



Find Your Rhythm and Keep Moving!

★ Week 2

You've officially completed the first week of the Roanoke 100 Miler—congratulations! 🎉 This week's theme is "Find Your Rhythm"—creating a pace and routine that feels natural, enjoyable, and sustainable for the weeks ahead.

Fun Fact of the Week

Did you know that walking to upbeat music (120–140 beats per minute) can naturally improve your pace and endurance? Try creating a playlist of your favorite songs to keep you energized.





Tip Spotlight:

3 TIPS TO STAY CONSISTENT

- 1** Set a Daily Reminder: Use your phone or a sticky note as a reminder to walk at the same time each day.
- 2** Partner Up: Walking with a friend, family member, or pet can make it more fun and help you stay accountable.
- 3** Celebrate the Routine: Reward yourself for sticking to your routine—even if it's just a smiley face on your calendar for every day you walk.

Share your journey with us on social media.

#ROANOKE100MILER
#PLAYROANOKE



Coming Up

SATURDAY, 2/8 GROUP WALK

COUNTRYSIDE PARK: 10:00AM, 2365 Ranch Rd NW. Meet at NE Parking Lot

FIND OUT MORE



Weekly Reflection:

WHAT TIME OF DAY DO YOU FEEL MOST ENERGIZED TO MOVE? TRY STICKING TO THAT SCHEDULE THIS WEEK.

Coming soon, a one-night stay in a King Room!



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This Week's Sponsor Spotlight & Raffle Prize

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This week's raffle prizes go to:

Stanley 30 Oz. IceFlow Flip Straw Tumbler: Katie M

\$25 Wasena Tap House Gift Card: Anna R

PLAY Roanoke Hat: Michelle W



T-Shirt Pickups:

I'll send out the pickup locations and times as soon as
the order comes in!



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