



Charleston Distance Run  
Charleston, WV  
[www.charlestdistancerun.com](http://www.charlestdistancerun.com)

News Release  
NEWS RELEASE

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### **Kids Can Be Part of Distance Run With Children's Fun Run**

**Charleston, W.Va., June 14, 2012** — Kids can do more than cheer on Dad and Mom in the Charleston Distance Run. They can lace up their shoes and break from the starting line in their very own race.

The Charleston Distance Run Children's Fun Run is scheduled 6:30 p.m. Friday, Aug. 31. Participation in the event, for children ages 4-12 years, is free. An advance mail-in registration form is available at [www.charlestdistancerun.com](http://www.charlestdistancerun.com). Registration also is being offered the day of the event from 4:30 p.m. to 6 pm. in the lobby of the Charleston Civic Center. Races begin on Clendenin Street between Quarrier and Lee streets across from the entrance of the Charleston Town Center.

"It's a great way for kids to be active and feel like they are part of the Charleston Distance Run," said Lynn Watts, deputy director of Charleston Parks and Recreation and a member of the Charleston Distance Run Committee.

Three races are offered in the Children's Fun Run, with separate runs for age groups 4-6, 7-9 and 10-12. Kids in age group 4-6 run about a quarter of a mile while kids in age groups 7-9 and 10-12 run about a half-mile. Finisher's medals are presented to all participants. Photos will be taken during the fun run and will be available for sale. Check at race day registration for details.

Race organizers for the CDR try to offer something for everyone in the family. Family members picking up race packets at the Civic Center Friday evening for the next day's events can watch their kids participate in the Children's Fun Run. Sponsors of the fun run are the Charleston Distance Run, the City of Charleston and the Tallman Track Club.

The 2012 Charleston Distance Run is scheduled 7:30 a.m. Sept. 1 on Labor Day weekend. Participants can choose to compete in either a 15-mile run, three-person, 15-mile relay, a 5K race and 5K and 10K walks. Online registration is available at [www.charlestdistancerun.com](http://www.charlestdistancerun.com). Registration forms can be printed from the website for those who want to register by mail.

America's only 15-mile race is run on a scenic but challenging course that starts at West Virginia's majestic state Capitol, takes runners through downtown, rolls through beautiful hillside neighborhoods and along Charleston's riverfront and finishes at the University of Charleston's Laidley Field.

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