

THE MILE MARKER

Official Newsletter of the Roanoke 100 Miler

INTRODUCING THE SPRING EDITION OF THE MILE MARKER! 🌱

As the seasons change and nature bursts into life, we're thrilled to present the latest edition of The Mile Marker, packed with exciting updates and programs to fuel your spring adventures.

Here's what's in store:



ESCAPE ISLAND



PAINT BY NUMBERS
IN THE PARK



(5-12 Y/O) PLAYFUL
EXPLORATIONS:
SENSORY & STEAM

#Roanoke100Miler

Use #Roanoke100Miler to share your activities!

**STAR CITY
HVAC**
HEAT & AIR QUALITY SERVICE
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"It is not the mountain we conquer, but ourselves."

- EDMUND HILLARY

**Tomorrow
Fitness**
WITH TAYLOR



CONGRATS TO OUR PRIZE WINNERS!

An Annual HVAC

Maintenance Package: Greg D.



THE GREENWAY SCAVENGER HUNT STARTS NOW!

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

FLEET FEET

ROANOKE

Queenpin
Acupuncture
www.queenpinroanoke.com

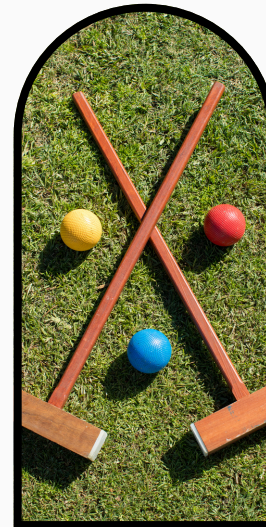
THE

LIBERTY TRUST

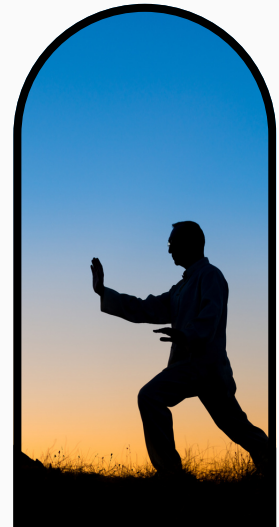
ironoak
FITNESS



BIRDING BIKE TOUR



WICKETS AND WINE -
CROQUET EVENT



TAI CHI (JUNE - JULY
2024)