



FOR IMMEDIATE RELEASE

171 Runners to Run 260 Miles in 40 Hours

Ft. Stewart to Columbus, Georgia – May 24, 2014 – At 4:00 am, one hundred seventy one runners on 20 relay teams will toe the starting line for the most grueling race of their career. Run For The Heroes/Run Across Georgia, is a 260 mile relay race from Ft. Stewart, Georgia to Columbus, Georgia in 40 hours or less. Three days prior to the relay start on May 21, 2014, at 4:00 am, ten runners will also start the individual Run For The Heroes/Run Across Georgia. They will run 260 miles solo in less than five days.

The Run For The Heroes/Run Across Georgia began in 2009 traveling through 25 cities and 15 counties across charming rural southern Georgia. The purpose of the run and the drive behind the runners is to raise awareness and funds for the House of Heroes, a 501c3 non-profit charity.

“This race was created because most of us were born free, free to follow our heart, and free to do as we please. How and why this freedom has happened is taken for granted by many. This freedom is the result of sacrifices made by many men and women who have served in the military and public safety of which we have an infinite debt.” said John Teeples founder and runner.

The House of Heroes recognizes and honors veterans of the military and public safety who have served our country faithfully. Since the House of Heroes inception on November 18, 1999, the House of Heroes has made repairs and maintenance to the homes of over 600 military and public safety veterans at no cost to them. When the project is complete the veteran is recognized with a special ceremony where they are presented a flag that has flown over the Capital of the United States in their honor.

The Run For The Heroes/Run Across Georgia has earned a reputation as one of the most difficult races around the country. Time and distance are major factors in the race but the most difficult aspects are typical 90 plus degree temperatures and the 90 plus percent humidity during race week. The cause, the distance, the time, the heat, and the humidity create an unbelievable challenge that runners love but hate.

The Run For The Heroes/Run Across Georgia and the House of Heroes are on lifetime mission to make a difference to those have made a difference through service in the military and public safety. To find out more, please visit www.runfortheheroes.com or www.houseofheroes.org.

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