

# 12th Annual George Benjamin, Jr. &

## H. Browning Ross Memorial 5K Run & Walk

Woodbury, NJ  
Sunday, June 4, 2006  
9:30 a.m.

Broad Street & Barber Avenue, Woodbury, NJ  
(In front of Polsky's Army-Navy Store)

After the run, stay for  
**Mainstreet's Block Party**  
from 12:00 noon to 5:00 p.m.

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.

### Browning inducted into South Jersey Track & Field Hall of Fame

On March 19<sup>th</sup> 2006 Browning was posthumously inducted into the Commerce Bank- South Jersey Track & Field Hall of Fame. Browning was one of eight former athletes inducted in this year's 2<sup>nd</sup> Annual event. Joining Browning from Woodbury this year were Howard Staeger and Richard Caton. Woodbury's Jack Pierce, Olympic bronze medalist in the high hurdles, was inducted last year. Of the eighteen inductees to date four are from Woodbury, the largest representation of any high school in South Jersey.

### 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.

**BRINGA FRIEND!**

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## Registration Information

### T-Shirts

First 150 entrants will receive a 12th Annual George Benjamin-Browning Ross Memorial 5K T-Shirt.

### Pre-Registration

- \$14 if registration received before June 1, 2006.

### Registration and Race Information

- \$16 if registration received after June 1, including day of race.
- 8:00 a.m. - Register, Check-in, pick up T-shirts in front of Polsky's.
- 9:00 a.m. Broad Street traffic is stopped to begin set-up for Woodbury Mainstreet Block Party.
- 9:30 a.m. Race begins (and ends) on Broad Street in front of Polsky's. Course will go down Broad Street and 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 856-803-7114 for race status.
- Bring a friend.

### Parking

Parking is available in the Municipal Lot behind Rite Aid and Pep Boys located across the street from Polsky's.

### 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.

**BRINGA FRIEND!**

## Application

(Application may be photocopied)

**BRINGA FRIEND!**

Last Name	First Name	MI
Mailing Address		
City	State	Zip
Home Phone	Male/Female	Age

**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 EVENT COMMITTEE, VOLUNTEERS, EVENT SPONSORS, MAINSTREET WOODBURY, INC., 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 20 N. Warren Street  
Woodbury, NJ 08096*

To Pre-register application must be  
received by June 1, 2006.

**BRINGA FRIEND!**

**GEORGE BENJAMIN, JR. &  
H. BROWNING ROSS  
MEMORIAL 5K RUN & WALK**  
c/o 20 N. Warren Street  
Woodbury, NJ 08096



## **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 Polskys 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 200,000 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.