

# The Southeastern Endurance & Multisport Expo 2009 Henry C. Forrest Jr. Person of Courage Award Nomination Form



## Award Overview

Presented at the evening Gala event of the Southeastern Endurance & Multisport Expo, the *Henry C. Forrest Jr. 'Person of Courage' Award* is the recognition of an individual that inspires others in a profound way. These individuals, many of whom never make the podium in their sport, find another reward in their participation and efforts. The award is an opportunity to recognize an individual not for their personal accomplishments but for how their efforts improve the experience or opportunity for others.

The annual award is named in honor of the first recipient, Henry C. Forrest Jr., who was one of the original participants in the inaugural Kona Ironman. Beyond the sport, Henry served our country in the Marine Corps, was a community leader, dedicated husband, father and grandfather. Henry kept his competitive spirit through his final endurance battle, his fight with pancreatic cancer. Many times over considered the "underdog", Henry left his legacy through a lifetime of overcoming challenges and competition with grace, ability, and humble spirit.

From among the entries, the SEE-ME Advisory Council will make the final selection for the 2009 recipient and notify the both the nominator and nominee.

Nomination forms are due by Friday, March 13, 2009, 5:00 p.m. EST. If you have any questions regarding the nomination, please e-mail [awards@charitablesportsproductions.com](mailto:awards@charitablesportsproductions.com).

## Selection Guidelines for Nominees

All nominees must meet the following criteria for consideration:

1. Reside in of one of the following states or district: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Virginia, West Virginia, Tennessee or Washington, DC.
2. Must be at least 18 years-old
3. Must have completed or volunteered in one organized/sanctioned race in 2008 in one of the following sports: adventure racing, cycling (including mountain biking), paddling, running (marathon, ultramarathon, trail running), swimming, and triathlon.
4. Self-nominations are not accepted.

## Nominator Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

1. How long have you known the nominee?
2. What is your affiliation/relationship with the nominee?

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## Nominee Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Nominee's website (if any): \_\_\_\_\_

Charity Affiliation (if any): \_\_\_\_\_

Charity website: \_\_\_\_\_

1. What is/are the nominees primary sport/s?
2. Please provide a brief bio of the nominee that supports the nomination.
3. In your own words, what is it about the nominee and their actions that stands out and deserves recognition?
4. In your own words, if you could describe the nominee's motivation what do you believe it to be?
5. Has the nominee been recognized previously for their efforts? If yes, when and by who.
6. Please include any additional information or narrative that you believe supports this nomination, including links to web-based information, photos, or videos (please provide an explanation of the links).

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**Deadline for all nominations: Friday, March 13, 2009 at 5:00 p.m. EST.**

Please mail or e-mail your nomination form and any additional information to:

Mail: SEE-ME 2009 - Awards  
Charitable Sports Productions, LLC  
260 River Valley Road, NW  
Atlanta, Ga. 30328

Email: [awards@charitableproductions.com](mailto:awards@charitableproductions.com)

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