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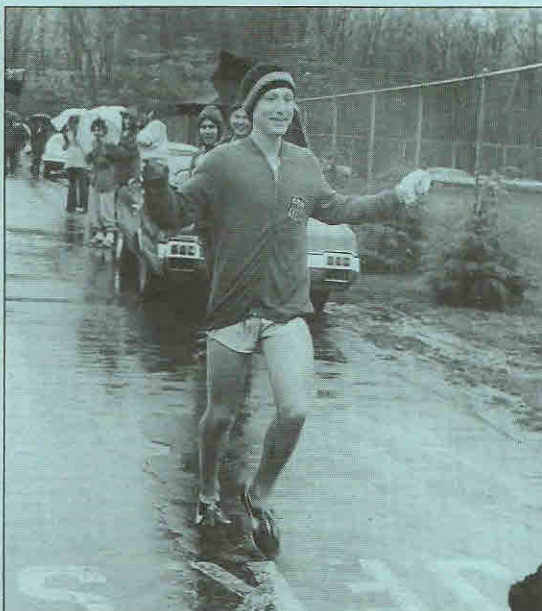
PowerBar
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FAST FUEL
gel

November 20, 1999

The Cumberland Valley Athletic Club

Proudly Presents

The 37th Annual John F. Kennedy 50 Mile
“America’s Ultramarathon”



The legendary **Max White** hits the finish line of the 1974 JFK 50 Mile in 6:06:19. It was White's second appearance at the JFK and also his second victory. So brutal were the weather conditions of the '74 JFK (freezing rain and temperatures in the 30s) that only 225 of the 1,355 starters—an event low of 17%—beat the 14-hour time limit. Hagerstown native **Nancy Keplinger** was the only woman to survive the brutally cold and wet JFK 50 of 1974. Nancy, inspired by the news that she was the only woman still going, reached the finish in 13:48:05.

BROOKS

The Cumberland Valley Athletic Club
proudly presents
The 37th Annual John F. Kennedy 50 Mile

MADE POSSIBLE THROUGH THE SUPPORT OF:

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AND THE ASSISTANCE OF:

**THE NATIONAL PARK SERVICE
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THE APPALACHIAN TRAIL CONFERENCE
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WILLIAMSPORT VOLUNTEER AMBULANCE & RESCUE SERVICE
ANTIETAM RADIO ASSOCIATION
HAGERSTOWN REACT
BICYCLE EMERGENCY RESPONSE TEAM**

**AS WELL AS ALL THE MANY UNSELFISH PRIVATE CITIZENS WHO
VOLUNTEER THEIR TIME YEAR AFTER YEAR TO MAKE THE GREAT
TRADITION OF "AMERICA'S ULTRAMARATHON" POSSIBLE**

ALL-TIME JFK 50 MILE RECORDS

Overall Course Record	5:46:22	Eric Clifton	1994
Women's Course Record	6:50:56	Teri Gerber	1984
Junior Men (19 and under)	6:16:25	Karsten Schultz	1977
Junior Women (19 and under)	8:56:06	Liz Wood	1996
Masters Men (40 and over)	6:06:42	Eric Clifton	1998
Masters Women (40 and over)	7:41:13	Sue Medaglia	1979
Senior Men (50 and over)	6:42:48	Frank Bozanich	1994
Senior Women (50 and over)	8:13:30	Pat Botts	1996
Veteran Men (60 and over)	8:18:42	Roland Anspach	1991
Veteran Women (60 and over)	11:50:03	Burnis Hicks	1973
Super Veteran Men (70 and over)	10:01:58	Leo Lightner	1998
Octogenarian Men (80 and over)	13:45:57	Carl Llewellyn	1995
Men's Canadian National Record	6:18:36	Ryne Melcher	1998
Women's Canadian National Record	7:39:16	Deanna Lindsey	1996
Washington Co. Men's Record	5:53:05	Mike Spinnler	1982
Washington Co. Women's Record	7:08:29	Laura Nelson	1992
Frederick Co. Men's Record	6:41:29	David Lieb	1996
Frederick Co. Women's Record	8:59:35	Jane Ruffino	1996
Most Finishes	30	Mike Adams and Kimball Byron	
Most Finishes by a Woman	20	Carolyn Showalter	
Longest Streak of continuous finishes	29	Cal Mahaney	1970-1998
Longest Women's streak of finishes	17	Carolyn Showalter	1982-1998
Most Overall Victories	5	James "Big E" Ebberts	
Most Women's Victories	6	Donna Aycoth & Carolyn Showalter	
Eldest Finisher	Age 80	Carl Llewellyn	1995
Eldest Women's Finisher	Age 62	Burnis Hicks	1973

