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Why 15 miles?

Because it's historic – The Charleston Distance Run began as a 15 mile race in 1973, and it has followed essentially the same course over the years. There weren't many marathons – and only a few half marathons – in 1973.

Because it's unique – Our 15 mile race is the only one in America!

Because our runners love it – First timers say that our challenging course fills them “with a sense of accomplishment like no other race,” “touches their hearts,” “is a real memory-maker.” . . .

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Are there events besides the 15 mile race?

Yes. There is a three-person 15 mile relay (with legs of approximately 3, 5, and 7 miles), 5K run, and 5 and 10K walks. All of these events are on Saturday, September 3, at 7:30 a.m., on Kanawha Boulevard at the State Capitol Building.

On Friday, September 2, at 6:25 p.m., a Children's Fun Run will be held at the Charleston Civic Center.

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How does the Relay work?

The splits for the relay are 3, 5, and 7 miles, and take place in the middle of the South Side Bridge. The 3 and 7 mile segments are virtually flat, and the 5 mile segment goes through the hills.

If you are entering the Relay, please note the Relay Team Registration instructions on our Online Registration Page or on our printable registration form.

Please see “Will I receive a finisher's medal?” below.

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Who are the sponsors?

Please see our Sponsors page.

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How do I register?

You can register one of three ways: 1) Register on-line at www.charlestdistancerun.com (there is no additional charge for on-line registration); 2) mail an application, which can be printed from our website; or 3) register in person at the Frontier Communications pasta party and race packet pick up on Friday, September 2, from 4:00 p.m. until 9:00 p.m. THERE IS NO RACE DAY REGISTRATION!!!

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How do I know if I am registered?

Please check our website at www.charlestdistancerun.com, click Registration, and click the 2011 – Participant List. If you registered by mail, please allow us approximately 5 to 7 days to post your name on the Participant List.

We will not send out confirmation cards by mail.

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When is the last time I can register?

Online registrations must be completed by September 2 at 2:00 p.m. EDT. Mailed applications must be received by Friday, September 2. Registrations can be made in person on Friday, September 2, from 4:00 p.m. to 9:00 p.m. at the Charleston Civic Center. THERE IS NO RACE DAY REGISTRATION!!!

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If I cannot participate, can I get a refund, deferral, or transfer my registration?

No. Entry fees are non-refundable, and race numbers and entries cannot be transferred to another year or person. No exceptions. This means once we have received your entry, you will not receive a refund if you cannot participate.

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What do I get for my entry fee?

Participants will receive a special goody bag with goodies inside of it. You will also receive a B-Tech short-sleeve performance t-shirt and a runner's ball cap. Runners and walkers who finish the race will receive a finisher's medal. We will have sports drinks and water, and plenty of pizza at Laidley Field. Post-race massages will be available.

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Is there a pre-race dinner?

Yes. The Frontier Communications Pasta Party will be held at the Charleston Civic Center from 5:00 p.m. to 8:00 p.m. on Friday, September 2.

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What is the Children's Fun Run?

The Children's Fun Run is free for children ages 4 through 12. There are three age divisions: ages 4 to 6, 7 to 9, and 10 to 12. Children will run short distances on the Upper Concourse inside the Charleston Civic Center.

Registration for the Children's Fun Run will be held in the Charleston Civic Center lobby beginning at 5:00 p.m. on Friday, September 2, and the Fun Run begins at 6:25 p.m. There is no online registration for the Children's Fun Run. Applications can be mailed in advance; they can be printed from our website.

How do I get my race packet?

Race packets may be picked up on Friday, September 2, from 4:00 p.m. until 9:00 p.m. at the Charleston Civic Center. If you are unable to pick up your packet, someone else can pick up your packet for you – we may require identification.

If you are unable to pick up your packet on Friday, runners' packets will be made available on Saturday, September 3, from 6:30 a.m. until 7:15 a.m. The packets will be distributed from a yellow Sport Mart truck, which will be parked on California Avenue near Kanawha Boulevard and adjacent to the State Capitol. There is no baggage check on race day.

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Once I am registered, can I switch races?

Yes. Please send an email to rltcd@com and let us know what changes to make to your registration. If switching from the 5K to the 15 mile, you must pay the difference in registration fees. No changes can be made after August 28.

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Where do the races start and finish?

All races start at 7:30 a.m. on Saturday, September 3, in front of the West Virginia State Capitol Building on Kanawha Boulevard.

All races finish at Laidley Field.

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Where can I park for the races?

Free parking is available at the State Capitol in the parking lot and building behind the Capitol for Saturday's events. Parking is also available on various lots located on Washington Street, East, near the intersection with Greenbrier Street, and also at Laidley Field. There is no baggage check on race day.

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What is the weather on race morning?

The weather can vary on race day. The average temperature at the start at 7:30 a.m. is approximately 60 degrees. It has only rained twice during our 38 year history – but we will still run or walk if it rains.

