



COUNTDOWN TO THE CDR

114 DAYS

SUPPORT THE MILITARY -- PARTICIPATE IN CDR

Charleston Distance Run participants this year will do fun, healthy activities at events steeped with tradition. They also will honor and help those who serve our country.

The Distance Run will donate \$1 of every registration fee to the Wounded Warrior Project, a program designed to raise awareness and enlist the public's aid for the needs of injured service members. Considering there was a total of 1,500 CDR participants last year, this year's registrants could generate a substantial donation for Wounded Warrior.

Our commitment to the military does not stop there. The CDR, scheduled 7:30 a.m. Aug. 31, will again offer a military discount for all active U.S. military personnel, reservists and retirees. This offers military folks a \$10 to \$25 price break.



Military paper applications may be obtained at www.charlestdistance.com and must be received in the mail by Aug. 30. A copy of military identification must be submitted along with the application. No online entries for the military discount will be available. Military also can register in person from 4 p.m. to 9 p.m. Aug. 30 at the Charleston Civic Center.

The CDR is offering a chance for the military to earn some bragging rights. Military



Photo Courtesy iplayoutside.com

competition categories have been added this year in the 15-mile race (first place military male; first place military female; first place military team (trophies for first three members of the first place team); and first place military relay (trophies for first three members of the first place relay team).

With a 15-mile run, 5K run and 5K and 10K walks, the CDR offers something for everyone. So register today and support the military. Online registration, paper applications, race details at: www.charlestdistance.com.