JFK 50 MILE STATISTICAL DATELINES

YEAR	STARTERS	FINISHERS	PERCENTAGES
1963	11	4	36%
1964	16	7	44%
1965	20	18	90%
1966	59	11	19%
1967	19	12	63%(80 degree temperatures)
1968	36	17	47%
1969	151	40	26%
1970	274	74	27%
1971	589	150	25%
1972	1,075	307	29%
1973	1,724	673	39% (Largest Starting Field in U.S. Ultra History)
1974	1,355	225	17% (Low 30s and freezing rain)
1975	623	344	55%
1976	542	369	68%
1977	483	326	67%
1978	379	293	77%
1979	405	312	77%
1980	367	294	80%
1981	322	269	84%
1982	349	276	79%
1983	355	291	82%
1984	272	234	86%
1985	292	243	83%(Canal a quagmire from flood)
1986	247	198	80%
1987	289	221	76%(w.c.f. of -15 at start)
1988	298	230	77%
1989	351	288	82%
1990	364	312	86%
1991	354	310	88%
1992	353	298	85%
1993	373	330	89%
1994	478	432	90%
1995	555	486	87%(A.T. buried under snow)
1996	690	625	90%
1997	793	719	90%
1998	842	775	92%(Most finishers in U.S. Ultra History) (Highest % of finishers in JFK History)
1999	-----37th Annual JFK 50 Mile-----		

JFK 50 MILE WOMEN'S CHAMPIONS

1968	Donna Aycoth	10:41:15*
1969	Donna Aycoth	9:27:31*
1970	Donna Aycoth	9:45:15
1971	Donna Aycoth	9:29:48
1972	Donna Aycoth	9:48:30
1973	Donna Aycoth	8:26:07*
1974	Nancy Keplinger	13:48:05
1975	Martha Hauver	10:27:26
1976	Sue Shepherd	9:35:10
1977	Sue Medaglia	8:19:07*
1978	Sue Medaglia	7:53:37*
1979	Sue Medaglia	7:41:13*
1980	Sue Medaglia	7:53:40
1981	Sue Medaglia	8:10:38
1982	Carole Williams	7:28:39*
1983	Teri Gerber	6:56:12*
1984	Teri Gerber	6:50:56**
1985	Carolyn Showalter	7:59:24
1986	Carolyn Showalter	7:48:13
1987	Carolyn Showalter	8:07:49
1988	Carolyn Showalter	7:57:16
1989	Carolyn Showalter	7:52:44
1990	Shelby Hayden-Clifton	7:10:14
1991	Laura Nelson	7:23:19
1992	Laura Nelson	7:08:29
1993	Jennifer Girouard	8:17:09
1994	Carolyn Showalter	7:58:15
1995	Janice Anderson	7:40:54
1996	Bridget Brunnick	7:20:01
1997	Bridget Brunnick & Rebekah Trittipoe	7:44:10
1998	Beà Marie Altieri	6:58:44

(*) denotes course record performance

(**) denotes current course record performance

JFK 50 MILE CHAMPIONS

1963	Steve Cosition, James Ebberts, Rick Miller, Buzz Sawyer	13:10*
1964	Steve Cosition, James Ebberts, Wayne Vaughn	12:33*
1965	James Ebberts, Elton Horst, Buzz Sawyer	10:39*
1966	Kenny Baker, Elton Horst, Buzz Sawyer	10:21*
1967	James Ebberts, Buzz Sawyer, Wayne Vaughn	10:03:40*
1968	Leo Henry	10:02:12*
1969	James Ebberts, Baxter Berryhill	8:32:04*
1970	Baxter Berryhill	7:21:25*
1971	Elton Horst	6:15:42
1972	Park Barner	6:29:57
1973	Max White	5:55:30*
1974	Max White	6:06:19
1975	Angelo Gioiosa	6:27:58
1976	Pat Gill	5:59:28
1977	Ed Ayres	6:04:02
1978	Phil Bishop	6:14:59
1979	Bill Lawder	6:08:54
1980	Dan Brannen	6:14:02
1981	Scott Miller	6:13:56
1982	Mike Spinnler	5:53:05*
1983	Mike Spinnler	6:12:12
1984	Jim Pellon	6:18:56
1985	David Horton	6:16:00
1986	Dennis Griffin	6:34:13
1987	Wes Kessenich	6:19:08
1988	Chris Gibson	6:31:06
1989	Chris Gibson	6:16:29
1990	Joe Blackmon	6:15:53
1991	Eric Clifton	6:06:09
1992	Chris Gibson	6:25:39
1993	Chris Gibson	6:35:51
1994	Eric Clifton	5:46:22**
1995	Eric Clifton	6:15:36
1996	Michael Harrison	5:55:46
1997	Eric Clifton	6:09:16
1998	Howard Nippert	5:58:41

