



NO. 6

# THE MILE MARKER

FEB 2025

WELCOME TO THE

## Mile Marker



### Pace Yourself & Stay Strong!

You're six weeks into the Roanoke 100 Miler—incredible work! 🎉 Now's the perfect time to check in with your progress and find a pace that keeps you strong, steady, and injury-free for the second half of the challenge.

This week's focus: "Pacing Yourself for Success!"



### T-Shirts Still Available!

Pick up yours at Fishburn Mansion during open hours:

- 1. Monday – Thursday: 10 AM – 4 PM
- 2. Friday: 10 AM – 2 PM



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2025 

# 100 MILER GROUP WALKS

2ND SATURDAY AND 3RD  
TUESDAY OF EACH MONTH

PLAYROANOKE.COM/100-MILER

## Group Walks

- Saturday, March 8, 10 – 11 am – Mill Mountain to Prospect Drive to Blue Cow. Shuttle available.
- Tuesday, March 18, 5:15 pm – Plawking in SE. Hosted by I Heart SE and Roanoke Plawkers.

Find out more via the website



## Raffle Winners

**\$25 RUNABOUT SPORTS  
GIFT CARD**  
BRANDON M.

**1 PLAYROANOKE ISLANDER  
BLANKET**  
ABDULHAMID O.



**LewisGale**  
Regional Health System  
HCA Virginia



## Our Latest Tips

### HOW TO FIND THE RIGHT PACE

A good walking pace should feel challenging but comfortable—you should be able to hold a conversation but still feel like you're working!

- ◆ Slow & Steady: Perfect for recovery walks or long distances.
- ◆ Brisk & Energetic: Boosts endurance and heart health!
- ◆ Interval Walking: Alternate between slow and fast for a great cardio workout.
- 🚶 Try This! Find your natural pace by timing a 1-mile walk and seeing how you feel—adjust as needed!