

WHAT

5K Run & 5K Walk USATF Certified Race • Start Time: 9:00am
First bus leaves at 7:30am and **LAST BUS AT 8:30am**

Awards Ceremony at Gloucester City Fire Dept. Start Time: 10:15am

Results board posted immediately.

Early Registration-Packet Pick Up: Friday, 10/16/09, 4:30pm-7:00pm
Gloucester City Fire Department, 1 N. King St., Gloucester City, NJ

Race Day Entry: Saturday, 10/17/09, 7:00am-8:00am
Gloucester City Fire Department, 1 N. King St., Gloucester City, NJ

NO MAIL-IN ENTRY FORMS AFTER POSTMARK OF 10/11/09

FEES

Pre-registration for all participants for entries postmarked prior to
October 11, 2009\$20
Thereafter and day of the event.....\$25
Team entry (plus single entrant fee) by Oct. 11, 2009\$25
Children 15 and under.....\$10

Checks Payable: Heroes to Hero

Mail to: Heroes to Hero Run • PO Box 126
Gloucester City, NJ 08030

Enter Online: www.heroestohero.com or www.active.com

AMENITIES

- Long Sleeved Colored Shirts - First 1000 Participants
- Pasta Buffet with Complimentary Beer & Soda to all Entrants
- Bottled Water at Finishline
- Daily Entry List Web Posted: www.heroestohero.com
- Race Day Results Web Posted Race Day! www.compucore.com
- Clocks at first and second mile.
- Flat and fast point to point course
- USATF sanctioned event/USATF certified course

CONTACT

Race Director, Jerry Hubbs: 856-364-0441

E-Mail gcfdrun@yahoo.com



Heroes to Hero Web Site: www.heroestohero.com

Register online at www.active.com

THANKS TO OUR SPONSORS

GOLD SPONSORS

- COOPER UNIVERSITY HOSPITAL
- DOG HOUSE SPORTS BAR
- PSE&G
- JOSEPH STRINGFELLOW, ATTORNEY AT LAW
- HOLCOMB BUS SERVICE
- Browns Family Shop Rite, Brooklawn, NJ
- Joe Conklin www.JoeConklin.com
- Holts Logistics Corp.
- OH! Hara's Pub, Gloucester City, NJ
- Haddonfield Running Company
- New Balance
- Gloucester City Fire Department

Heroes to Hero 5K Run & 5K Walk
PO Box 126
Gloucester City, NJ 08030



8th Annual HEROES TO HERO MEMORIAL SCHOLARSHIP 5K RUN

Sat., October 17, 2009 • "Rain or Shine" • Gloucester City, NJ

In Honor & Memory of Fallen Firefighter Tom Stewart III - Chief Jim Sylvester - Deputy Marshal John West Sr.

Eighth Annual

HEROES TO HERO MEMORIAL SCHOLARSHIP 5K RUN/WALK

"Rain or Shine"

Saturday, October 17, 2009
9:00am

In Memory of Our Fallen Brothers



Tom Stewart III



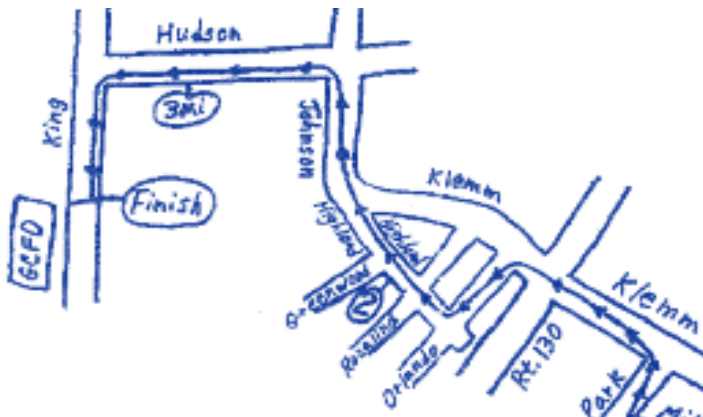
Jim Sylvester



John West Sr.