(*) denotes course record performance

(**) denotes current course record performance

JFK 50 MILE ALL-TIME TOP 20 PERFORMERS

1.	Eric Clifton	5:46:22	1994
2.	Michael Spinnler	5:53:05	1982
3.	Max White	5:55:30	1973
4.	Michael Harrison	5:55:46	1996
5.	Carl Anderson	5:58:16	1994
6.	Courtney Campbell	5:58:20	1996
7.	Howard Nippert	5:58:41	1998
8.	Paul Jost	5:59:12	1994
9.	Pat Gill	5:59:28	1976
10.	Jonathon Strayer	5:59:58	1996
11.	Bill Lawder	6:03:51	1982
12.	Ed Ayres	6:04:02	1977
13.	Eric Rappold	6:07:52	1994
14.	Michael Morton	6:08:56	1994
15.	Rick Warren	6:12:20	1973
16.	Scott Miller	6:13:56	1981
17.	Dan Brannen	6:14:02	1980
18.	James Garcia	6:14:21	1998
19.	Phil Bishop	6:14:59	1978
20.	Elton Horst	6:15:42	1971

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JFK 50 MILE WOMEN'S ALL-TIME TOP 20 PERFORMERS

1.	Teri Gerber	6:50:56	1984
2.	Beà Marie Altieri	6:58:44	1998
3.	Laura Nelson	7:08:29	1992
4.	Shelby Hayden-Clifton	7:10:14	1990
5.	Bridget Brunnick	7:20:01	1996
6.	Debbie Berner	7:25:54	1998
7.	Sandi Beale	7:26:52	1998
8.	Carole Williams	7:28:39	1982
9.	Randi Bromka	7:30:30	1990
10.	Janice Anderson	7:33:37	1996
11.	Lorraine Gersitz	7:36:17	1991
12.	Carolyn Showalter	7:38:00	1991
13.	Deanna Linsey	7:39:16	1996
14.	Sue Johnston	7:39:23	1998
15.	Mary Hanudel	7:40:36	1983
16.	Sue Medaglia	7:41:13	1979
17.	Rebekah Trittipoe	7:44:10	1997
18.	Pat O'Brien	7:47:34	1984
19.	Ashley Evans	7:51:53	1992
20.	Megan Ratermann	7:56:53	1998

Lowman

Sales and Equipment, Inc.

TOP 20 PERFORMANCES IN JFK 50 MILE HISTORY

1.	Eric Clifton	5:46:22	1994
2.	Michael Spinnler	5:53:05	1982
3.	Max White	5:55:30	1973
4.	Michael Harrison	5:55:46	1996
5.	Carl Anderson	5:58:16	1994
6.	Courtney Campbell	5:58:20	1996
7.	Howard Nippert	5:58:41	1998
8.	Paul Jost	5:59:12	1994
9.	Pat Gill	5:59:28	1976
10.	Jonathon Strayer	5:59:58	1996
11.	Bill Lawder	6:03:51	1982
12.	Ed Ayres	6:04:02	1977
13.	CLIFTON	6:06:09	1991
14.	WHITE	6:06:19	1974
15.	CLIFTON	6:06:42	1998
16.	Eric Rappold	6:07:52	1994
17.	LAWDER	6:08:54	1979
18.	Michael Morton	6:08:56	1994
19.	CLIFTON	6:09:16	1997
20.	SPINNLER	6:12:12	1983

IN MEMORY

When Leo Henry passed away on July 4, 1999, the JFK 50 Mile lost not only a quality competitor but also one of the event's greatest helpers. Leo, a 10 time finisher, became the first solo winner of the JFK 50 in 1968. His daily schedule in the years he competed consisted of a night shift job, followed by a few hours of sleep, followed by training for the JFK 50, followed by many hours helping organizers with JFK 50 preparations before going to work again on his night shift job.

Roland Anspach:

Died June 2, 1999. Six time finisher. Set the still standing 60 and over record of 8:18:42 in 1991 while in the middle of the age bracket at age 65. In 1996 he joined the small group of participants who have finished a JFK 50 after passing their 70th birthday.

Earl Scott:

Died June 18, 1999. Seventeen time finisher (17 of the 18 years from 1981 through 1998, with 11 consecutive years from 1981 through 1991.) Best time 9:18:21.

TOP 20 WOMEN'S PERFORMANCES IN JFK 50 MILE HISTORY

1.	Teri Gerber	6:50:56	1984
2.	GERBER	6:56:12	1983
3.	Beà Marie Altieri	6:58:44	1998
4.	Laura Nelson	7:08:29	1992
5.	Shelby Hayden-Clifton	7:10:14	1990
6.	Bridget Brunnick	7:20:01	1996
7.	NELSON	7:23:19	1991
8.	Debbie Berner	7:25:54	1998
9.	Sandi Beale	7:26:52	1998
10.	Carole Williams	7:28:39	1982
11.	Randi Bromka	7:30:30	1990
12.	Janice Anderson	7:33:37	1996
13.	Lorraine Gersitz	7:36:17	1991
14.	Carolyn Showalter	7:38:00	1991
15.	Deanna Linsey	7:39:16	1996
16.	Sue Johnston	7:39:23	1998
17.	NELSON	7:39:36	1990
18.	Mary Hanudel	7:40:36	1983
19.	ANDERSON	7:40:54	1995
20.	Sue Medaglia	7:41:13	1979

HELP PITCH IN!

