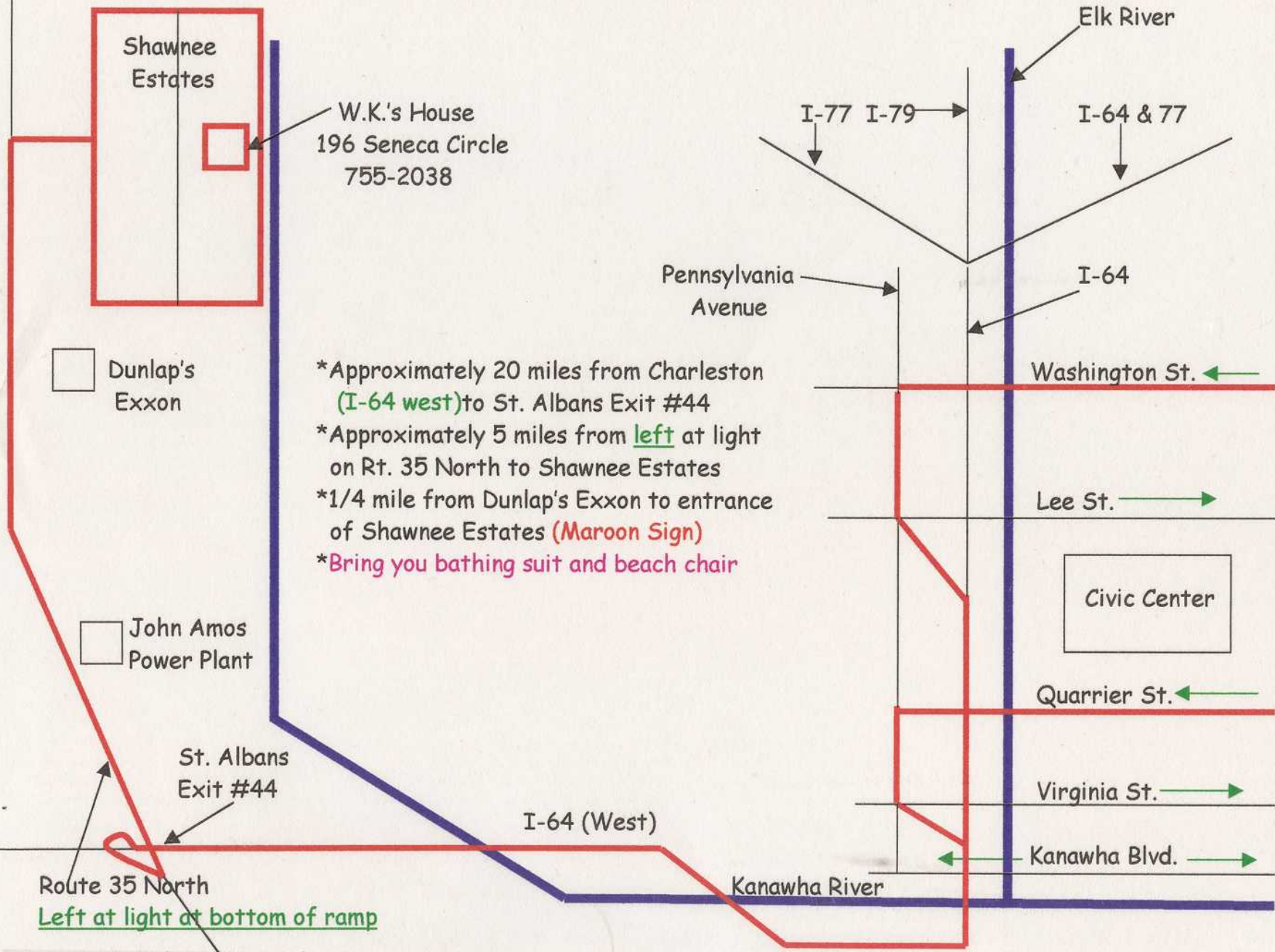


The 2001 Charleston Distance Run Party



Shawnee Estates

W.K.'s House
196 Seneca Circle
755-2038

Dunlap's Exxon

John Amos Power Plant

St. Albans Exit #44

Route 35 North
Left at light at bottom of ramp

- * Approximately 20 miles from Charleston (I-64 west) to St. Albans Exit #44
- * Approximately 5 miles from left at light on Rt. 35 North to Shawnee Estates
- * 1/4 mile from Dunlap's Exxon to entrance of Shawnee Estates (Maroon Sign)
- * Bring you bathing suit and beach chair

Elk River

I-77 I-79

I-64 & 77

Pennsylvania Avenue

I-64

Washington St.

Lee St.

Civic Center

Quarrier St.

Virginia St.

Kanawha Blvd.

I-64 (West)

Kanawha River