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How are the races timed?

All events on Saturday will be timed by RS Racing Systems, which uses a ChronoTrack B-Tag located on the reverse side of the runner's bib. These are one time use Tags and do not have to be returned. Both "chip" times and "gun" times will be provided.

Please be sure your race bib is clearly visible on the front of your shirt or shorts. Do not fold, wrinkle, or tear your race bib.

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Where are the aid and water stations?

There are stations with water and Gatorade approximately one to two miles apart on the 15 mile, 10K and 5K courses. There are 12 stations total on the 15 mile course, plus stations at the start and finish.

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Can I wear headphones during the race?

Yes. Personal listening devices (e.g. iPods) with headphones or ear buds are permitted. We ask that you please remember that you are sharing the roads with other participants and, in some cases, vehicular traffic. Always be aware of your surroundings.

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Are there time limits for the 15 mile race?

Yes. There is a 4 hour time limit for the 15 mile race.

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What happens after the races?

Water, refreshments and pizza will be available to all participants at Laidley Field. The Awards Presentation will take place at Laidley Field, beginning at 8:45 for the 5K runners and at 10:30 a.m. for the 15 mile runners. Showers will be available at Laidley Field until 11:00 a.m. Post-race massages will be available at Laidley Field.

Will I receive a finisher's medal?

Yes. All finishers of the 15 mile, the 15 mile relay, and 5K races and the 10K and 5K walks will receive a finisher's medal.

Relay participants: The relay finisher will receive 3 medals at the finish, with the hope that the finisher will share them with the other two members.

Will cash awards be given?

Yes. Cash awards for the 2011 Charleston Distance Run 15 mile race will be:

		<u>Male</u>	<u>Female</u>
Overall	1	\$595	\$595
	2	500	500
	3	400	400
	4	300	300
	5	200	200
First West Virginian		150	150
First Charlestonian		150	150
Age groups	1 st	125 (12 groups)	125 (12 groups)
	2 nd	100 (12 groups)	100 (11 groups)
	3 rd	75 (10 groups)	75 (10 groups)
Wheelchair	1 st	125	125
Handcycle	1 st	<u>125</u>	<u>125</u>
Total		\$5,995	\$5,895

Duplication of awards will be permitted for First Charlestonian and First West Virginian. Otherwise, a runner will be entitled to only one cash award. Any questions concerning the cash awards will be determined by the Charleston Distance Run Committee, in its sole discretion.

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Are there finish line and race photographs?

iPlay Outside will be taking photographs during the race events. Please check the iplayoutside.com website several days after the event for photographs.

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Where do I get final race results?

Please check our website, as race results will be posted as soon as they are available. Also, race results for the 15M and 5K races will be published in the September 4 issue of the Sunday Gazette-Mail.

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Are there nearby hotels?

Some suggested hotels in Charleston include:

Hampton Inn Charleston – Downtown
1 Virginia Street West
Charleston, WV 25302
304.343.9300
Hamptoninn.hilton.com

Charleston Marriott Town Center
200 Lee Street East
Charleston, WV 25301
304.345.6500 or 1.800.228.9290
Charlestonmarriott.com

Holiday Inn Express Civic Center
100 Civic Center Drive
Charleston, WV 25301
304.345.0600
Holidayinnexpresscharlestonwv.com
(mention group code CDR for \$79 rate)

The Embassy Suites Charleston
300 Court Street
Charleston, WV 24301
304.347.8700
Embassysuitescharlestonwv.com

These hotels are located near the Civic Center, the site of the Friday packet pick-up and the Pasta Dinner and also some good restaurants. Unfortunately, there aren't any hotels/motels located near the State Capitol or Laidley Field, but there is ample parking available close to the State Capitol and within two blocks of our starting line.

Are there other weekend activities in Charleston?

Yes. On Friday, September 2, Live on the Levee will feature a free concert by the Carpenter Ants with Spurgie Hankins Band, beginning at 6:30 p.m. at Hadaad Riverfront Park.

On Saturday, the 3rd Annual West Virginia Games will be held. WV Games is the largest collection of sanctioned sports and supporting sanctioned events in West Virginia. Activities include a 5 on 5 Basketball tournament, Beast of the Beach Wrestling tournament, The Brazillian Jiu-jutsu & Submission Wrestling State Championships, Boxing, Cross Fit Challenge and Zumba Zumbathon and related activities. A Family Fun Zone is included for children. The Charleston Distance Run is one of the events featured in the West Virginia Games. The West Virginia Games will take place on Magic Island (on the Kanawha River, just west of the Elk River Bridge). For more information, go to thewvgames.com.

Interested in restaurants, or in shopping? Please check Charleston's restaurants and shops on whycharlestonwv.com.

For the more adventurous, how about white water rafting, rock climbing, or fly fishing? Check these out at rivermen.com.