The Appalachian Trail Conference, which bends it's rules to allow the CVAC to use portions of the Appalachian Trail for the JFK 50 Mile course, needs human-power and financial assistance to maintain this valuable resource.

Donations can be made out to: **"South Mountain State Park"**. A special notation of, **"To benefit the Ridge Runner Program on the Appalachian Trail"**, should accompany the donation. Mail donations to:

Ranger Daniel P. Spedden
South Mountain Recreation Area
21843 National Pike
Boonsboro, Maryland 21713-9535

If you are interested in volunteering your time to help with Appalachian Trail maintenance projects, please contact Mr. Rick Canter at 301-924-4942.

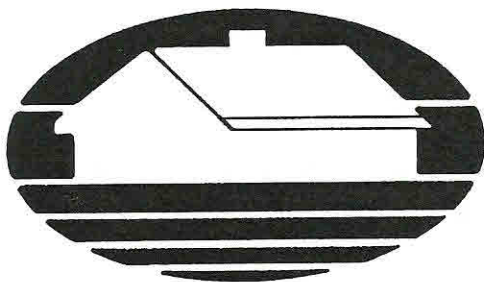
FINISHERS IN FOUR DECADES

Kim Byron	Mike Adams	Ed Glenn
1960's - 2	1960's - 2	1960's - 1
1970's - 10	1970's - 9	1970's - 6
1980's - 9	1980's - 10	1980's - 4
1990's - 9	1990's - 9	1990's - 2

Shane Hutton	James Ebberts
1960's - 1	1960's - 5
1970's - 7	1970's - 4
1980's - 4	1980's - 1
1990's - 3	1990's - 3

NEED ONLY A 90's FINISH

Donna Aycoth
Tom Whitesell
Hugh Williams



**OliverTM
Homes**

"FOUR SCORE"
(JFK 50 Official Finishes by Athletes age 80-or-over)

Carl Llewellyn Age 80 1995 13:45:57

Despite a treacherous snow covered course in 1995, Carl Llewellyn became the first athlete in the 33 year history of the JFK 50 to finish the race at age 80 (80 years 5 months).

"THREE SCORE AND TEN"
(JFK 50 Official Finishes by Athletes age 70-79)

John Newdorp	Age 70	1980	11:41:40
Joe Kravinsky	Age 70	1981	12:07:15
	Age 71	1982	13:45:37
	Age 72	1983	13:21:06
Bob Boal	Age 70	1982	10:22:21
Fred Wandel	Age 70	1982	13:22:51
	Age 71	1983	13:25:40
Everett Marsh	Age 70	1985	13:05:30
	Age 71	1986	13:36:49
	Age 72	1987	13:26:56
	Age 73	1988	13:49:08
	Age 74	1989	13:25:48
	Age 75	1990	13:52:11
	Age 76	1991	13:51:50
Don McNelly	Age 70	1990	13:09:03
John Lewis	Age 70	1991	12:21:37
George Cunningham	Age 71	1991	12:38:01
Howard Henry	Age 71	1992	12:15:29
	Age 72	1993	13:12:43
Carl Llewellyn	Age 77	1992	13:24:41
	Age 79	1994	13:56:08
Don West	Age 70	1994	13:49:15
	Age 72	1996	13:49:01
Roland Anspach	Age 70	1996	11:24:44
Frank Dolen	Age 70	1996	11:24:44
	Age 72	1998	11:34:28
Burt Carlson	Age 72	1997	13:20:58
Leo Lightner	Age 70	1998	10:01:58
Buzz Sawyer	Age 70	1998	12:20:37
Bill Whitesell	Age 70	1998	13:43:41

