

THE MILE MARKER

Official Newsletter of the Roanoke 100 Miler

5 WAYS TO SHOW YOUR PARK LOVE DURING THE ROANOKE 100 MILER!

Hey, Roanoke 100 Milers!

As you crush those miles and soak in the fresh air, remember the incredible green spaces that fuel your journey: our parks and greenways! These gems deserve more than just your footsteps - let's show them some love! Here are 5 impactful ways to celebrate during your 100-mile challenge:

- Plan a park playdate or picnic.
- Leave a Positive Paw Print: Follow rules, pick up trash, and minimize your environmental impact.
- Be a Green Hero: Speak up for our greenways – write to officials, join advocacy groups, or simply share your love for these vital spaces.
- Spark Creativity with Nature's Canvas: Capture the beauty of your park adventures. Whether it's photography, painting, or writing!
- Volunteer for a Trail TLC Day: Lend a hand planting, clearing trash, or repairing trails. Every sweat bead helps maintain these natural treasures! Find upcoming events on the Parks & Rec website.



“Physical fitness is the first requisite of happiness.”

-JOSEPH PILATES





**CONGRATS TO
OUR PRIZE
WINNERS!**

2 Personal
training sessions
with Tomorrow
Fitness: Celia W



PLAY Roanoke
hammock: Peter
R



#Roanoke100Miler

Use #Roanoke100Miler to share your activities!

GET READY FOR ADVENTURE: THE GREENWAY SCAVENGER HUNT STARTS MARCH 1ST!

This exciting event will challenge you to become a greenway detective, searching for hidden clues in the form of QR codes scattered across Roanoke's vibrant greenway network.

