



WELCOME TO OUR

Small Steps, Big Wins



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.

#ROANOKE100MILER
#PLAYROANOKE



How is your comfort this season?



STAR CITY
HVAC

HEAT & AIR QUALITY SERVICE
We service all brands! Licensed & Insured. NATE Certified.
(540) 580-7953



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,
WASENA 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 Here!

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!*



LewisGale
Regional Health System
HCA Virginia



WWW.PLAYROANOKE.COM/100-MILER/