"STREAKERS" (THE BARE FACTS)
Finishers For 10 Or More Consecutive Years

29 Years:	Cal Mahaney	(1970 - 1998)
28 Years:	Mike Adams	(1971 - 1998)
25 Years:	Bob Henscheid	(1974 - 1998)
21 Years:	Norm Moyer	(1978 - 1998)
	Bill Whitesell	(1978 - 1998)
20 Years:	Stan Holloway	(1979 - 1998)
	Byron McNelly	(1977 - 1996)
19 Years:	Fred Schumacher	(1980 - 1998)
	Ken Scott	(1979 - 1997)
18 Years:	Dick Good	(1979 - 1996)
	David Holland	(1981 - 1998)
	Duane Rosenberg	(1981 - 1998)
17 Years:	Paul Betker	(1982 - 1998)
	Everett Marsh	(1975 - 1991)
	Carolyn Showalter	(1982 - 1998)
	Jim Wahl	(1982 - 1998)
16 Years:	* Kim Byron	(1968 - 1983)
	Anstr Davidson	(1983 - 1998)
15 Years:	Pete Coffin	(1984 - 1998)
14 Years:	* Kim Byron	(1985 - 1998)
	Gene Cassell	(1985 - 1998)
	Carl Cornett	(1972 - 1985)
	Denny Evans	(1977 - 1990)
	Randy Howard	(1974 - 1987)
	Lowell Showalter	(1975 - 1988)
13 Years:	Joe Baummer	(1973 - 1985)
	Gene Denton	(1986 - 1998)
	Don West	(1974 - 1986)
12 Years:	Jim Borgstrom	(1987 - 1998)
	Dave Downin	(1987 - 1998)
	Felix LeBlanc	(1987 - 1998)
	Greg Seidl	(1987 - 1998)
	Joe Trask	(1980 - 1991)
	Fred Wandel	(1972 - 1983)
11 Years:	Bill Behnen	(1988 - 1998)
	Roy Elder	(1986 - 1996)
	John Gilroy	(1982 - 1992)
	Paul Lewis	(1973 - 1983)
	David Powell	(1982 - 1992)
	Frank Probst	(1988 - 1998)
	Jack Sargent	(1979 - 1989)
	Earl Scott	(1981 - 1991)
	Jack Spinnler	(1988 - 1998)
	Jo Wells	(1987 - 1997)
	Ernie West	(1974 - 1984)
10 Years:	Jim Caldwell	(1977 - 1986)
	Tom Fahey	(1988 - 1997)
	Everett Frizzell	(1989 - 1998)
	George Harrington	(1980 - 1989)
	Paul Keplinger	(1975 - 1984)
	Earl Main	(1979 - 1988)
	Si Reddick	(1969 - 1978)

* First to achieve two separate streaks of 10 or more years.

J F K 50-MILE HIKE/RUN

1998

1500-MILE CLUB

(2 Members)

Mike Adams	30 Finishes	Best Time: 6:42:34 1979
Kim Byron	30 Finishes	Best Time: 8:29:59 1988

1250-MILE CLUB

(2 Members)

Cal Mahaney	29 Finishes	Best Time: 9:24:35 1982
Bob Henscheid	25 Finishes	Best Time: 8:02:47 1980

1000-MILE CLUB

(9 Members)

Fred Schumacher	24 Finishes	Best Time: 9:57:14 1984
Byron McNelly	22 Finishes	Best Time: 9:53:52 1977
Norm Moyer	21 Finishes	Best Time: 8:52:04 1986
Bill Whitesell	21 Finishes	Best Time: 8:36:35 1981
Sidney Allen	20 Finishes	Best Time: 10:46:45 1982
Dick Good	20 Finishes	Best Time: 8:10:37 1982
Stan Holloway	20 Finishes	Best Time: 9:29:23 1980
Duane Rosenberg	20 Finishes	Best Time: 8:21:15 1983
Carolyn Showalter	20 Finishes	Best Time: 7:38:00 1991

750-MILE CLUB

(27 Members)

NAME	JFK 50's FINISHED	BEST TIME	
Cornett, Carl	19	8:32:10	1985
Scott, Ken	19	10:12:38	1981
West, Don	19	12:58:47	1975
Holland, David	18	8:36:06	1983
Settlemyer, Carl	18	9:55:57	1983
Showalter, Lowell	18	8:05:39	1979
Auchet, Georges	17	10:29:55	1981
Betker, Paul	17	8:39:31	1991
Marsh, Everett	17	12:29:16	1981
Scott, Earl	17	9:18:21	1990
Wahl, Jim	17	9:47:38	1985
Davidson, Anstr	16	8:30:48	1989
Greenspun, Bob	16	10:37:02	1977
Levri, El	16	7:52:34	1984

NAME	JFK 50's FINISHED	BEST TIME	
Sollenberger, Rob	16	8:04:15	1981
Spinner, Jack	16	11:24:28	1989
Coffin, Pete	15	10:34:49	1984
Evans, Denny	15	9:17:02	1979
French, Paul	15	6:44:43	1992
Henscheid, Mitzi	15	8:19:56	1982
Howard, Randy	15	8:33:45	1978
Hutton, Shane	15	10:08:09	1993
Law, Bill	15	8:40:13	1982
Lewis, Jim	15	11:08:35	1977
Lewis, Paul	15	11:26:32	1979
Montgomery, Al	15	7:22:46	1991
Trask, Joe	15	8:48:17	1982



The Brethren Mutual Insurance Company

500-MILE CLUB

(88 Members)

