



# COUNTDOWN TO THE CDR

**4 DAYS**



## **CDR Finishers Can Receive Automatic Facebook Results**

When runners cross the finish line Saturday at Laidley Field during the Charleston Distance Run, the electronic clock will display times for everyone gathered to see.

Participants also can make arrangements to ensure that all of their friends and family members on Facebook know how they did.

Tri-State Racer, the Distance Run race timer, has a free app participants will be able to set to automatically post their finish time to their Facebook walls on Saturday morning.

Signing up is easy. Just visit the links below for the 15-mile and 5K races, review the list where you are entered and choose the participant you would like to receive race finish information about:

15 Miler -- [http://tristateracer.com/raceparticipants.php?race\\_id=355](http://tristateracer.com/raceparticipants.php?race_id=355)

5K -- [http://tristateracer.com/raceparticipants.php?race\\_id=356](http://tristateracer.com/raceparticipants.php?race_id=356)

The lists of competitors will be updated as new entries are submitted.

Remember, to register to participate in the CDR or for other race information, visit [wchstv.com](http://www.wchstv.com)'s special race section at: <http://www.wchstv.com/newsroom/sports/cdr/>