

# Charleston Distance Run

Aug 20, 2013



## WCHS TV To Air Special On Charleston Distance Run

With just 10 days ago until the Charleston Distance Run, you may have made it to the top of Capital Punishment Hill during training and whittled down your list of things to do before the big race.

Here is one thing that should be a must do – watch “The Charleston Distance Run Pre-Race Special” that airs 2 p.m. Sunday on WCHS TV.



Join Sports Director Mark Martin for a preview of this classic event during a half-hour special that will look at some of the Distance Run’s storied history. Now in its 41st year, the CDR has attracted such running greats as Frank Shorter, Bill Rodgers and Greta Waitz.

Tuning into the special is a great way to prepare you for the Distance Run, scheduled to start at 7:30 a.m. Saturday, Aug. 31, on Kanawha Boulevard at the West Virginia Capitol. The event features the 15-mile race; three-person 15-mile relay; 5K run; and noncompetitive 5K and 10K walks.

WCHS is a proud sponsor of the Charleston Distance Run. For a link to registration and other race information and to see a promotional video, visit the special Distance Run website section at: <http://www.wchstv.com/newsroom/sports/cdr/>

Dear Runners and Walkers,

WCHS TV, a proud sponsor of the Charleston Distance Run, is airing a special about the race that will be broadcast at 2 p.m. Sunday on WCHS.

With the race just 10 days away, you will not want to miss this preview that looks at some of the history behind this capital city classic. See the attached newsletter for more details.

Be sure to tune in at 2 p.m. Sunday and watch the special coverage about the Distance Run on WCHS TV. We hope to see you on the starting line of the CDR at 7:30 a.m. Saturday, Aug. 31, on Kanawha Boulevard across from the West Virginia Capitol.

Sincerely,

Charleston Distance Run Committee