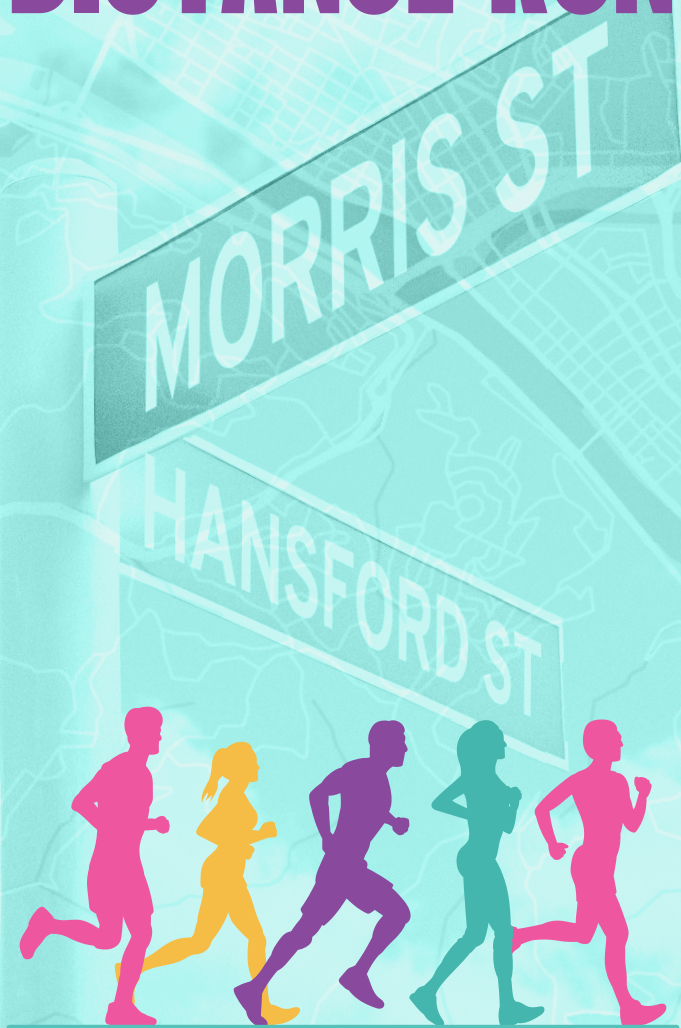


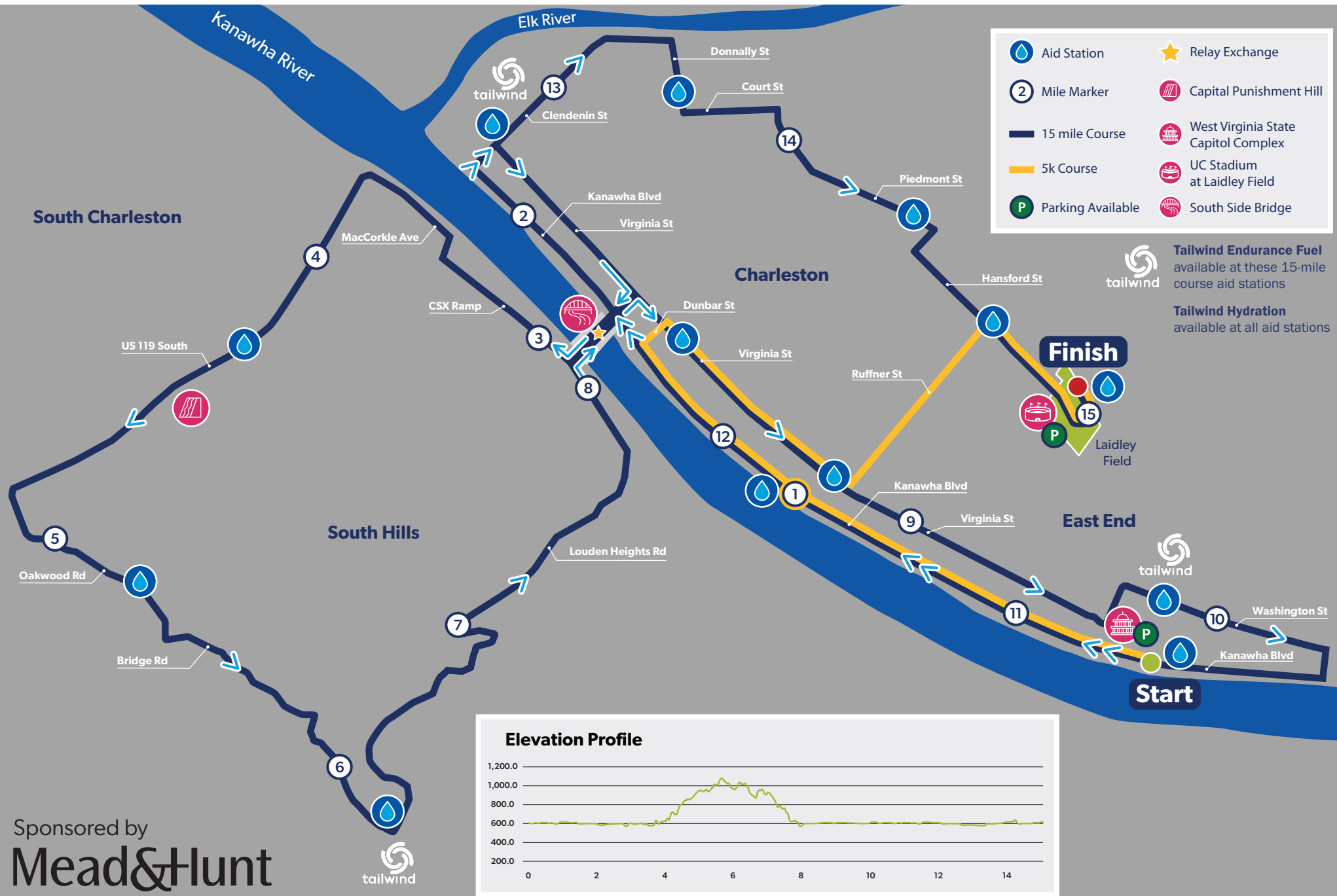
2025

CHARLESTON DISTANCE RUN



RIGHT ON **MORRIS.** LEFT ON **HANSFORD.**

PARTICIPANT GUIDE



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Thanks to our mile marker sponsors

MILE 1 Darin Fisher Designer Kitchens
MILE 2 Shuman McCuskey Slicer PLLC

MILE 2 (5K) Horizon Financial
MILE 3 Faith in Motion Physical Therapy
MILE 4 Hill Quest Group
MILE 5 Gary & Dee Smith Family
MILE 6 Robert's Running & Walking

MILE 7 Whitney Wetzel, Realtor
MILE 8 Carol Phipps Haid
MILE 9 Suttle & Stalnaker CPAs
MILE 10 Tasha's Uniforms
MILE 11 Todd Quigley

MILE 12 Grrl Gang Runners and Friends
MILE 13.1 - HALF MARATHON MAT
Dutch Miller Automotive Group
MILE 14 Advanced Physical Therapy

Charleston Distance Run Committee

Carol Phipps Haid
RACE DIRECTOR

Victoria Barksdale
SECRETARY

Kara Moore
TREASURER

Jamie Bumgarner
Hannah Chinn
Donna Mayfield Evans
Winston Gregory
Carrie Jones
Sissy Laing
Jennifer Moore
Bill Mullett
W.K. Munsey
John C. Palmer, IV
Todd Quigley
J.R. Sharp
Gary Smith
Joe Varney

Letter from the Race Director

Welcome to the 52nd Charleston Distance Run! I am excited for each of you to walk or run throughout our wonderful community.

Our race committee has been working hard, and I thank them for all their dedication to making this a fantastic race and continuing a city tradition. If you see a race volunteer, police officer, EMT, City of Charleston employee, please tell them thank you!