<u>NAME</u>	<u>JFK 50's FINISHED</u>	<u>BEST TIME</u>		<u>NAME</u>	<u>JFK 50's FINISHED</u>	<u>BEST TIME</u>	
Baxter, Grant	14	7:40:53	1986	Elder, Roy	11	9:24:08	1990
Cassell, Gene	14	8:11:14	1993	Gilroy, John	11	9:38:48	1986
Horton, David	14	6:16:00	1985	Hess, John	11	6:22:30	1977
Reisenweber, Harvey	14	8:52:34	1981	Kendall, John	11	7:24:57	1975
Seidel, Greg	14	10:50:33	1993	Kenul, John	11	9:46:19	1973
Wells, Jo	14	8:57:22	1985	Keplinger, Paul	11	10:37:25	1980
Whitesell, Janet	14	10:27:32	1989	Lemmermann, Bob	11	13:33:23	1982
				Powell, David	11	7:42:26	1989
Acton, Jon	13	8:56:59	1983	Probst, Frank	11	7:37:00	1997
Baummer, Joe	13	9:15:20	1980	Rarity, Dave	11	9:12:54	1977
Borgstrom, Jim	13	9:35:59	1987	<i>Sawyer, Buzz</i>	11	<i>8:53:15</i>	<i>1970</i>
Denton, Gene	13	10:37:01	1990	Schaeffer, Frank	11	8:40:03	1983
Ebberts, James	13	7:06:41	1977	Wandel, Bill	11	9:17:55	1998
Glenn, Eddie	13	10:13:15	1973				
Heimiller, Don	13	7:52:52	1978	Anderson, Phil	10	8:20:35	1989
Knox, Dan	13	8:38:58	1994	Botts, Pat	10	8:13:30	1996
LeBlanc, Felix	13	9:10:57	1980	Bowman, Ron	10	9:07:26	1989
McNelly, Don	13	10:49:12	1982	Briers, Sue	10	8:37:34	1991
Robertson, Paul	13	9:12:13	1977	Caldwell, Jim	10	12:38:12	1982
Smith, Les	13	8:33:52	1988	Dolen, Frank	10	9:46:43	1985
Smith, Tom	13	6:34:11	1992	Dorn, Ron	10	10:51:42	1983
Walter, John	13	13:29:13	1982	Fahey, Tom	10	12:04:02	1989
				Frizzell, Everett	10	11:04:13	1992
Blair, Bob	12	9:48:17	1987	Gibson, Chris	10	6:16:29	1989
Boyer, Frank	12	9:35:19	1979	Green, Tom	10	7:33:49	1988
Downin, Dave	12	8:30:43	1994	Hawkins, Woody	10	10:40:45	1975
Harrington, George	12	10:45:46	1981	Henry, Leo	10	8:00:36	1973
Harvey, Keith	12	8:42:28	1982	Héroux, Jess	10	8:30:23	1986
Janosko, David	12	9:13:15	1986	Hickey, Bob	10	12:29:17	1985
Lewis, Dennis	12	10:15:09	1989	Hightower, Glenn	10	8:33:06	1982
Main, Earl	12	9:21:03	1987	Honzak, Ingrid	10	8:23:30	1994
Parkhurst, Mark	12	8:33:26	1982	Johnson, Bob	10	8:13:54	1982
Reddick, Si	12	8:38:12	1974	Jordan, King	10	7:43:36	1991
Rhoderick, Dale	12	8:49:48	1998	Kline, Gene	10	8:06:00	1980
Sargent, Jack	12	10:23:42	1980	Louie, Ling	10	12:29:17	1975
Smith, Clater	12	10:35:10	1976	Moore, Art	10	7:40:46	1985
Smith, W. Jim	12	11:28:44	1980	Moore, Jim	10	9:42:21	1989
Tyree, Albert	12	11:07:43	1988	Murray, Terry	10	9:31:04	1990
Wandel, Fred	12	11:32:03	1976	Niebel, Hal	10	10:51:43	1983
West, Ernie	12	10:11:13	1978	Poling, Ed	10	8:55:01	1994
				Redmon, Bobby	10	8:33:05	1978
Behnen, Bill	11	12:32:22	1989	Robertson, Mike	10	7:35:50	1991
Blakemore, Bob	11	8:34:10	1991	Robeson, Joe	10	9:40:46	1991
Bozeman, Steve	11	8:18:21	1983	Simmons, Dennis	10	9:58:59	1993
Casteras, John	11	10:29:41	1985	<i>Spinnler, Mike</i>	10	<i>5:53:05</i>	<i>1982</i>
Day, Doug	11	7:37:28	1989	Storm, Lloyd	10	9:07:14	1991



250-MILE CLUB

(307 Members)

