

# THE MILE MARKER

Official Newsletter of the Roanoke 100 Miler



## RECHARGE & RESET

Pushing your limits is awesome, but recovery is key to reaching your peak. Don't just complete the Roanoke 100 Miler, dominate it with a focused recovery plan!

Hydrate daily, prioritize sleep, and eat wisely. After activities do a cool down, stretch, elevate your legs, refuel, and consider an ice bath (optional). Take active recovery days with mobility work and prioritize rest. Epsom salt baths, compression socks, and professional massages can be recovery boosters. Remember, consistency is key for strong, energized finishes and always listen to your body!



ironoak  
FITNESS

"The bad news is time flies. The good news is you're the pilot."

— MICHAEL ALTSHULER





## CONGRATS TO OUR PRIZE WINNERS!

Black Dog Salvage \$25 Gift Card:  
Gates P  
Cooler backpack from Lewis Gale  
Medical Center: Bill M



## T-SHIRT PICKUPS

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

- Anytime the Fishburn  
mansion is open. Mon- Thu  
10-4, or Fridays 10-2.

## #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

## SHARE YOUR FAVORITE WORKOUT MUSIC AND HELP CREATE A COMMUNITY PLAYLIST!