The community is what drives this race. I am always amazed how many hands touch this event. From Robert's Running and Walking Shop employees, University of Charleston students and professors, Charleston parkrun participants, the Wheelers, our ambassadors, former West Virginia University Mountaineer, catering ladies, the cheering squads and water station volunteers, the list goes on.

I am so grateful to all who have helped bring this amazing race together. So please, enjoy this day and trust your training, remember to hydrate and eat, and most importantly have fun. And as my favorite podcaster says, "You've got this!"

LYMI,
Carol Phipps Haid

2025 Committee Awards

Steve Prefontaine Most Courageous Runner
to a participant who shows extraordinary courage,
Don Slusser (posthumously)

John D. Smalridge Memorial Award
for contributions by a committee member,
Sissy Laing

Eugene Fuller Extra Mile Award
for contributions by a volunteer,
Regina Elzy

The Jack Pushkin Medical Assistance Award
to a volunteer who helps with medical care,
Sharon Seidler

In Memoriam

Don Slusser
1951-2025
Completed the 15-mile race
31 times, eight under 1:30:00

Arthur Ray Jones
1958-2025
Longtime participant

John Edward Grandon
1940-2025
Finish line volunteer for more
than 20 years

Special Thanks: Kat and the team at Robert's Running and Walking Shop; Kayla Wright, University of Charleston Physicians Assistant students, and medical tent volunteers; Mary Shultz and Wheelers bike riders; Oretta Keeney, Angie O'Dell, and Pasta Party volunteers; water stop volunteers; Tallman Track Club; Christa Hamra; Gail Pitchford; Race Ambassadors Amanda Knight, Tricia Roblee, Jon Schiefer, and Monica Spencer; Charleston parkrun; Leah's Legacy; City of Charleston Emergency Management, Fire, Parks, Police, Refuse, and Streets departments; Scott Campbell, Miranda Dillon, Matt Hartline, Lt. Mark Kinder, Dax Miller, Bill Tate, and Capt. Andrew White; Kevin Foreman and WV Capitol Police; WV Dept. of Highways; American Red Cross; East Coast Tees; Charleston Blueprint; Charleston CVB; University of Charleston; WTSQ; Dave Allen; Carl Lee; V100; Wonderwall Events; Gu; SporTea; Chick-Fil-A; and Tim Hortons.

Schedule of Events

FRIDAY, AUG. 29

- 3:00 p.m. Packet pick-up & late registration
*Haddad Riverfront Park
Kanawha Boulevard from Court
Street to Summers Street*
- 4:30 p.m. Pasta Party
- 6:00 p.m. Remarks & Awards
- 6:30 p.m. Children's Fun Run
- 7:00 p.m. Pasta Party ends
- 8:00 p.m. Packet pick-up closes

SATURDAY, AUG. 30

- 6:45 a.m. Late bib pick-up
California St. at Kanawha Blvd.
- 7:00 a.m. Late bib pick-up closes
- 7:10 a.m. Pre-race Ceremony
Chris and Erin Blackmon,
national anthem
Pamm Haley, prayer
Brady Campbell, musket start
- 7:30 a.m. All Races Start
*Kanawha Boulevard at
West Virginia State Capitol*
- 11:30 a.m. Finish Line closes
UC Stadium at Laidley Field

Timing & Results



Timing services are provided by APTiming. Use the QR code at left to view results on RunSignUp.com. Results will also be posted to APTiming.com Official award winner lists will be posted to CharlestonDistanceRun.com.

Participants & Spectators
Download the App!



Track any runner's progress live with RaceJoy! Both the participant and spectator must download the app, and the participant will have to carry their phone with GPS enabled.

Pasta Party

Join us to carb-load before the race! All participants will receive a free dinner ticket in their race packet. Additional tickets are \$10 for adults, and kids under 10 eat free. Family and friends are welcome!

Party runs 4:30 to 7 p.m. at Haddad Riverfront Park amphitheater.