<u>NAME</u>	<u>JFK 50's</u> <u>FINISHED</u>	<u>BEST TIME</u>	<u>NAME</u>	<u>JFK 50's</u> <u>FINISHED</u>	<u>BEST TIME</u>		
Beaty, Tim	9	9:19:15	1989	Ward, Randy	8	10:04:39	1993
Bogges, Ed	9	6:25:58	1989	Winter, Tom Jr	8	9:10:03	1982
Boyd, Bruce	9	8:12:58	1982	Yecies, Martin	8	8:37:18	1986
Bryce, Doug	9	9:37:07	1997	Young, Ron	8	10:28:30	1973
Davis, Doug	9	10:06:09	1994	Zeger, Richard	8	9:32:58	1992
Dudeck, Jerry	9	8:02:57	1992	Zimpfer, Bob	8	9:41:07	1996
Ebberts, Tom	9	11:15:31	1994				
Frye, Dave	9	7:34:28	1979	Apple, Rob	7	9:46:52	1993
Gaft, Jeff	9	7:15:07	1987	Aycoth, Donna	7	8:26:07	1973
Goldenberg, Paul	9	10:46:37	1992	Benford, Dave	7	6:28:06	1981
Herr, Dennis	9	6:38:43	1986	Bierbower, Leon	7	8:36:05	1981
Hinte, Jeff	9	6:48:50	1991	Boutilier, Steve	7	7:51:16	1989
Kelly, Paul	9	8:42:36	1991	Bridges, Bob	7	9:38:11	1987
Marcy, Al	9	6:54:18	1982	Byron, Goodloe	7	10:13:10	1971
Norwood, Blake	9	9:23:13	1990	Case, Sam	7	10:53:47	1981
Price, John	9	7:32:10	1990	Clement, Larry	7	8:14:53	1982
Schlosser, Bob	9	8:30:57	1991	Convery, Andrew	7	9:59:14	1983
Sherline, Carter	9	9:03:25	1990	Crow, Des	7	9:33:14	1989
Stallsmith, Mike	9	7:27:16	1992	Crump, Jerry	7	11:23:40	1988
Watern, Kathy	9	8:42:43	1998	Davis, Mike	7	9:13:35	1993
Whiting, Larry	9	9:27:32	1992	Davis, Roger	7	9:08:12	1986
				Eckardt, Jon	7	7:59:51	1991
Allen, Dick	8	10:41:47	1974	Evans, Alec	7	10:41:03	1978
Alspach, Sam	8	9:14:32	1985	Falk, Bob	7	9:08:41	1998
Becker, Jim	8	8:03:20	1993	Ficklin, Tom	7	7:58:33	1991
Boyer, Mike	8	7:59:46	1978	Field, Bob	7	8:32:59	1992
Burgee, Dick	8	8:48:55	1977	Frantz, Jay	7	8:41:50	1977
Clifton, Eric	8	5:46:22	1994	Henry, Howard	7	9:55:41	1978
Cowgill, Mel	8	7:52:59	1982	Herbert, Randy	7	11:20:48	1989
Fitz, Chuck	8	8:25:29	1976	Holland, Michael	7	8:38:46	1992
Gallagher, Doc	8	8:30:43	1993	Hurley, Ted	7	11:06:41	1985
Garner, Barbara	8	11:48:22	1984	Hutton, Brock	7	10:13:21	1972
Gralley, Bob	8	8:27:24	1983	Jackson, John "J.J."	7	10:38:35	1998
High, Pat	8	6:41:33	1982	Killmon, John	7	10:51:11	1997
Jordan, Dale	8	8:22:30	1997	Kitchen, Ray	7	8:25:29	1994
Kossow, Al	8	8:28:00	1981	Knight, Lanny	7	7:31:36	1977
Kravinsky, Joe	8	11:28:14	1978	Lawder, Bill	7	6:03:51	1982
Lorey, Rich	8	8:50:59	1980	Lefferts, Peter	7	9:23:49	1994
Marquess, Norman	8	11:28:49	1981	Llewellyn, Carl	7	9:20:41	1973
Mazur, John	8	8:00:59	1996	Lum, Frank	7	7:06:39	1991
Monahan, Peter	8	6:28:59	1977	Medaglia, Ernie	7	8:06:56	1978
Newnam, Tom	8	8:24:09	1982	Osman, Don	7	11:09:49	1994
Phillips, Jean	8	11:27:37	1979	Rosato, Nick	7	9:49:42	1980
Potma, Cor	8	7:32:09	1986	Runacres, Rod	7	8:42:29	1984
Purdy, Bruce	8	8:27:53	1988	Scott, Carroll	7	8:16:38	1982
Reisenweber, Andrew	8	8:39:58	1992	Seibert, Sam	7	7:51:56	1984
Schneider, Rick	8	7:02:23	1992	Shackley, Dennis	7	9:04:03	1983
Sencindiver, Lynn	8	11:44:42	1979	Szekeresh, Marty	7	9:50:20	1991
Shaw, Ron	8	6:52:10	1990	Thompson, Paul	7	8:27:46	1993
Szekeresh, Joe	8	9:33:31	1992	Turrentine, Bill	7	8:03:44	1990
Terwoord, Chuck	8	7:41:44	1984	Waddington, Nancy	7	11:04:29	1988
Thompson, Roy Jr.	8	8:06:21	1982	Wagner, Dan	7	9:24:54	1980
Verdi, Frank	8	11:43:28	1985	Whidden, Guy	7	10:46:35	1970

