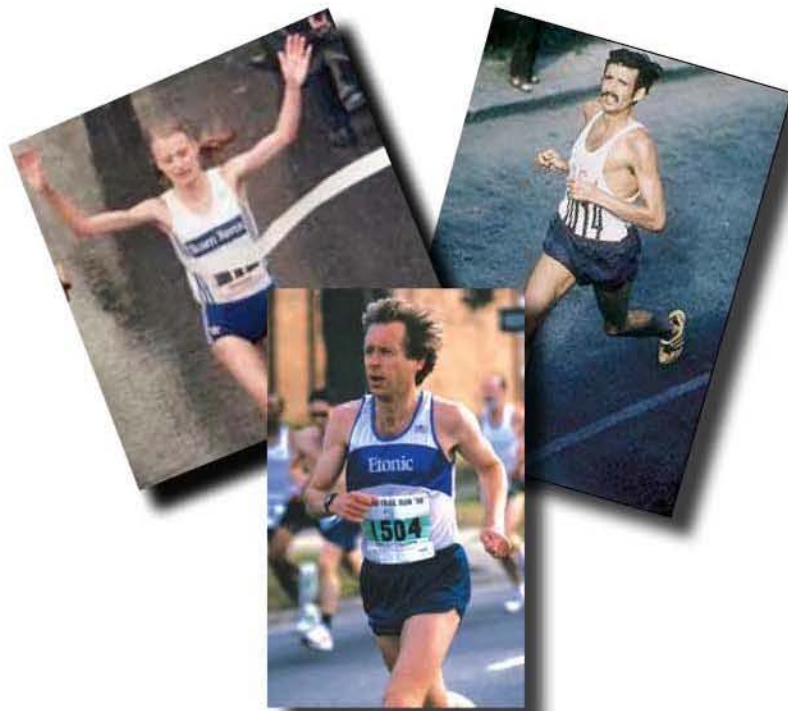




# COUNTDOWN TO THE CDR

## 77 DAYS

### Be Part of History at 40th Distance Run



Greta Waitz, Bill Rodgers and Frank Shorter are names etched into the history of distance running. They also are among the great runners who have competed in the Charleston Distance Run.

You can be part of history too by participating in this year's historic Charleston Distance Run -- the 40th anniversary of the 15-miler and the 20th anniversary of the 5K. Online registration is available at:

[www.charlestdistancerun.com](http://www.charlestdistancerun.com).

Registration forms also can be printed from the website. 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.

#### *Kids Can Compete for Free in CDR Fun Run*

The CDR Children's Fun Run is 6:30 p.m. Friday, Aug. 31. 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 p.m. 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.



**Children's Fun Run**