

20th BR5K Individual Application

Last Name	First Name	MI
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Mailing Address

City	State	Zip
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Home Phone	Male/Female	Age
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Email Address

Shirt Size (Circle) S M L XL XXL

Waiver and Release, Signature Required.

In consideration for accepting this entry, and the granting of the right to participate in this event, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, personal representatives, successors, and assigns, waive and release any and all claims for losses and damages I may have against Road Runners Club of Woodbury, event committee, volunteers, event sponsors, Woodbury High School Board of Education and the City of Woodbury, all their representatives, successors and assigns, and/or other person whomsoever for any and all injuries, illness, including death, that may result from my participation in said event. I represent and affirm that I am in good physical condition to participate in this event, and verified by a licensed physician, and have sufficiently trained for the completion of this event.

Signature (Parent /Guardian Must Sign if Under 18)

Date

Registration fee: **\$18 if received by May 23.**

On-Site Registration fee: **\$20**

Make check payable to:

Road Runners Club of Woodbury

Registration by Mail:

Benjamin-Ross Memorial 5K

314 Briar Hill Lane, Woodbury, NJ 08096

Online Registration:

tnteventmanagement.com/events.html

20th ANNUAL

**George Benjamin, Jr.
& H. Browning Ross
Memorial 5K Run/Walk**

Sunday, June 1, 2014, 9:30 am

Race Information:

- 8:00 am. Register, check-in, pick-up t shirts.
- 9:30 am. Race begins.
- Course: Begin outside WHS Stadium at Benjamin and Ross memorials, pass Browning Ross house, continue through tree lined West End Woodbury, finish WHS track.
- Race distance is 5K, 3.1 miles. In keeping with Browning's tradition, distance is approximate.
- Inquiries: jcarter@wyanokegroup.com, 609-876-9041.

Prizes and Awards

- Race shirt to first 200 registrants.
- Food and snacks pre and post-race.
- Overall men's and women's champions receive engraved silver bowls.
- Medals are awarded to the top three male and female finishers in each 5 year age bracket, beginning with age 8 and under bracket.

Scholarship Fund

Race proceeds support annual scholarships for Woodbury High School graduates. The **George Benjamin, Jr. Award** is presented to an outstanding field event athlete. The **H. Browning Ross Award** is presented to an outstanding track athlete.

RRCW

The race is organized by the **Road Runners Club of Woodbury**, a chapter of the **Road Runners Club of America**, the nation's largest running organization, which credits Browning with inspiring its creation. RRCW seeks to make Woodbury a better place to run and to use running to make Woodbury a better place.

- Visit RRCW:
www.RRCWoodbury.com
- Like us:
www.facebook.com/RRCWoodbury

RRCW Event Calendar

Come on out and bring a friend!

RRCW Weekly Fun Run

Each Thursday, 6:30 pm, BR5K course

The Woodbury Relays

3rd Saturday in April

Benjamin Ross Memorial 5K

1st Sunday in June

UMH Race Down Broad Street 5K

1st Saturday in October, prior to Fall Festival Parade

RRCW Youth Track & Field Series

May-June, for children grades K-5

Pfc. George Benjamin, Jr. (1918-1944)

George Benjamin, Jr. was posthumously awarded our nation's highest military award, the Congressional Medal of Honor on June 28, 1945 by President Harry S. Truman. George is Woodbury's only Medal of Honor winner. George was a scholar athlete at Woodbury ('35) and Temple University ('39). "Benge" excelled in the discus, shot and javelin and was captain of Coach "Cap" Paine's track team. He was a brilliant mathematician and artist who was loved by all.

During World War II he served in Co. A, 306th Inf. Reg., 77th Infantry Division, US Army. It was with conspicuous acts of gallantry, valor and heroism above and beyond the call of duty and with utter disregard for his safety, that Pfc. Benjamin single-handedly led a fearless and spirited charge against a well-defended Japanese stronghold on Dec. 21, 1944 on the Island of Leyte, Philippine Islands.

After several of his officers were killed, George left his secure position, ran across bullet-whipped terrain waving for his platoon to follow. Carrying his bulky radio and armed only with a pistol, he fearlessly penetrated intense machine gun and rifle fire to the enemy position, killing one of the enemy in a foxhole and moving on to annihilate a light machine gun crew.

Heedless of heavy fire concentrated on him, he continued to spearhead the assault, killing two more of the enemy before falling mortally wounded. After being evacuated to an aid station, his first thought was still of the American advance. Overcoming great pain he radioed tactical information on enemy weapons and positions. His charge allowed the advance of his entire battalion, saved countless lives, and was a source of great and lasting inspiration to his comrades. He is now resting peacefully in the US Army cemetery at Fort Bonifacio, Manila, Philippines.

H. Browning Ross, (1924-1998)

Browning Ross was a 1948 and 1952 Olympian who became known as "The Father of Long-Distance Running in America." A life-long resident of Woodbury, he was 1943 NJ State Mile and National Interscholastic Indoor Mile Champion. He served in the Navy during W.W. II and, upon discharge, was discovered by Villanova's Jumbo Elliott. At Villanova, he won the 1948 NCAA steeplechase, going on to finish 7th in the 1948 Olympic steeplechase. Browning postponed his return to the States to enter road races in Ireland. Browning told Jumbo of the great talent he saw, which led to Villanova's long line of great Irish runners.

At the 1951 Pan American Games Browning won the 1500 meters, shared 1st in the steeplechase and was 4th in the 5,000 meters. In 1952, he again qualified for the U.S. Olympic team. He won 8 National AAU Cross Country Championships, was a U.S. team manager and in 1969 received the first Annual AAU Long Distance Award. He is a member of the National Long Distance Running Hall of Fame and the Villanova, Gloucester County and Woodbury High School Halls of Fame.

Recognizing a need to publish road racing results, in 1955 Browning founded the *Long Distance Log*, a national newsletter that continued until 1975. In 1957 he founded and became the first President of the Road Runners of Club of America, which today boasts more than 300,000 members.

At home, Browning was coach, race organizer, publisher, official and entrepreneur. But the quality of his life that endeared him to everyone was his mild-mannered, humble approach to life. Much like his boyhood mentor and friend George Benjamin, who inspired Browning's early desire to run, Browning was loved by all.

20th ANNUAL **George Benjamin, Jr.** **& H. Browning Ross** **Memorial 5K Run/Walk**

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Register on-line at:

TNTEventManagement.com/events.html

Honoring the memory of Pfc. George Benjamin, Jr., Medal of Honor Winner, and H. Browning Ross, 1948 & 1952 U.S. Olympian

In 1995, the 50th Anniversary of WWII, Browning Ross organized the first George Benjamin, Jr. Memorial 5K Run, in honor of Woodbury's Medal of Honor recipient. In 1998, after Browning's death, the race was renamed the Benjamin-Ross Memorial 5K. In 2000, walkers were added at the request of Browning's Sports East partner Dr. Bill Heughan.

Proceeds support the George Benjamin, Jr. Memorial Scholarship and the H. Browning Ross Memorial Scholarship Fund.

Sponsored by the

Road Runners Club of Woodbury

www.RRCWoodbury.com.

[www.Facebook.com/RRCWoodbury](https://www.facebook.com/RRCWoodbury).

