

AWARDS

Overall Male and Female

1st \$400 • 2nd \$250 • 3rd \$150

4th \$100 • 5th \$50

MASTERS (40+)

1st Place Overall Male and Female - \$250

2nd Place Overall Male and Female - \$100

3rd Place Overall Male and Female - \$50

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 \$250

for the male and female overall winners
if they break the course records

CURRENT COURSE RECORDS

Elarbia Khattabi

Alemtshay Misgabaw

14:05 (2004)

16:34 (2005)

SPECIAL AWARDS

Firefighter - 1st, 2nd, 3rd

Law Enforcement - 1st, 2nd, 3rd

Medical - 1st, 2nd, 3rd

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

Trophys and Plaques

OPEN TEAMS

1ST \$250

2ND \$150

3RD \$100

A team must have a minimum of 5 runners. Team must have one female minimum finisher. The top 3 runners will score. If any team has less the 5 runners finish they would not be scored as an Open Team. All members of a team MUST submit applications together with the \$25 team registration fee.

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 Co. • Start Time: 10:15am

Results board posted immediately.

Early Registration-Packet Pick Up: Friday, 10/10/08, 4:30pm-7:00pm

Gloucester City Fire Department, 1 N. King St., Gloucester City, NJ

Race Day Entry: Saturday, 10/11/08, 7:00am-8:00am

Gloucester City Fire Department, 1 N. King St., Gloucester City, NJ

NO MAIL-IN ENTRY FORMS AFTER POSTMARK OF 10/05/08

FEES

Pre-registration for all participants for entries postmarked prior to

October 5, 2008\$20

Thereafter and day of the event.....\$25

Team entry (plus single entrant fee) by Oct. 4, 2008\$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
- 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.compuscore.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: 856-456-4637

E-Mail gcfdrun@yahoo.com

Heroes to Hero Web Site: www.heroestohero.com

Register online at www.active.com



TIMING

Timing-Results, Race Entry, Finish Line: CompuScore Computer Services. All runners will receive a Championship Timing Chip that must be returned at the finish or a \$30.00 fee will be charged.

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



Application designed by Corporate Imagination 856-797-8891
HEROES TO HERO MEMORIAL SCHOLARSHIP 5K RUN

Sat., October 11 2008 • "Rain or Shine" • Gloucester City, NJ
In Honor & Memory of Fallen Firefighters... Tom Stewart III - Jim Sylvester - John West Sr.

Seventh Annual

HEROES TO HERO MEMORIAL SCHOLARSHIP RUN

5K Run & 5K Walk

Mt. Ephraim Fire Dept.
to Gloucester City Fire Dept.

"Rain or Shine"

Saturday, October 11, 2008
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

SCHOLARSHIP PROGRAM



The Heroes To Hero Foundation, Inc. recently presented three \$1,000.00 scholarships to graduating seniors from three area high schools for academic excellence as well as community involvement. The scholarships are awarded in honor and memory of Tommy Stewart III, Jim Sylvester, and John West Sr. and the selfless dedication they gave to their respective departments and community's they so faithfully served.

Another check (not pictured) was also presented to the Camden County Hero Scholarship Fund, Inc. (www.camdencountyhero.com) in the amount of \$5,000.00 to be used towards college educations for children of permanently disabled or deceased firefighters, police officers, and emergency medical personnel from Camden County.

The Heroes to Hero 5-K Run/Walk held its first race on Saturday, October 26, 2002. The event was organized in July of 2002 by one of the brother firefighters from Gloucester City Fire Department, a Gloucester City Police Officer and a local civic leader. The three avid runners decided to remember and honor the lives and careers of three very brave men. On July 04, 2002, Firefighter Thomas Stewart III of the Gloucester City Fire Headquarter, Chief James Sylvester of the Mount Ephraim Fire Department and Deputy Fire Marshal John West Sr. of the Camden County Fire Marshals Office all died tragically while attempting to save the lives of three trapped little girls in a house fire. All six had perished.

The three man committee had quickly grown to five, then seven and presently has 13 members and nearly 200 volunteers who participate on race day! The help doesn't stop there. Along with the Gloucester City and Mount Ephraim Fire Departments, six other fire departments send crews to assist with aerial ladder displays along the race route each year. Volunteers from various civic organizations assist with food and beverage service, runner's assistance, registration, flag-man at corners and local ambulances help provide emergency medical services. The event is not just a 5-K Run/Walk, it is a day of remembrance and celebration that begins the night before the race

THANKS TO OUR SPONSORS

GOLD SPONSORS

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- HOLCOMB BUS SERVICE
- DOG HOUSE SPORTS BAR
- THE CAMDEN COUNTY BOARD OF CHOSEN FREEHOLDERS
- PSE&G
- Pelican Fish
- OH! Hara's Pub, Gloucester City, NJ
- Pacifico Appraisals
- Browns Family Shop Rite, Brooklawn, NJ
- Joe Conklin www.JoeConklin.com
- Balloon Celebrations
- Haddonfield Running Company
- Holts Logistics Corp.
- New Balance
- Ginos Steaks, Phila. PA.
- Corporate Imagination
- Gloucester City Fire Department

and continues throughout race day with an awards ceremony followed by a block party.

Participants meet in Gloucester City and are bussed to the start line in Mount Ephraim. From there, participants run or walk back to Gloucester City where they left their vehicles. The Heroes To Hero motto is "Retracing our Fallen Brothers Footsteps". The race has a very sentimental significance. It begins at the Mount Ephraim Fire Department and proceeds to finish at the Gloucester City Fire Department, passing by the homes of the three fallen heroes and retracing the paths that each one took that night when they got up out of their beds to help someone that they had never even met before.

The Heroes to Hero 5-K has grown to be one the biggest, fastest, most complete 5-K events in the tri-state area. The event has drawn past Olympians, world class runners from Morocco, Russia, Kenya, Trinidad, Bermuda and Canada. They have had participants from California, Georgia, Oregon and many "closer to home" states. The record breaking times compare to some of the fastest 5-k street races in the United States. [Men 14:08, Women 16:08].

Last year the event registered 1000 participants and awarded over \$8000 in cash and prizes! It is a fun filled day with live music and Dj's at six different locations throughout the race and the food is outstanding! [Pasta party, soft pretzels, cakes and crackers, and plenty of beverage for every age].

Most importantly, all of the efforts mentioned above are for one reason; to remember the character and bravery of Tommy, Jim and John, three awesome men who made an incredible impact on their profession as well as their community's. As long as the Heroes to Hero Foundation is around, their sacrifice will be remembered forever!

This years' race will be held on Saturday, October 11, 2008 starting at 9 a.m. SHARP! The last bus will leave GCFD at 8:30 a.m. For more information about the race or the scholarship program, please visit www.heroestohero.com or you may contact the Race Director at 856-456-4637 if you would like to help in any way.

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 at the Mt. Ephraim Fire Dept. and ending at the Gloucester City Fire Dept. It is flat, fast, and now 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 firefighters' 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.

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 members in their respective events: 5K Run.
- No mail-in of entry form after a postmark date of 10/05/08. No online entry from 12:00 midnight on 10/05/08. 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 17, 2008 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 5 runners per team/first 3 score.

REGISTRATION

RACE # ASSIGNED: _____

HEROES TO HERO 5K 2008 (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)

Championship Timing Chip Number _____

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

Team Divisions: All members must register together
 Fire Dept. Run Team Open 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 _____