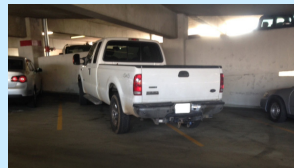


Safety is as simple as ABC— Always Be Careful when garage or lot parking

- Leave room for other parkers, please don't take up two spaces.
- If another car is parked over the painted line, don't follow suit and park over the line. This crowds vehicles and can lead to door dings.
- Slow down and obey the speed limits
- Watch for pedestrians, never assume they see your vehicle
- Watch for cars backing out of spaces, especially in corners or in turns
- Slow down on ramps
- Follow the arrows and directional signs
- Be courteous – everyone makes mistakes
- Park as far forward as possible
- If driving a large vehicle, don't park near a turn or in a curve.
- Don't walk between vehicles, stay in crosswalks
- If you are unable to locate your vehicle, don't be afraid to ask a parking attendant or police officer for help.



For more information on Parking Safety, visit us at www.PARKRoanoke.com/safety

Did You Know?

- PARK Roanoke has 4,000 parking spaces downtown! It's easy to PARK Once and enjoy all downtown has to offer.
- Signing up for monthly parking is easy:**— call 343-0585 for details or visit us on the web. With a short application form, we can have you on your way to safe, convenient parking !
- Market Lot Lunch Time**
Rate is \$1.50 from 11:30 am to 1:30 pm
- Disabled drivers with a valid placard or license plate may park at any daily space in garages only and receive the first hour of parking for free until 4:00 p.m. Monday through Friday**
- Early Bird Rate** is \$4 at Campbell Garage for entry before 9 am

February is Heart Health Month and parking can help you!

Yes that's right—there are many ways that our parking facilities may be used to help with exercise and health. Parking is not always about cars. It's really about people. Whether you are living or working downtown, the City offers a mobile and pedestrian friendly environment. It is possible to PARK Once and walk to your destination. PARK Roanoke promotes a healthier lifestyle by encouraging more walking or simply taking the stairs. That's one easy way to improve your health. Health professionals recommend 30 minutes of moderate physical activity daily for three or more days a week. Adults can reduce their risk of developing heart disease, diabetes, and high blood pressure, and also can improve the quality of life by adding a modest amount of physical activity to their day. One way to achieve daily physical activity is to take advantage of resources available each day such as your nearby Parking Garage or Lot. Incorporate stairs or walking into daily activities that you would be doing anyway. Studies have shown that people are most likely to stick to exercise when it is a part of their daily lives. Here's some ideas on how PARK Roanoke can help you:

- *Park in the farthest parking spot and walk the rest of the way.
- *Use the stairs instead of the elevator
- *Can't make it to the top? Try taking the stairs down instead of the elevator.
- *Park farther from the stairs or elevator.

Even brief bursts of activity such as a 10 minute walk can improve your concentration, creativity, and performance! Do a little bit more and walk more often. Walk around the building, parking garage or lot before you go to your car. Schedule time each day for walking. Walking is a great way to start being active more often and to help with your heart health and overall well-being.



Visit our Facilities:

- Campbell Garage
- Center in the Square
- Church Avenue Garage
- Elmwood Park Garage
- Gainsboro Garage
- Market Garage
- Tower Garage
- Elmwood Lot
- Higher Education Lot
- Market Lot
- Warehouse Row Lot

Thank you for Parking with us!

PARK Roanoke
117 Church Ave., SW
Roanoke, VA 24011
(540) 343-0585
parking@PARKRoanoke.com



Payments for Monthly Parking and Citations may be paid on-line or over a toll free telephone line.

