



WELCOME TO OUR

Stay Motivated & Keep Moving!

**Week 4**

You're officially one month in—amazing work! 🎉 Whether you're ahead of schedule, right on track, or catching up, the key to success is staying motivated and keeping up your momentum.

Fun Fact of the Week:

Did you know that walking outside in nature can boost creativity by 50%? If you need fresh ideas or a mental reset, take your walk outdoors! 🌿



In this newsletter you will find:

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



Tip Spotlight:

MOTIVATION TO KEEP YOU MOVING!

◆ **Make Walking Fun:** Listen to an audiobook, try a new route, or challenge a friend to a step competition. What are you listening to? Help us build a 100 Miler playlist!

◆ **Track Your Progress:** Seeing your miles add up can be a huge motivator! Keep logging your miles and celebrating your wins.

◆ **Remember Your 'Why':** What made you sign up for the Roanoke 100 Miler? Reconnect with that purpose to keep yourself going.

#ROANOKE100MILER
#PLAYROANOKE



Coming Up

TUES, FEBRUARY 18, 5:30 P.M.

Glow Walk in the Old Southwest! Join us on February 18th at 5:30 PM for a fun and festive mile walk around the neighborhood. Bring your glowsticks and dress to be seen!

FIND OUT MORE



Parks and Rec Programs

- PLAYPRIDE KICKBALL
- ST PATRICKS DAY MURDER MYSTERY
- DIAMOND ART AT THE MANSION
- OUTDOOR PHOTOGRAPHY: WINTER WATER
- MINDFUL COMMUNICATION WORKSHOP

Click each for more info!



LewisGale
Regional Health System

HCA Virginia

This Week's Sponsor Spotlight & Raffle Prize

**THANK YOU TO OUR SPONSOR,
THE LIBERTY TRUST, FOR
SUPPORTING THIS EVENT!**

Boasting 54 luxurious guest rooms designed with custom-made furnishings, top-quality detailing and finishes, and upscale amenities, the hotel's design is significantly inspired by its original standing as the former historic First National Bank headquarters constructed in the early 20th century.



This week's raffle prizes go to:

\$25 RunAbout Sports Gift Card: Olivia M.

1 Blanket: Madison G

Didn't Pick Up Your T-Shirt Yet?

Your Roanoke 100 Miler T-shirts are available for pickup at Fishburn Mansion during open hours!

Monday – Thursday: 10:00 AM – 4:00 PM

Friday: 10:00 AM – 2:00 PM



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



WWW.PLAYROANOKE.COM/100-MILER/