



WELCOME TO OUR

Love Your Miles



Week 5



Happy Valentine's Day! Whether you're walking solo, with a friend, or with a special someone, this is the perfect time to show some love to your body, your progress, and your community!

This week, we're focusing on "Loving Your Miles"—finding joy in every step and appreciating the journey!

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:

VALENTINE'S WALKING CHALLENGE: SPREAD THE LOVE!

This week, let's walk with intention and heart!

- ✓ Walk with a loved one or pet
- ✓ Share why you love the Roanoke 100 Miler—tag us with #Roanoke100Miler!
- ✓ Write a note of encouragement for a fellow participant or walking buddy

Movement is self-care—so take time to enjoy it!



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](#)



🎵 Help Us Build the 100 Miler Playlist!

- Music makes movement more fun—what's your go-to walking song? 🎵
- Send us an email with your favorite song, and we'll add it to the Roanoke 100 Miler Playlist!



This Week's Sponsor Spotlight & Raffle Prize

THANK YOU TO OUR SPONSOR,
WALK ABOUT OUTFITTER,
FOR SUPPORTING THIS EVENT!



Walkabout Outfitter is an outdoor clothing and gear, family-owned small business run by friendly, expert staff with six locations serving Virginia in Richmond, Harrisonburg, Lexington, Roanoke, Blacksburg, and Williamsburg. We carry high-quality, trusted brands and cater to every level of experience; from AT Thru hikers to casual day hikers and anyone in between. From trail to tavern, we've been encouraging happiness since 2005.

This week's raffle prizes go to:

HVAC Maintenance Annual Service: Michelle S

Walkabout Outfitter Gift Card: Trina N

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



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