "Get all team members to row, ski or ride as many meters as they can from September 15 to October 15.", "Log the meters online.", and "Learn more at concept2.com/ftc.". The bottom half of the poster shows a photograph of three people using Concept 2 rowing machines in a gym. At the bottom, the text "CONCEPT2.COM/CHALLENGES" and "#c2challenge 800.245.5676" is displayed, along with logos for RowERG, SkiERG, and BikeERG.

## How to Join

- (1) Learn more about the Fall Team Challenge here: <https://log.concept2.com/challenges/ftc>
- (2) Follow the Concept 2 instructions here to join a Team: <https://log.concept2.com/challenges/help/joining-team>

**Search for Free Dog Fitness and send your request to join.**

Once you have been accepted onto the team, **please be sure to indicate that you are participating in the Fall Team Challenge.** Messages will be sent to team members to remind us all to register for the Fall Team Challenge.

**Bonus Steps:**

- (3) **Load the ErgData app on your phone** to make syncing your log to any Concept2 rower a breeze. <https://apps.apple.com/us/app/ergdata/id561716382>
- (4) Join **Free Dog Fitness's private FB group** here for team support and leaderboard updates: <https://www.facebook.com/share/g/149xJHHzMa/>
- (5) **Set a goal in meters for yourself of any amount and get to work on 9/15.**  
Concept2 will provide digital certificates for those hitting 100,000 or 200,000 meters in 30 days! But any amount is going to help out team climb the leaderboard!  
Row as much as you can between 9/15 and 10/15.  
All team meters are added to together so all our meters count.
- (6) **Not required but highly encouraged:** Purchase a **Free Dog Fitness Indoor Rowing Team Meters for Mutts** shirt to commemorate your participation in this 30 day challenge:  
[https://www.bonfire.com/limited-edition-indoor-row-24/?utm\\_source=copy\\_link&utm\\_medium=campaign\\_page&utm\\_campaign=limited-edition-indoor-row-24&utm\\_content=default](https://www.bonfire.com/limited-edition-indoor-row-24/?utm_source=copy_link&utm_medium=campaign_page&utm_campaign=limited-edition-indoor-row-24&utm_content=default)  
**\* All proceeds from shirt sales (and additional donations) are sent directly to NorthStar Pet Rescue (<https://www.northstarpets.org/>), a small non-profit that rescues dogs from high kill shelters.**



Free Dog Fitness is a Charity-Focused Fitness Club created and sponsored by Creating Momentum Coaching.

[www.CreatingMomentumCoaching.com](http://www.CreatingMomentumCoaching.com)