

STEP up and get moving this fall with the Roanoke Striders! September 15th – December 8th



- Who:** Roanoke businesses, schools, churches, residents, friends, family, everyone!
- Where:** Walking can be done anywhere and everywhere – so grab your shoes and hit the road. Walking routes will be posted in the Town Hall and on discoverroanoke.org.
- How:** **First** – get signed up and get your friends, family, co-workers signed up! Email roanokestriders@yahoo.com and let us know that you're committed to being a part of our community wide program.
- Second** - Wear a pedometer which counts each and every step you take throughout the day (2000 steps equals one mile) or use a step conversion chart which gives you step equivalents for a variety of activities.
- Third** - Keep track of your steps! Pedometers will be available for \$8 & \$12 at Curves, Edward Jones, & Roanoke Elementary School. Tracking forms and conversion charts are available in the Town Hall and on discoverroanoke.org. This is a great way to make sure you're getting enough activity each and every day.
- Fourth** – Each week please email your steps to roanokestriders@yahoo.com or put them in the box located in the Town Hall so we can make sure your steps are added to our running total throughout the 12 week period.
- Fifth** – Prizes will be given away at the end of 12 week program – Gift Certificates, t-shirts, and much more!
- Info:** For additional information, visit www.discoverroanoke.org, see the bulletin board in the Town Hall, or email questions to Roanokestriders@yahoo.com or call Katie Law at 672-2383 or Valerie Powers at 494-0222.



Roanoke Striders t-shirts will be available to purchase - call Katie Law or Valerie Powers.

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Curves	Economy Machine	Edward Jones	National City
Northstar Accounting	Powers of One	Ruesser Design	State Farm
Dr. Schwieterman	Village Chiropractic	American Specialty	Joseph Decuis
Main Street Signs	Roanoke Chamber	InTouch Massage Ther.	
Subway	Three Rivers Running Co.		

Our community goal is 75,000 miles!