

Charleston Distance Run

Aug. 18, 2013



COUNTDOWN TO THE CDR

12 DAYS

Key CDR Deadlines Wednesday, Aug. 21

Time is ticking to take advantage of registration discounts for the Charleston Distance Run with several days remaining before the race entry fee increases.

In the 15-mile race, the entry fee is \$45 by Wednesday, Aug. 21, and then is \$55 until 9 p.m. Aug. 30. The entry fee for the 5K race and three-person, 15-mile relay is \$30 by Aug. 21 and is \$40 until 9 p.m. Aug. 30.

Meanwhile, the registration fee for the 5K and 10K walks is \$20 by Aug. 21 and is \$25 until 9 p.m. Aug. 30.

For registration and other race information, visit www.charlestdistancerun.com.

Participants in the Distance Run help support those who have sacrificed so much for our country, with \$1 of every entry fee going toward the Wounded Warrior Project.

The 41st edition of America's 15-miler is scheduled to begin 7:30 a.m. Saturday, Aug. 31 in front of the West Virginia Capitol and finishes at University of Charleston Stadium's Laidley Field.



Dear Runners and Walkers,

The Charleston Distance Run, America's 15 Miler, is just a dozen days away.

We want you to register and be part of this historic event, now in its 41st year.

Wednesday, Aug. 21, is a key deadline day before the entry fees increase. See the attached newsletter for details.

The CDR offers something for every fitness level. Getting ready for a marathon or just want to try your hand at a unique distance? Try our 15-miler and a challenging course that has attracted such running greats as Bill Rodgers, Frank Shorter and Greta Waitz. Not ready for the 15, but you'd like a great workout with some friends? Form a three-person relay team for the 15, with legs of three, five and seven miles. Don't want to go long, but want a chance at hitting a personal best on a flat, fast course? The CDR has a 5K run that fits the bill. Finally, if you're not ready for a run, how about a leisurely stroll in the noncompetitive 5K or 10K walks?

Whatever you choose, we hope you will join us at 7:30 a.m. Saturday, Aug. 31, at the starting line on Kanawha Boulevard across from the West Virginia Capitol.

Sincerely,

Charleston Distance Run Committee