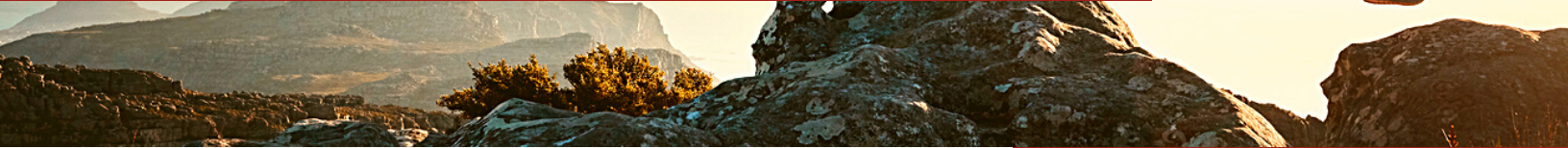


# THE MILE MARKER

Official Newsletter of the Roanoke 100 Miler



## Celebrating Week 1 Triumphs!

Greetings, 100 Miler Community! As we embark on the second edition of The Mile Marker, we can't help but revel in the incredible stories, experiences, and triumphs shared during the inaugural week. Our newsletter is more than just a collection of updates; it's a canvas painting the diverse and inspiring paths taken by each participant.



## T-Shirt Time

Once registration closes I will reach out with more info on pickups!



## Group Walks

- Jan 27- Fallon Park
- Feb 13- Washington Park
- Feb 25: 1/2 Way Social

## Sponsor Spotlight: Powering Our Milestones

The Liberty Trust is the newest boutique hotel in Downtown Roanoke, Virginia.





## Tips

### CELEBRATE SMALL WINS

Every mile covered is an achievement. Acknowledge and celebrate your progress, no matter how small. Positive reinforcement goes a long way in maintaining motivation.



**Check out how one of our PLAY Roanoke staff gets in her miles without leaving her office!**

## Upcoming

PLAY ROANOKE OFFERINGS

Sat, Jan 13: History of Carvins Cove Hike

Sat, Feb 3: Adult Dodgeball Tournament

Mon, Mar 11: Sound Bath Series

Sun, Apr 7: PLAY Pride Kickball Spring 2024

**CATALOG LINK**



In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

MARIANNE WILLIAMSON

## Participant Highlight

KUDOS TO JILL ON HER LIFE-CHANGING JOURNEY!

I'm really wanting to connect with some more people with common goals! I started exercising by walking last year. I've done two 5k's since then (not fast at all) and am now doing a Couch to 5K program. I'm down almost 80 pounds as well. - Jill C.

## Prize Winners

Our first Group Walk event was a hit and we gave away three prizes!

Congratulations for Jim, Kristen and Max for being our first winners.

This week's prize drawings went to:

One Night Stay at The Liberty Trust- Renee P  
A New Slate Salon Product Box- Vianna G

