

Registration Information

REGISTER ON-LINE AT:

- tnteventmanagement.com/events.html

REGISTER BY MAIL AT 314 BRIAR HILL LANE,
WOODBURY, NJ 08096.

RACE INFORMATION

- Early Registration Fee: \$17 until May 31.
- Late Registration: \$19 after May 31, including day of race.
- Race Day Registration Opens 8:00 am. Register, Check-in, pick up T-shirts.
- 9:30 a.m. Race begins.
- Course: Begins at the Benjamin and Ross memorials at the base of Wood Street outside the WHS stadium, passes Browning Ross house, continues through the tree-lined West Side of Woodbury to finish on the WHS track.
- Race distance is 5K, 3.1 miles. In keeping with a Browning Ross tradition, distances are approximate.
- Applications available at RRCWoodbury.com
- Address race-related questions to: jcarter@wyanokegroup.com, 609-876-9041.

PRIZES AND AWARDS

- Heavyweight 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 from 8 and Under to 70 and Over.

WOODBURY BLOCK PARTY IS BACK!

Street festival, music, food, games

Sponsored by Main Street Woodbury

Come for the race, stay for the party!

18th Annual George Benjamin, Jr. & H. Browning Ross Memorial 5K Run & Walk

Sunday, June 3, 2012, 9:30 a.m.

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

SCHOLARSHIP FUND

Race proceeds support scholarships awarded each year to an outstanding runner and field event athlete graduating from Woodbury High School.

ROAD RUNNERS CLUB OF WOODBURY (RRCW)

The race is organized by RRCW, a chapter of 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.

- **RRCW Weekly Fun Run**, each Thursday, 6:30 pm, follows BR5K course.
- **The Woodbury Relays**, April 20-21, 2012.
- **Benjamin-Ross Memorial 5K Run & Fun Walk**, first Sunday each June preceding Main Street Woodbury Block Party.
- **UMH Race Down Broad Street 5K**, first Saturday each October preceding the Woodbury Fall Festival Parade.
- **RRCW Youth Track & Field Series**, each May-June, for children grades K-5.

FOR MORE INFORMATION ON RRCW

- Visit RRCW at <http://rrcwoodbury.com>
- Like at <http://Facebook.com/RRCWoodbury>.



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
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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, 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

Make check payable to:

Road Runners Club of Woodbury

Mail to:

Benjamin-Ross Memorial 5K

314 Briar Hill Lane, Woodbury, NJ 08096

Memorials to Benjamin and Ross are located on Wood St., overlooking the Woodbury High School track. The Benjamin Memorial was dedicated July 4, 1995, the Ross Memorial was dedicated July 4, 2001.

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 baseball team, took up running and became the 1943 NJ State Mile Champion and National Interscholastic Indoor Mile Champion. Following graduation he served in the Navy during W.W. II. Upon discharge, he was discovered by Villanova 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’s first great runners. In 1948 Browning won the NCAA steeplechase which was a stepping stone for him to qualify for the U.S. Olympic team.

Browning finished seventh in the 1948 Olympic steeplechase and was the only American in the final. He postponed his return to the States to enter a number of road races in Ireland. It was there he discovered a wealth of running talent. He told Jumbo of his discovery, which led to the long line of great Irish runners who competed for Villanova.

At the 1951 Pan American Games Browning won the 1500 meters, shared first place in the steeplechase and was fourth in the 5,000 meters. In 1952 he qualified for the U.S. Olympic team.

Recognizing a need to publish road racing results, in 1955 Browning founded and was editor-in-chief of the Long Distance Log, which was mailed to subscribers throughout the country each month until 1975. In 1957 Browning founded and became the first President of the Road Runners of Club of America, which today boasts more than 200,000 members.

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. He is a member of the National Long Distance Running Hall of Fame and a member of the Villanova University, Gloucester County and Woodbury High School Halls of Fame.

Browning served in many capacities in the sport he loved so much, including 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

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.

Pfc. George Benjamin, Jr.

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

United States Army

April 21, 1918 - December 22, 1944

Born in Philadelphia and raised by his aunt in a downtown 2nd floor apartment at 45 S. Broad St., George was a scholar athlete at Woodbury (Class of 1935) and Temple University (Class of 1939). “Benge” 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 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, Philippines.