

2026 CHARLESTON DISTANCE RUN



PARTICIPANT GUIDE

Charleston Distance Run Committee

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Victoria Barksdale
SECRETARY

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Letter from the Race Director

Take me home to the place I belong... the Charleston Distance Run! From World Cup stadiums, commercials, to West Virginia University home games, West Virginians proudly unite when we sing Country Roads. That is how I feel when we all gather at the West Virginia State Capitol every Saturday before Labor Day at the Distance Run start line. Take me home.

As you climb the mountains and pass through the old trees, the Distance Run will take you home. Maybe some of the miles will bring a teardrop to your eye, or maybe a song blaring from a radio will remind you to run fast. CDR will take you home.

As one of the oldest road races in America, every year we find the Distance Run has many memories gathered round her. Whether you're joining us for the first time in honor of a loved one or if you are returning to a race that's part of your personal history, we are excited to have you home to celebrate with you.

I look forward to seeing everyone at the finish line. We might not have moonshine but we will have lots of water!

LYMI,
Carol Phipps Haid

2026 Committee Awards

Steve Prefontaine Most Courageous Runner
to a participant who shows extraordinary courage,
Erin Cox

John D. Smallridge Memorial Award
for contributions by a committee member,
Victoria Barksdale

Eugene Fuller Extra Mile Award
for contributions by a volunteer,
University of Charleston Student Volunteers

The Jack Pushkin Medical Assistance Award
to a volunteer who helps with medical care,
Kayla Wright

In Memoriam

Steve Fox
1949-2026

Completed the 15-mile
race more than 40 times,
including the inaugural
race in 1973

Jeff Galloway
1945-2026

Winner of the inaugural
race in 1973 and American
Olympian

Schedule of Events

FRIDAY, SEPT. 4

- 3:00 p.m. Packet pickup & 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 pickup closes

SATURDAY, SEPT. 5

- 6:30 a.m. Late bib pickup
*California Street
at Kanawha Boulevard*
- 7:10 a.m. Pre-race Ceremony
Robin Wolfe, national anthem
Stewart Cottrell, prayer
Brady Campbell, musket start
- 7:15 a.m. Late bib pickup closes
- 7:30 a.m. All races start
*Kanawha Boulevard at
West Virginia State Capitol*
- 11:30 a.m. Finish line begins closing
UC Stadium at Laidley Field

Timing & Results

Live tracking and results will be available at CharlestonDistanceRun.com via RTRT.me. Track any runner's progress live with the RTRT.me app available for both iOS and Android. Tracking is updated as timing chips cross our mats at 5, 10 and 13.1 miles.

Final results and awards will be posted to CharlestonDistanceRun.com after the race. Timing services are provided by APTiming.



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. on the Boulevard in front of Haddad Riverfront Park amphitheater.

Children's Fun Run

For our youngest runners, we offer a Fun Run Friday evening during packet pickup 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)

