

# Registration Information

## T-Shirts

First 200 entrants will receive an 15th Annual George Benjamin-Browning Ross Memorial 5K T-Shirt.

## Pre-Registration

- \$16 if registration received before May 30, 2009.

## Registration and Race Information

- \$18 if registration received after May 30, including day of race.
- 8:00 a.m. - Register, Check-in, pick up T-shirts.
- 9:30 a.m. Race begins (and ends) on Woodbury High School Track. Course will go past Browning Ross house and through the west side of Woodbury.
- Distance of course is 5K or 3.1 miles or ? Not responsible for distance accuracy. This is in keeping with a Browning Ross tradition.
- On Race Day, if possible rainout, call 609-876-9041 for race status. Any race related questions can be addressed to: [jcarter@slackinc.com](mailto:jcarter@slackinc.com)
- Bring a friend.

## Parking

Plentiful parking is available in the stadium area.

## Awards

Awards will be given to the overall men's and women's champion, and the top three male and female finishers in each 5 year age bracket from 8 & under to 70 and over.

## Additional Applications

Additional race applications can be obtained from Woodbury's award winning website [www.woodbury.nj.us](http://www.woodbury.nj.us). On home page look for News & Events.

## Sponsors

Please support our race sponsors!

*Our race sponsors are proud to support this event in memory of two of Woodbury's finest residents. Let us not forget the accomplishments and character traits of these two great Americans.*

**BRING A FRIEND!**

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# 15th Annual George Benjamin, Jr. &

# H. Browning Ross Memorial 5K Run & Walk

Woodbury, NJ  
Sunday, June 7, 2009  
9:30 a.m.

New for 2009

**Start / Finish on Woodbury High School Track**

This race began in 1995, the 50th anniversary of WWII, as the **George Benjamin Memorial 5K Run**. In 1998 the race was renamed the **Benjamin-Ross Memorial 5K Run** in memory of H. Browning Ross, a friend of George Benjamin and also the original meet organizer. In 2000, at the request of Browning's former Sports East business partner, Dr. Bill Heughan, we included walkers.

Proceeds of the run support modest scholarships each year to two graduating seniors from the Woodbury High School track team. The awards are given to the outstanding runner and outstanding field event person during the graduation ceremonies. Our long term goal is to steadily increase the amount of the awards given.

## George Benjamin, Jr. & H. Browning Ross Memorials

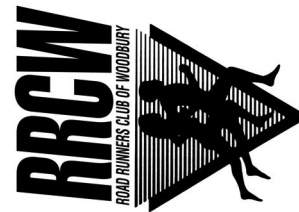
On July 4, 2001, the H. Browning Ross Memorial was dedicated and now sits along side of the George Benjamin, Jr. Memorial, which was dedicated on July 4, 1995. These memorials pay tribute to two of Woodbury's finest residents. Please take the time to visit these memorials.

## Road Runners Club of Woodbury

The Road Runners Club of Woodbury (RRCW) is dedicated to making Woodbury a better place for runners and to support runners, walkers and outdoor exercisers of all ages and abilities. Our goals are to develop youth running programs, increase opportunities for adult running and racing and to foster the development of pedestrian trails and running paths in the City. The RRCW is the local chapter of the Road Runners Club of America (RRCA). Woodbury's own Browning Ross was one of the original founders and first president of RRCA which today has more than 700 chapters and 180,000 members. If you are interested in joining RRCW you may do so on race day.

**BRING A FRIEND!**

**GEORGE BENJAMIN, JR. &  
H. BROWNING ROSS  
MEMORIAL 5K RUN & WALK**  
c/o 314 Briar Hill Lane  
Woodbury, NJ 08096



# Application

(Application may be photocopied)

**BRING A FRIEND!**

Last Name First Name MI

Mailing Address

City State Zip

Phone Male/Female Age

Email Address

**WAIVER & RELEASE – All participants must complete!!** 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, 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

Shirt Size (Circle) M L XL XXL

Please make check Payable to:

**Benjamin-Ross Memorial Scholarship Fund**

and mail with signed application to:

*George Benjamin-Browning Ross Memorial*

*5K Run & Walk*

*c/o 314 Briar Hill Lane*

*Woodbury, NJ 08096*

To Pre-register application must be received by May 30, 2009.