Children's Fun Run

For our youngest runners, we offer a Fun Run Friday evening during packet pick-up and the Pasta Party. The Children's Fun Run is free for children ages 4 through 12. There are three age divisions:

Ages 4 to 6 (about .25 miles)

Ages 7 to 9 (about .50 miles)

Ages 10 to 12 (about .50 miles)

Register at packet pick-up beginning at 3 p.m. at the overlook beside Haddad Riverfront Park. The Fun Run begins at 6:30 p.m. on Kanawha Boulevard.

Finish Line Party

Join us after the race for a Finish Line Party at Laidley Field featuring a live DJ, photo booth, and beer sponsored by the Charleston Convention and Visitors Bureau!

Runners will receive one free beer with their bib and a valid ID. Additional beverages will be available for purchase with a valid ID. Cash only; an ATM is available.

Per Laidley Field regulations, no outside alcoholic beverages are allowed on Laidley Field property.

Course Information

PARKING: Free parking is available at the West Virginia State Capitol and UC Stadium at Laidley Field. There is no bag check.

START: 15-mile runners will start in the river-side lanes of Kanawha Boulevard. 5K participants will start in the Capitol-side lanes of the Boulevard. The starting lines are slightly staggered. 5K walkers and participants pushing baby joggers should line up behind the 5K participants. All will start at the same time.

TIMING MATS: Be sure to cross the start mats. If you are on the sidewalks or curbs your timing chip may not be detected and you may not receive an official time. Additional mats will be positioned on the course, which participants must cross. Your race number/timing chip must be worn at all times during the race and when crossing the finish line.

BIBS: You must wear your number on the front so it is visible at all check points and the finish line. You must pass each checkpoint along the course; failure to pass a checkpoint or any deviation from the official course will result in your disqualification.

COURSE: The course is marked with directional arrows with the race logo painted on the road. Please review the course map; it is the participant's responsibility to know the course. Participants who fail to complete the prescribed course will be disqualified.

TRAFFIC: All participants should be alert for automobiles while on the race course. Even with our best efforts, our volunteers cannot always prevent automobiles from occasionally entering the race course. Traffic control on the race course may not remain in place for participants who are completing the course at pace slower than 16:00 per mile. Participants who at any point on the course are past the 16:00 per mile average must exercise caution and be aware that traffic control may no longer be in place. These participants must move to sidewalks and continue at their own risk.

TIME LIMIT: There is a **4:00:00** time limit for the 15-mile race. This equates to an average pace of **16:00 per mile** in the 15-mile race. The finish line will begin closing down at 11:30 a.m.

AID STATIONS: Water and/or sports drink will be available at 15 aid stations throughout the courses and at the finish line. A medical aid station will be located at the finish line.

TOILETS: Portable toilets will be available at the following locations:

- California Avenue side of Capitol at start
- Kanawha Boulevard at South Side Bridge
- Overbrook Elementary on Oakwood Road
- Intersection of Dunbar and Virginia Streets
- Intersection of Greenbrier and Virginia Streets
- Intersection of Hansford and Morris Streets

RELAY EXCHANGE: NEW IN 2025! Teams will be timed with a Velcro timing chip passed between team members. The exchanges take place in the middle of the South Side Bridge. Participants must arrange their own transportation to and from the exchange point (or walk/run the short distance).

STROLLERS & PETS: Baby strollers/joggers are allowed in the 5K race, but not the 15-mile race. We ask that they line up in the rear of the 5K group at the start for safety reasons.

Pets are not permitted in either the 5K or 15-mile races or at Laidley Field due to insurance coverage. No wheels other than wheelchairs, hand cycles, or baby joggers are permitted.

HEADPHONES: The use of personal listening devices with headphones or ear buds is strongly discouraged for safety reasons. 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.

FINISH: The race will enter Laidley Field from Hansford Street and finish on the rubber track. As you cross the finish line your time and place of finish are electronically recorded. Please respect other finishers and volunteers and do not crowd the finish area. Should you need medical assistance, you will be helped to the medical area.

