



Charleston Distance Run
Charleston, WV
www.charlestdistancerun.com

News Release
NEWS RELEASE

Contact: Jeff Morris
304-415-3053
jeffmsarahl@suddenlink.net

Charleston Distance Run Offers Distance Walks

Charleston, W.Va. July 9, 2012 – You can walk before you run. In fact, in the Charleston Distance Run, you can walk instead of run.

For just \$20 if you register by Aug. 22, you can participate in the noncompetitive 5K or 10K walks. The fee increases to \$25 after that date if you register by 9 p.m. Aug.31. Here's what you will get for your money - a pre-race pasta dinner the night before the event; a technical T-shirt and a goody bag; a special finisher's medal commemorating the fifth year anniversary of the walks; and a post-race awards luncheon.

Most importantly, participants in the walks, scheduled 7:30 a.m. Sept.1 on Labor Day weekend, can do something positive for their health and be involved in the excitement and tradition of the historic Charleston Distance Run. This year's edition marks the 40th anniversary of the 15-mile run and the 20th anniversary of the 5K run.

The course for the 5K walk is flat and fast. It follows the same route as the 5K run, starting at the state Capitol, rolling along the Kanawha River and downtown streets before finishing at the University of Charleston's Laidley Field. Looking for even more of a challenge? Try the 10K walk. It also starts at the state Capitol and takes a different path that includes a tough climb through Spring Hill Cemetery before finishing at Laidley Field. Participants in the 10K walk have an extra incentive, receiving a button that says, "I Survived Cemetery Hill" at the top of the walk's steepest grade.

Sign up today, bag a bargain and participate in the Charleston Distance Walks. It's a great way to get in shape and have fun with your friends, family members and coworkers. Register today at www.charlestdistancerun.com. Mail-in registration forms also can be printed from the site.

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