



WELCOME TO OUR

Kickstart Your 100 Miles



Week 1



Congratulations on starting your 100-mile journey! 🎉 This week is all about setting the tone for the next 14 weeks—finding your rhythm, creating a plan, and getting inspired to take the first step.

The first steps are often the hardest, but you're not alone. Whether you're walking solo, with friends, or joining one of our group walks, this is your chance to create new habits and set goals that inspire you. Remember, every step counts!

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:

HOW TO CREATE REALISTIC ROUTINES AND GOALS

Starting your 100-mile journey is exciting, but the key to success is setting realistic goals and building a sustainable routine. Here are some quick tips to help you get started:

- 1** Start Small, Build Big: Commit to walking a little each day—10 minutes or 1 mile. *Gradual progress adds up!*
- 2** Be Consistent: Find a time of day that works best for you and stick to it. Whether it's a morning walk to energize your day or an evening stroll to unwind, consistency builds habit.
- 3** Set Weekly Goals: Instead of focusing on the big 100 miles, break it into manageable weekly goals. For example, aim for 5–8 miles this week.

DON'T FORGET TO CELEBRATE SMALL WINS!



Coming Up

TUESDAY, 1/21 GROUP WALK

[Shrine Hill Park](#) > [Murray Run Greenway](#) to [Fishburn Park*](#). 2102 Grandin Rd SW.

[FIND OUT MORE](#)



Weekly Reflection:

WHAT INSPIRED YOU TO JOIN THE ROANOKE 100 MILER?

Write it down or share your motivation with us on social media using [#Roanoke100Miler](#).

[#ROANOKE100MILER](#)
[#PLAYROANOKE](#)



Have you checked out the [Wasena City Tap Room and Grill](#)?

This Week's Sponsor Spotlight & Raffle Prize

**THANK YOU TO OUR SPONSOR,
RUN ABOUT SPORTS, FOR
SUPPORTING THIS EVENT!**

RunAbout Sports, specializes in helping runners and walkers find the perfect fit. Using advanced technology, they analyze your gait and foot structure to match you with the ideal shoes. With top-tier footwear, apparel, and accessories, they're here to support your journey every mile of the way. Let's hit those goals together!



This week's raffle prizes go to:

PlayRoanoke Islander Blanket: Lynne G.

Pair of Railyard Dawg Tickets: Bobbi Jo B.

Lewisgale Cooler backpack: Erin L.



T-Shirt Pickups:

Once registration closes on 1/20, I will place the order. I'll send out the pickup locations and times as soon as I know!



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