



COUNTDOWN TO THE CDR

46 DAYS

Early Registration Deadline Nears for 15-Miler



The early bird gets the worm. In the Charleston Distance Run, the early registrant saves \$10.

Runners who want to take advantage of the \$35 registration fee for the 15-miler must register by Aug. 1. The fee for the race after that date is \$45 if they register by Aug. 22, and increases to \$55 after that date if they register by 9 p.m. Aug. 31. For the 5K race and three-person, 15-mile relay, registration fees are \$30 by Aug. 22 and \$40 by 9 p.m. Aug. 31. Registration fees for the 5K and 10K walks are \$20 by Aug. 22 and \$25 by 9 p.m. Aug. 31.

Online registration is available at www.charlestdistancecancerun.com. Registration forms can be printed

from the website for those who want to register by mail. This year's event takes place at 7:30 a.m. Sept. 1 on Labor Day weekend. The event features a 15-mile run, three-person, 15-mile relay, a 5K race and 5K and 10K walks.

The Charleston Distance Run is an outstanding value for runners and families, featuring a pasta dinner the night before the race, a T-shirt and finisher's medal for all participants, awards and cash prizes for top runners and age group winners and a post-race awards luncheon. Past participants have included running greats Bill Rodgers, Frank Shorter and Greta Waitz.

America's only 15-mile race is run on a scenic but challenging course that starts at West Virginia's majestic state Capitol, takes runners through downtown, rolls through beautiful hillside neighborhoods and along Charleston's riverfront and finishes at the University of Charleston's Laidley Field.

Order Your Souvenir Jacket Today and Beat the Deadline

Time is running out for a chance to own a special memento that you can wear with pride – a souvenir jacket for the Charleston Distance Run.

Orders for the jackets, priced at \$60, must be received by Aug. 1. Jackets can be ordered online by clicking on the link at www.charlestdistancecancerun.com. They also can be ordered by mail on race registration forms printed from the website. More information about the jackets can be obtained by visiting the FAQ section on the CDR website at www.charlestdistancecancerun.com.