

# THE MILE MARKER

Official Newsletter of the Roanoke 100 Miler

## OUR SECOND MONTH

February brings with it new challenges, fresh perspectives, and exciting growth opportunities. Whether you're pacing through the familiar paths or discovering hidden gems, every stride counts towards your goal.

Let's keep the momentum strong and the spirits high!



## T-SHIRT PICKUPS

Monday, February 5: 2:00 -5:30 pm-  
Fishburn Mansion

Tuesday, February 13: 5:30 pm @  
Washington Park (Group Walk)

## STEP BACK IN TIME AT THE HISTORIC FISHBURN MANSION!

Calling all history buffs and curious minds! Did you know that Roanoke boasts a hidden gem - the Historic Fishburn Mansion, open to the public Monday through Friday? Built in 1907 by prominent local figure Junius B. Fishburn, this grand 42-room Georgian Revival mansion offers a glimpse into Roanoke's rich past.



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"Sometimes the most scenic roads in life are the detours you didn't mean to take."

ANGELA N. BLOUNT



**ironoak  
FITNESS**

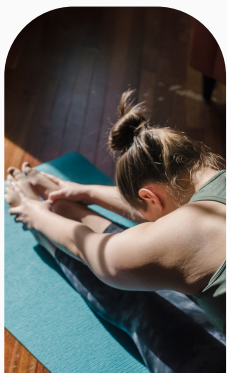


## CONGRATS TO OUR PRIZE WINNERS!

Queenpin Acupuncture Consult and treatment:  
Jeremiah J  
PLAY Roanoke Sweater: Christopher B

## UPCOMING PROGRAMS

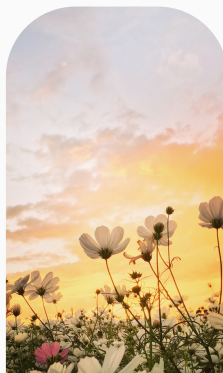
Embrace movement. Live actively. Click photo for links.



**YOGA:  
MULTIPLE  
OFFERINGS**



**SUN, APR 7:  
PLAY PRIDE  
KICKBALL**



**TUES, MAR 19:  
SPRING  
SOLSTICE  
CELEBRATION**



**#Roanoke100Miler**

Use #Roanoke100Miler to share your activities!

**INTERESTED IN BEING  
A GROUP WALK LEADER?  
LET ME KNOW!**

## GROUP WALKS

Feb 13: Washington Park 5:30 pm  
Feb 25: 1/2 Way Social 10 am  
Mar 13: Countryside Park 6p

