

Charleston Distance Run

Aug. 8, 2013



Special Finisher's Medal Featured At CDR

Participants who complete the Charleston Distance Run this year will take home a tremendous amount of satisfaction and something they can display with pride – a special finisher's medal.

A finisher's medal will be presented to each person who crosses the line at Laidley Field in one of the CDR's events – the 15-mile race; the three-person, 15-mile relay; the 5K run; and the noncompetitive 5K and 10K walks.



Fastened to a blue ribbon, this year's two-sided medal is dog tag shaped and measures 2 and a half inches long and 1 and a half inches wide. A red-white-and-blue American flag and a star adorn one side, while the other side has the Distance Run logo with the text: "41st Charleston Distance Run, America's 15-miler, Aug. 31, 2013, Charleston, WV.

"With our commitment to the military this year, we wanted the finisher's medal to have a patriotic theme," race committee member Gary Smith said. "The CDR also is a race with lots of tradition, so we try to offer a unique, distinctive medal each year that people will really want to add to their collection."

Distance Run organizers have emphasized the race's support for the military in several different ways. This year, \$1 of every entry fee goes toward the Wounded Warrior project. Military entrants receive a registration discount, and special military competition categories have been introduced.

The 41st Distance Run is scheduled to begin 7:30 a.m. Aug. 31 at the West Virginia Capitol on Kanawha Boulevard. For more information and to register, visit www.charlestondistancerun.com.

Dear Runners and Walkers,

Completing the Charleston Distance Run is a special feeling. That's why we present everyone who completes a CDR event with a special medal when he or she crosses the line. See the newsletter above for details.

Speaking of details, don't let these important race deadlines pass you by:

15-Mile Race Registration: \$45 by Aug. 21, 2013; \$55 by Aug. 30, 2013, 9 p.m.

5K Race and 15-Mile Relay (per person): \$30 by Aug. 21, 2013; \$40 by Aug. 30, 2013, 9 p.m.

5K and 10K Walks: \$20 by Aug. 21, 2013; \$25 by Aug. 30, 2013, 9 p.m.

We hope to see you at the starting line 7:30 a.m. Saturday, Aug. 31, on Kanawha Boulevard, West Virginia Capitol, Charleston.

Sincerely,
Charleston Distance Run Committee