



## COUNTDOWN TO THE CDR 65 DAYS

### Do The Charleston 15-Miler, One Leg At A Time



If the 15-mile Charleston Distance Run distance is more than your legs can handle, consider doing just one leg, as in running a leg of the three-person, 15-mile relay.

The Distance Run relay gives runners the chance to be part of the 15-mile event, but each member of a three-person team only has to complete a portion of the course. Participants in the first leg run about three flat miles, while the second leg measures about five miles through the hilly sections of the route. The anchor leg takes the final flat seven miles on downtown streets before finishing at University of Charleston Stadium's Laidley Field.

Exchange zones are on the South Side Bridge.

"Running a leg of the relay is a great way to participate in the Distance Run," Race Director John Palmer said. "Some runners just want to do

a portion of the 15-miler as a training run or maybe because of an injury. It's also just a fun way to be part of a team and compete in the relay awards categories."

In the three-person, 15-mile relay, the competitive team categories are: female, male, co-ed, male masters and female masters. A three-person military team competition also has been introduced this year.

Entry fees for the three-person 15-mile relay are \$30 (per person) by midnight Aug. 21 and \$40 (per person) by Aug. 28. Military three-person relay members receive a reduced rate of \$20 (per person). Online registration and paper applications are available at [www.charlestandistancerun.com](http://www.charlestandistancerun.com).

Three-person relay team applications must be submitted together and received by the CDR by Aug. 28, otherwise applicants will be limited to the individual classifications. Entrants can register online or by paper application. Members of a team who register online must use the same credit card. Military entrants must register by paper application only.

This year's CDR starts at 7:30 a.m. Aug. 31 on Kanawha Boulevard adjacent to the West Virginia Capitol. In addition to the three-person, 15-mile relay, participants can choose to enter the 15-mile race, 5K run or the noncompetitive 5K and 10K walks.