**BRING A FRIEND!**

## PFC. GEORGE BENJAMIN, JR.

Co. A, 306th Inf. Reg., 77th Inf. Div.

United States Army

April 21, 1918 - December 22, 1944

Born in Philadelphia, Pa. and raised in a downtown 2nd floor apartment by his aunt at 45 S. Broad St., Woodbury, George was a scholar athlete at Woodbury High School (Class of 1935) and at Temple University (Class of 1939). George "Benge" Benjamin excelled in the discus, shot and javelin and was captain of the track team under legendary coach "Cap" Paine. George was a brilliant mathematician, a talented artist and was loved by all who knew him.

In the Pacific it was with conspicuous acts of gallantry, valor and heroism above and beyond the call of duty and with utter disregard for his own personal 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, Benjamin left his comparatively secure position and ran across bullet-whipped terrain waving and shouting to the men of 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, where he killed one of the enemy in a foxhole and moved on to annihilate the crew of a light machine gun. Heedless of the terrific fire now concentrated on him, he continued to spearhead the assault, killing two more of the enemy and exhorting the other men to advance, until he fell mortally wounded. After being evacuated to an aid station, his first thought was still of the American advance and overcoming great pain he radioed in vital 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. 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. He is now resting peacefully in a beautiful US Army cemetery at Fort Bonifacio, Manila, Philippine Islands.

### NOTE:

The George Benjamin, Jr. Memorial and the H. Browning Ross Memorial are located at the bottom of Wood St. overlooking the Woodbury High School stadium and track. The Benjamin Memorial was dedicated July 4, 1995 and the Ross Memorial was dedicated July 4, 2001.

**Directions:** From Polsky's go North toward the center of town and take the 2nd left onto Delaware St., then make the 2nd right onto Wood St. The memorials are at the end of the street.

## H. BROWNING ROSS

U.S. Olympian - 1948 & 1952

"Father of Long-Distance Running in America"

April 26, 1924 - April 27, 1998

A life-long resident of Woodbury, Browning Ross, after being cut from the Woodbury High School baseball team, took up running and in 1943 became N.J. State Mile Champion and National Interscholastic Indoor Mile Champion. Following graduation in 1943, Browning entered military service and served in the Navy during W.W. II. Upon his discharge, he was discovered by Villanova University track coach "Jumbo" Jim Elliott and received a scholarship to Villanova after winning a two-mile race in Madison Square Garden. He became one of "Jumbo" Elliott's first great runners in the late 1940's. In 1948 Browning won the NCAA steeplechase which was a stepping stone for him to qualify for the 1948 U.S. Olympic team.

Following the 1948 London Olympics, where Browning finished seventh in the steeplechase and was the only American in the final, Browning decided to postpone returning to the states and entered a number of road races that were held in Ireland. It was there he discovered a wealth of running talent and later told "Jumbo" of his discovery. "Jumbo" heeded Browning's advice and thus began the long line of great Irish runners who have been recruited to compete for Villanova.

At the 1951 Pan American Games Browning won the 1500 meter run, shared first place in the 3,000 meter steeplechase and was fourth in the 5,000 meters. In 1952 he made the U.S. Olympic team again but did not make it to the finals. Recognizing a need to publish results of road races, in 1955 Browning founded and was editor-in-chief of the Long Distance Log which was mailed to about 1000 subscribers throughout the country each month until 1975. Today, other publications have replaced his early efforts to promote long-distance running. In 1957 Browning founded and became the first President of the Road Runners of America Club, which today boasts more than 180,000 members.

During his running career Browning won 8 National AAU Cross Country Championships, was a U.S. team manager and in 1969 received the first Annual Long Distance AAU award. From 1968-1971 Browning was chairman of the National AAU long distance and road running committee and later was elected to the National Long Distance Running Hall of Fame and also the Villanova University, Gloucester County and Woodbury High School Halls of Fame.

Browning served in many capacities in the sport he loved so much. This includes coach, meet and race organizer, publisher, track official, sporting goods entrepreneur and friend to many runners. But the quality of his life that endeared everyone to Browning Ross 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 Ross was loved by all who knew him.