



Charleston Distance Run  
Charleston, WV  
[www.charlestdistancerun.com](http://www.charlestdistancerun.com)

News Release  
NEWS RELEASE

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## Historic Charleston Distance Run Set For Labor Day Weekend

**Charleston, W.Va., Aug. 28, 2012** — Months of training will be put to the test Labor Day weekend for hundreds of runners and walkers in this historic edition of the Charleston Distance Run.

The CDR is scheduled to start at the West Virginia State Capitol at 7:30 a.m. Saturday. Participants will be competing in multiple events – the 15-mile run, the three-person 15-mile relay, the 5K run and the 5K walk and 10K walk.

Registrations still are being accepted for all events. Online registrations must be completed at [www.charlestdistancerun.com](http://www.charlestdistancerun.com) by noon Friday. Mailed applications must be received by Friday. Printed forms can be obtained from the website. Registrations also can be made in person from 4 p.m. to 9 p.m. Friday at the Charleston Civic Center. There is no race day registration.

Activities get under way 4 p.m. to 9 p.m. Friday with the race packet and timing chip pickup at the Charleston Civic Center. A pasta party is set for 5 p.m. to 8 p.m. Friday at the Civic Center.

While Mom and Dad are picking up packets, their kids can participate in the Charleston Distance Run Children's Fun Run scheduled for 6:30 p.m. Friday. Participation in the event, for children ages 4-12 years, is free. An advance mail-in registration form is available at [www.charlestdistancerun.com](http://www.charlestdistancerun.com). Registration also is being offered the day of the event from 4:30 p.m. to 6 pm. in the lobby of the Charleston Civic Center. Races begin on Clendenin Street between Quarrier and Lee streets across from the entrance of the Charleston Town Center.

Also, participants in the CDR can catch another free event Friday. The runners' clinic takes place from 7 p.m. to 8 p.m. in West Virginia Room 104 of the Civic Center. Jamie Summerlin, who recently completed a run from coast to coast in just 100 days to raise funds and awareness for veterans and wounded soldiers, will be the featured speaker.

This is a historic year for the Charleston Distance Run as the 15-miler will mark its 40<sup>th</sup> anniversary, the 5K run will celebrate its 20<sup>th</sup> anniversary and the 5K and 10K walks will observe their fifth anniversary.

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