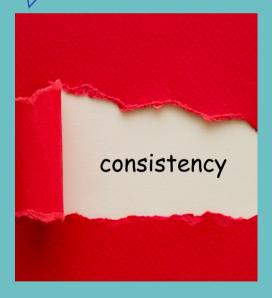


√ Week 3



You're now three weeks into the Roanoke 100 Miler—amazing job!

At this stage, consistency is key. Even on busy days, just getting out for a short walk keeps your progress going. This week, we're focusing on "The Power of Consistency"—how daily movement adds up to big results.

Did you see yourself on the news?

Check out the Kick-Off event news cast from WDBJ.

In this newsletter you will find:

Latest updates, group walk schedule, raffle winners, and more. Keep Reading!



Tip Spotlight:

THE POWER OF CONSISTENCY

Motivation comes and goes, but habits keep you moving forward. Whether you're feeling energized or a little sluggish, showing up for yourself each day—even in small ways—will make all the difference.

Tip: Turn walking into a daily habit by attaching it to something you already do, like taking a post-dinner stroll or walking while on phone calls.



Coming Up

SAT, FEBRUARY 8, 10 A.M.

Countryside Park, 2365 Ranch Rd NW, Roanoke, VA 24017, United States. NE Parking lot.

FIND OUT MORE



Parks and Rec:

- PLAYPRIDE KICKBALL
- ST PATRICKS DAY MURDER MYSTERY
- DIAMOND ART AT THE MANSION
- OUTDOOR PHOTOGRAPHY: WINTER WATER
- MINDFUL COMMUNICATION
 WORKSHOP
 Click each for more info!

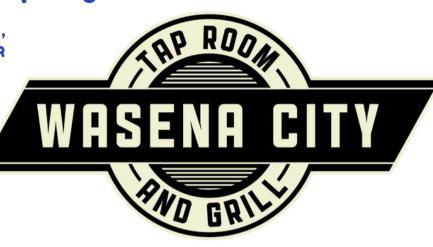


This Week's Sponsor Spotlight & Raffle Prize

THANK YOU TO OUR SPONSOR, WASEAN CITY TAP ROOM, FOR SUPPORTING THIS EVENT!

Relax with friends and satisfy your appetite with a mouthwatering selection of foods and drinks.

With burgers & hot dogs, burritos & tacos, sandwiches & salads, pizzas & more, there is something for everyone to enjoy.



This week's raffle prizes go to:

\$25 RunAbout Sports Gift Card: Julie L C.

Hockey Tickets (1 Pair): Hunter S E.

1 Roanoke Star Rocks Glass: Cat Michelle H

Exciting News: Your Roanoke 100 Miler T-Shirt is Heightie

Your official Roanoke 100 Miler T-shirts have arrived and will be available for pickup starting Tuesday, February 4th at Fishburn Mansion during open hours.

🗂 Pickup Begins: Tuesday, February 4th

Monday - Thursday: 10:00 AM - 4:00 PM

Friday: 10:00 AM - 2:00 PM

🌟 Special Extended Pickup on February 4th: Until 6:30 PM!