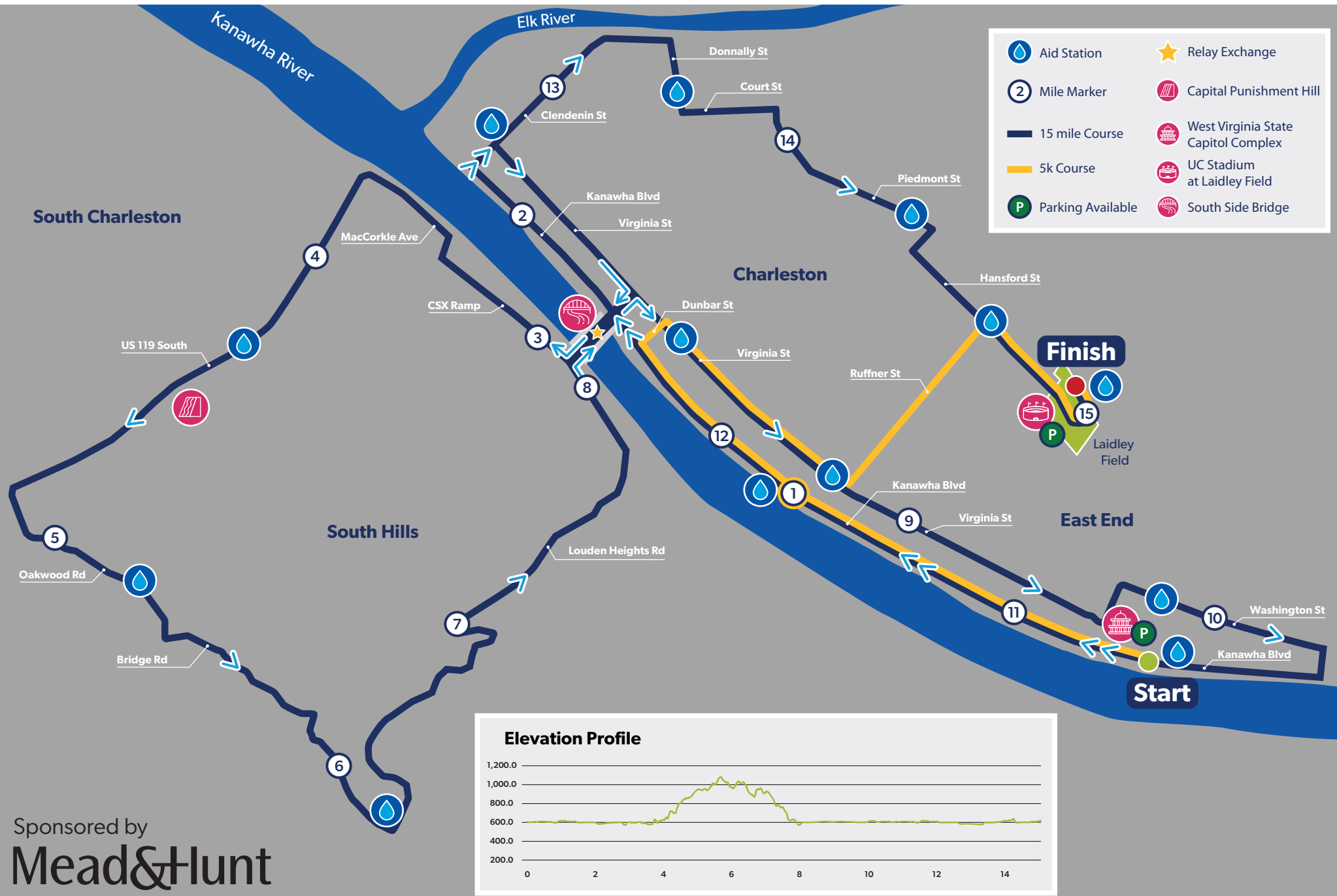
Register at packet pickup beginning at 3 p.m. at the overlook beside Haddad Riverfront Park. The Fun Run begins at 6:30 p.m. on Kanawha Boulevard.

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.

Special Thanks: Robert's Running and Walking Shop; medical tent volunteers, including Kayla Wright and University of Charleston physician assistant students; bike riders Bill and Mary Shultz, Emma White, Olaf Funfstuck and Allen Dent; pasta party volunteers; water stop volunteers; Tallman Track Club; Race Ambassadors Neil Johnson, Lauren Keller, James Murray, Shelly Murray, and Sydney Murray; Greg Isaacs; Charleston parkrun; City of Charleston employees, including those from emergency management, fire, parks, police, refuse, traffic and streets departments; West Virginia Capitol Police; West Virginia Department of Highways; Charleston Convention and Visitors Bureau; University of Charleston students participating in Labor of Love and Maker Lab; McKenzie Stalnaker; WTSQ 88.1; Dave Allen Show; Wells Home Furnishings; WV American Water; Mountain Juice; and Laidley Field staff.



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sponsors**

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MILE 2 5K Faith in Motion Physical Therapy
MILE 3 WVU Medicine Thomas Hospitals
MILE 4 Hill Quest Group

MILE 5 Grrl Gang Runners and Friends
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MILE 10 Tasha's Uniforms
MILE 11 Victoria Barksdale
MILE 12 Grrl Gang Runners and Friends
MILE 13.1 - HALF MARATHON
MILE 14 Tallman Track Club

Course Information

PARKING: Free parking is available at the West Virginia State Capitol and UC Stadium at Laidley Field. The start and finish are within easy walking distance. 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 runners. 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. A GPS/GPX file is available at CharlestonDistanceRun.com.

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 fall behind 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: Each team member must wear their own bib with their own timing chip. Both 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 earbuds 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 team finisher will receive three medals, with the expectation that they will give one to each of the other 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

1:12:24

Gideon Mutisya,
1996

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

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*

1-9, m/f
10-14, m/f
15-18, m/f

Youth, 15-Mile *

12-18, m/f

* A non-monetary prize will be given to winners 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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