

Charleston Distance Run

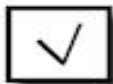
July 22, 2013



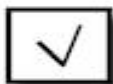
COUNTDOWN TO THE CDR 39 DAYS

CDR Reminders

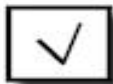
Take Advantage Of These Distance Run Features



Aug. 1 is the early registration deadline for the Charleston Distance Run 15-miler. Save \$10 to \$20 by registering now!



Aug. 1 is when orders for souvenir pullovers must be received. Don't miss an opportunity to own a shirt that is great for training and for casual wear.



Looking for a fast, flat 5K? The CDR has your race. See details www.charlestdistancerun.com



Aug. 30 is a chance for kids to join in on the fun. The Fun Run for Kids scheduled that date is for children ages 4-12.

See Details www.charlestdistancerun.com

Dear Runners and Walkers,

Some important Charleston Distance Run deadlines are approaching, and we want to let you know about all of the exciting features of a race that is filled with tradition.

See the attached newsletter and visit www.charlestdistancerun.com for details about the 41st edition of this capital city classic.

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

Sincerely,

Charleston Distance Run Committee