



## 6<sup>th</sup> Annual Run Across Georgia to benefit our Veterans

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Run for the Heroes begins Memorial Day Weekend  
From Savannah to Columbus

**Would you run 260 miles across Georgia in 5 days? On May 21, 2014**, ultra marathoner, John Teeples, owner of John Teeples Construction, Inc., and Co-owner of Big Dog Running Company is preparing for the 6<sup>th</sup> annual "Run for the Heroes" across the state of Georgia on Memorial Day weekend. The Run begins at 4:30 a.m. in Fort Stewart, Georgia and continues 260 miles to Columbus. John and any other individual runners who would like to take on the challenge will complete the run in 5 days ending on Sunday, May 25<sup>th</sup> on Broadway in Columbus, Georgia. Those interested in being part of a relay team will begin their journey across the State on Saturday, May 24<sup>th</sup> at 4:30 a.m. and 6:00 a.m. completing the Run in 40 hours or less.

John began Run for the Heroes in 2009. In 2013 the Run Across Georgia incorporated 10 Individual Runners as well as 27 Relay Teams (over 225 runners) running through 25 cities and 15 counties. The purpose of the Run is to raise awareness and funds for our aging Veterans through House of Heroes.

The mission of House of Heroes-Chattahoochee Valley Chapter, Inc. is to recognize and honor military and public safety veterans and/or their spouses who have served our country faithfully and sacrificially. HOH-CVC also encourages joint military and community participation and partnerships, leadership and service, team building and volunteerism.

Since its inception on November 18, 1999, HOH-CVC has installed handicap ramps and fixtures, as well as completed minor repairs to the home that affect the quality of life for the elderly or disabled veterans and/or their spouses, at no cost to them. To date, House of Heroes has helped over 500 recipients and then recognized them at a special ceremony where they are presented with a flag that has flown over the Capital of the United States in their honor.

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If you would like more information about this event, or to participate, please see our website at [www.runfortheheroes.com](http://www.runfortheheroes.com) or email Susan Wood at [susanw@hohcvc.org](mailto:susanw@hohcvc.org). The transition locations for the runners are listed on the website. The times the runners will be arriving in each town will be posted at a later date. If you are interested in making a donation to the Run for the Heroes to benefit House of Heroes, please visit [Firstgiving.com](http://Firstgiving.com) and make your tax deductible donation. Help us make a difference for a lifetime.

*"A gift from a grateful nation."*