POST-RACE: Water, refreshments, and pizza will be available to all finishers. Showers will be available at Laidley Field until 11 a.m.

MEDALS: All finishers of the 15-mile race, the 15-mile relay, and the 5K run/walk will receive a finisher's medal at the finish line. The relay finisher will receive three medals with the expectation that the finisher will give medals to the other relay team members. Unclaimed finisher medals will not be mailed after the race.

AWARDS: All awards are based on chip time, not gun time. All cash award checks will be mailed within three weeks. Trophies/non-monetary awards will be available as race and category winners finish. Trophies/awards must be picked up on race day.

15-Miler Course Records

MEN:

1:12:24

Gideon Mutisya,
1996

WOMEN:

1:24:52

Priscilla Welch,
1987

15-Mile Race Turn-by-Turn Directions

1. Start on Kanawha Boulevard at the West Virginia State Capitol (river-side lanes)
2. Straight on Kanawha Boulevard
3. Right on Clendenin Street
4. Right on Virginia Street
5. Right onto the South Side Bridge
6. Right onto CSX Ramp/Ferry Street
7. Right on Thayer Street
8. Left on MacCorkle Avenue
9. Left on Route 119 South (Capital Punishment Hill)
10. Left on Oakwood Road
11. Right on Bridge Road
12. Left on Loudon Heights
13. Right across the South Side Bridge
14. Right on Virginia Street East
15. Left on Greenbrier Street
16. Right into State Capitol Complex and through to Washington Street East
17. Right on Chesapeake Avenue
18. Right on Kanawha Boulevard
19. Right on Clendenin Street
20. Road turns right, becomes Donnally Street
21. Left on Court Street
22. Right on Piedmont Road
23. Right on Morris Street
24. Left onto Hansford Street and the final half mile to Laidley Field's rubber track

5K Turn-by-Turn Directions

1. Start on Kanawha Boulevard at the West Virginia State Capitol (Capitol-side lanes)
2. Straight on Kanawha Boulevard
3. Right on Dunbar Avenue
4. Right on Virginia Street East
5. Left on Ruffner Avenue crossing the railroad tracks
6. Right onto Hansford Street and the final half mile to Laidley Field's rubber track

Prizes & Awards

15-Mile Race

\$500 1st overall, male and female

\$400 2nd overall, male and female

\$300 3rd overall, male and female

\$100 1st West Virginian, m/f

\$100 1st Charlestonian, m/f

\$75 1st Wheelchair/hand cycle, m/f

\$50 2nd Wheelchair/hand cycle, m/f

\$75 1st in age group

\$50 2nd in age group

Pianfetti Award Oldest finisher, m/f
(non-cash award, plaque only)

15-Mile 3-Person Relay

Joni Adams Relay Award 1st place
overall teams: male, female, and co-ed
(non-cash awards, trophies only)

5K Run/Walk

\$100 1st overall, male and female

\$50 2nd overall, male and female

\$30 1st wheelchair/hand cycle, m/f

\$20 2nd wheelchair/hand cycle, m/f

\$30 1st in age group*

\$20 2nd in age group*

Age Groups

Adult, 15-Mile and 5K (24)

19-24, m/f 25-29, m/f

30-34, m/f 35-39, m/f

40-44, m/f 45-49, m/f

50-54, m/f 55-59, m/f

60-64, m/f 65-69, m/f

70-74, m/f 75+, m/f

Youth, 5K (6)* Youth, 15-Mile (2)*

1-9, m/f 12-18, m/f

10-14, m/f

15-18, m/f

* Gift certificates to Robert's Running & Walking Shop will be given to finishers under age 19.

Duplication of awards will not be permitted for the winners of the Top 3 Overall (Male and Female), the First West Virginian (Male and Female), and the First Charlestonian (Male and Female); in other words, 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. CDR will not mail trophies/awards after the race; any medals or trophies/awards not claimed on race day revert to the ownership of the CDR.

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