July 4th, 2002
Gloucester City, NJ

Retracing Our
Fallen Brothers' Footsteps
See www.heroestohero.com



AWARDS

Overall Male and Female
 1st \$250 • 2nd \$150 • 3rd \$75

MASTERS (40+)

1st Place Male and Female - \$100
 2nd Place Male and Female - \$50
 3rd Place Male and Female - \$25

AGE GROUPS

1st, 2nd, 3rd male/female in each.
 15 & Under
 16-19
 20-29
 30-39
 40-49
 50-59
 60-69
 70+

COURSE RECORD BONUS \$200

See Website for information

SPECIAL AWARDS

Firefighter - 1st, 2nd, 3rd
 Law Enforcement - 1st, 2nd, 3rd
 Medical - 1st only
 Clydesdales/Athena's - 1st only
 Gloucester City Finisher - 1st only
 Mt. Ephraim Finisher - 1st only

TEAMS

Fire Teams - 1st, 2nd, 3rd
 These are traveling awards
 • 1st Place - Full size solid brass helmet
 • 2nd Place - Hand painted Ax mounted on display (no two are alike)
 • 3rd Place - Bronze Figure of Fireman on ladder

Law Team - 1st, 2nd, & 3rd

COURSE & LOGISTICS

Transportation to Start
 Parking – Event Day Entry – Awards all take place at the Gloucester City Fire Dept. **No event day entry at Mt. Ephraim Fire Dept.**
 The 3.1 Mile Course is “point-to-point.” Starting in Mt. Ephraim and ending at the Gloucester City Fire Dept. It is flat, fast, and a USATF Certified course, with clocks at miles 1 and 2, water tables, and police controlled. The course will pass by each one of the fire-fighters’ homes. The race will be USATF sanctioned.

Buses will transport you to the starting line at the Mt. Ephraim Fire Dept. ALLOW TIME FOR THIS PROCESS... Late Entry & Packet Pick-up CLOSES in Gloucester City at 8:30am! Last bus to start will leave at 8:30am Sharp!

Heroes to Hero 5K Course Map
 (not to scale)



DIRECTIONS

Gloucester City Fire Department • 856-456-0060
 1 N. King Street (same block as O’Hara’s Pub)
 Gloucester City, NJ 08030.
 If you need assistance please use above contact information or go to www.mapquest.com

ENTRY INFORMATION

- **Single Entrants can also participate** as a team member in their respective events: 5K Run.
- No mail-in of entry form after a postmark date of 10/11/09. No online entry from 12:00 midnight on 10/11/09. Thereafter entry only on Friday 10/10/08 (4:30pm - 7:00pm) & event day Saturday (7:00am - 8:00am) at the Gloucester City Fire Department.
- **A special registration will be held on Wednesday, September 23, 2009 from 5pm - 7pm at The Haddonfield Running Company 144 East Kings Highway Haddonfield, NJ • 856-428-1666**
- All team registrations must be mailed together.
- Minimum of 3 runners per team, any team that had less then 3 runners will not be scored.

REGISTRATION

RACE # ASSIGNED: _____

HEROES TO HERO 5K 2009 (Print Clearly)
 (Register online at: www.heroestohero.com)
 Each Participant Must Complete a Form with Signed Release

Last Name _____

First Name _____ Race Day Age ____

Address _____

City/State/Zip _____

Gender: Male Female Date of Birth _____

T-Shirt Size: S M L XL XXL
 (First 1000 participants)

E-Mail: _____

Phone _____

EVENT ENTERED: **Choose (1) only** 5K Run 5K Walk
 The 5K Walk is not associated with any awards or timing chips.

MY 5K RACE DIVISION: (runners only) - **Choose (1) only**

- Male-Clydesdale 200+ lbs
- Female-Athena 140+ lbs
- Open/Age Group
- Gloucester City Finisher
- Medical
- Firefighter
- Law Enforcement
- Mt. Ephraim Finisher

Team Divisions: All members must register together

- Fire Dept. Run Team
- Police Team

Team Name _____

I'm not able to participate in the race, but would like to make a donation.

Enclosed is my check for _____.

Release: In consideration of accepting this entry I, the undersigned, assume full responsibility for any injury which may occur during the event or while I am on the premises of the event. I hereby release and hold harmless Heroes to Hero 5K Run/Walk and Gloucester City, sponsors, promoters, race supervisory personnel and their representatives, and all other persons and entries associated with the event, whether injury or accident is caused by negligence on the part of the sponsors, promoters or other persons. I verify that I am physically fit and have sufficiently trained for this running event and my physical condition has been verified by a medical doctor. I acknowledge that the sponsors of this event have not had an opportunity to evaluate the condition of my health and are relying on my representation that I am physically able to enter and compete in this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, recording and records of this event. **The Race Director has the right to alter the course and/or the prize structure if the need arises.**

Signature _____ Date _____