

Survive, Thrive & Be Fit!



3rd Annual Lake Michigan Crossing!

Some of the nineteen ST&BF Survivor-Athletes/Rowers after completing the 1st Annual Lake Michigan Crossing in March of 2016!

Saturday, March 10th ● Start: 7AM

Sheboygan YMCA ● 812 Broughton Drive ● Sheboygan

- The Survive, Thrive & Be Fit Indoor Row Team is made up of survivor-athletes of varying interests and abilities – from casual to more competitive rowers!
- Survivor-athletes will rotate legs between 500m and 2000m until we reach our 100K goal distance.
- There is still time to join the ST&BF Indoor Row Team and be part of this fun Team Challenge!

For more information contact Tim at 920.457.2223 or trenzelmann@physhealthnet.com