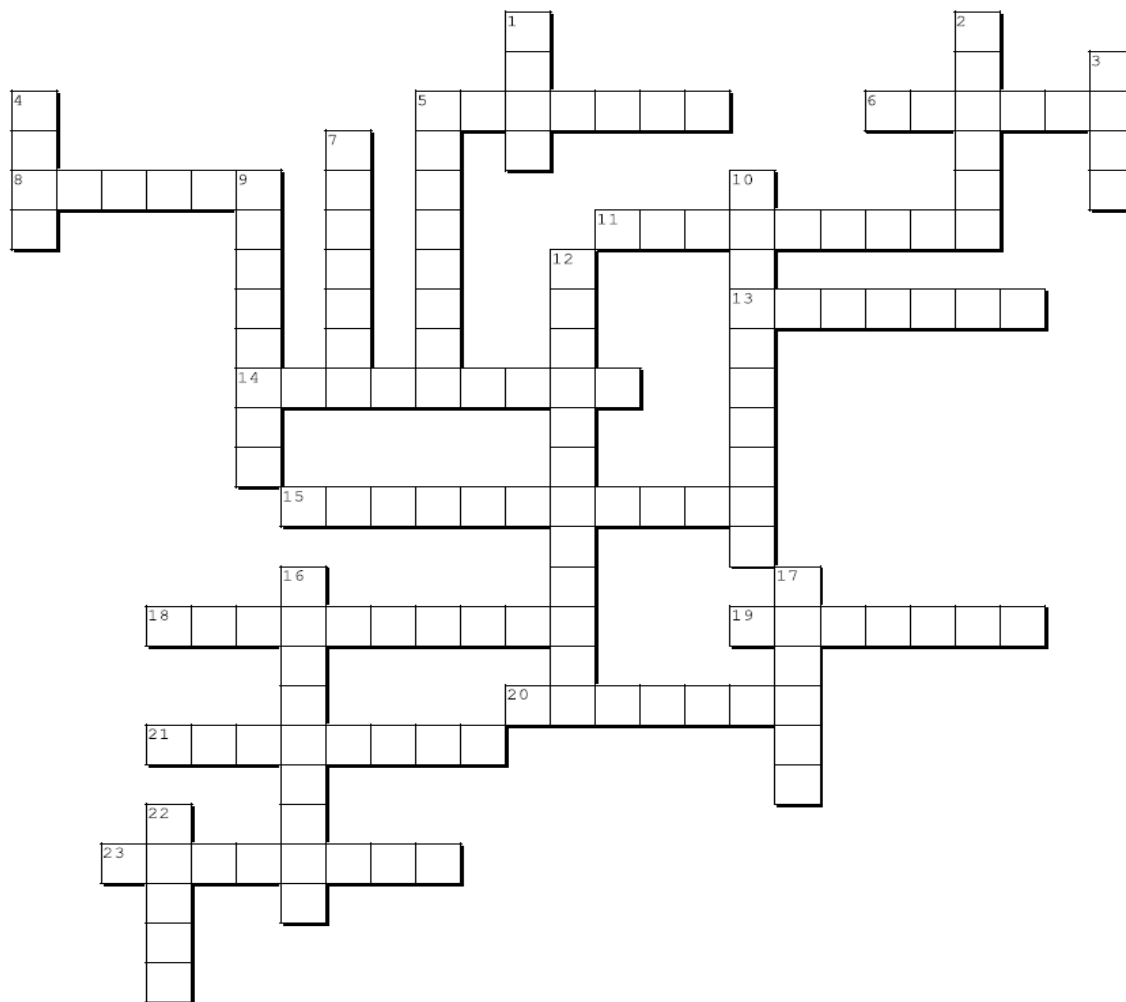
www.PARKRoanoke.com/payments or dial 1-888-272-9829 Option 3 and Use Jurisdiction Code 6246 A nominal processing fee applies to credit/debit card/e-check payments.

PARK Roanoke
P. O. Box 83
Roanoke, VA 24002
117 Church Avenue, SW
Roanoke, VA 24011
Phone: 540-343-0585
Fax: 540-342-6447
E-mail: parking@PARKRoanoke.com

IT'S EASY TO PARK ONCE AND ENJOY ALL THAT DOWNTOWN ROANOKE OFFERS!

PARK Roanoke Crossword Puzzle

Complete the crossword below



Across

- 5. 3 types of parking: daily, reserved, and
6. Synonym for a driver or Spiderman 'Peter
8. PARK Roanoke offers 4,100 of these parking spaces
11. Often called a cashier, but is so much more
13. Helps us improve
14. _____ gets the worm or a parking discount
15. Located in 12 places
18. Parking with a Purchase
19. Your rear view mirror needs this
20. The url is www.PARKRoanoke.com
21. You're on your own with this box
23. The Epicenter of the Roanoke Valley

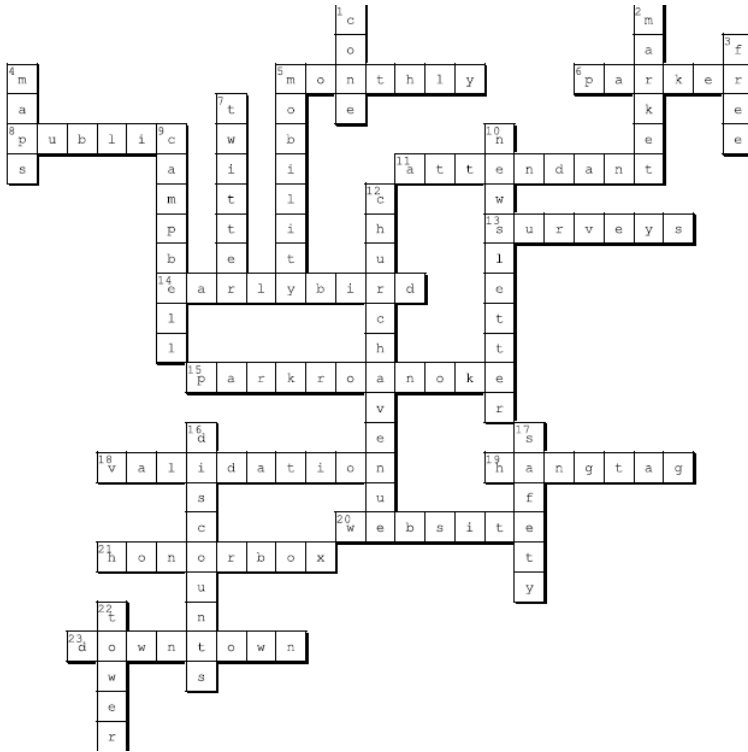
Down

- 1. A geometric shape to control traffic
2. Garage with a Makeover
3. Parking on Sundays
4. Used for locating parking
5. Walking, driving, buses, biking, etc...
7. Social Media for quick parking news
9. The newest garage
10. Monthly information vehicle
12. The Guggenheim-like garage
16. What early birds and students have in common
17. Applies to both drivers and pedestrians
22. Garage synonymous with obelisk, monolith, fortress

For more parking information visit us at
WWW.PARKROANOKE.COM

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REMEMBER TO ALWAYS LOCK YOUR DOORS AND TO REMOVE ALL VALUABLES # 9PM ROUTINE