250-MILE CLUB

(307 Members)

<u>NAME</u>	<u>JFK 50's FINISHED</u>	<u>BEST TIME</u>	<u>NAME</u>	<u>JFK 50's FINISHED</u>	<u>BEST TIME</u>		
Whitesell, Chris	7	9:08:34	1978	Roberts, Rick	6	9:17:28	1992
Whitesell, Tom	7	10:27:27	1970	Robinson, Karl	6	7:33:50	1974
Williams, Howard	7	11:35:09	1978	Smith, Jim E.	6	7:58:25	1981
				Taylor, Roy	6	10:30:35	1981
Adkins, Bill	6	13:15:56	1992	Thompson, Dan	6	9:33:05	1993
Allen, Mike	6	10:01:10	1994	Vaughan, Steve	6	8:42:28	1979
Anspach, Roland	6	8:18:42	1991	Vaughn, Wayne	6	7:12:02	1972
Balfour, David	6	8:09:21	1981	Waddington, Don	6	8:23:17	1982
Barnes, Charlie	6	8:34:31	1994	Wood, Murray	6	7:35:43	1996
Barry, Jay	6	9:03:55	1992	Woods, Terry	6	8:54:59	1993
Benedetti, Titian	6	10:35:23	1994				
Beydler, Bill	6	10:01:24	1980	Agin, Jerry	5	8:13:28	1992
Butchko, Joe	6	7:48:43	1977	Ayres, Ed	5	6:04:01	1977
Campbell, Ray	6	11:05:22	1988	Bardach, Ron	5	8:02:15	1996
Carr, Jay	6	9:57:56	1991	Barner, Park	5	6:23:53	1973
Cortez, Augie	6	8:47:21	1988	Bartram, Jerry	5	8:22:09	1994
Cowling, Bruce	6	9:12:19	1994	Bergman, Dave	5	9:11:34	1972
Denius, Jeff	6	9:37:03	1989	Bishop, Phil	5	6:14:59	1978
Dickerson, Larry	6	8:57:32	1979	Blankenship, Bruce	5	10:11:53	1995
Foley, Ed	6	6:31:36	1982	Bozeman, Debbie	5	9:56:52	1997
Fox, David	6	10:18:28	1997	Braithwaite, Dave	5	9:39:01	1992
Grossman, Larry	6	8:51:43	1991	Burke, Mike	5	9:18:47	1980
Grummer, Mark	6	8:48:39	1995	Burkhart, Roger	5	10:40:39	1981
Guardia, Gary	6	9:00:52	1981	Burnside, Bruce	5	10:44:15	1973
Harris, Bob	6	7:46:31	1992	Burrows, Steve	5	7:45:21	1997
Hastings, Gary	6	7:26:16	1982	Busch, Rick	5	10:24:07	1975
Hileman, Keith	6	6:51:44	1998	Butchko, Paul	5	7:20:44	1977
Hruneni, Ed	6	8:24:11	1983	Caldwell, Tim	5	11:33:06	1983
Huffman, Daniel	6	8:27:33	1998	Campbell, Larry	5	13:11:03	1977
Hull, Darrell	6	10:14:14	1997	Carey, Art	5	9:04:20	1971
Jans, Don	6	11:52:02	1994	Carrier, Mike	5	8:42:40	1984
Kelk, Chris	6	6:48:04	1989	Chapman, Bob	5	9:37:07	1997
Klein, Ken	6	8:53:45	1990	Christensen, Norm	5	9:21:52	1977
Krueger, Stan	6	11:57:05	1986	Clark, Roger	5	9:24:23	1984
Kurt, John	6	9:51:23	1976	Cleary, Joe	5	10:45:37	1997
Laverick, Ken	6	7:31:11	1984	Cunningham, George	5	10:36:31	1985
Lederle, Joe	6	9:06:50	1977	Dabes, Joe	5	8:22:55	1991
Lewis, John	6	10:35:47	1986	Detrow, Bob	5	10:30:40	1985
Lokrheim, Tor	6	7:24:42	1989	Drach, Dave	5	6:42:29	1990
Malach, John	6	9:25:10	1984	Finger, Linn	5	8:49:57	1982
Miller, Delma	6	10:55:57	1993	Firth, Alan	5	11:58:03	1986
Morrin, Michael	6	10:49:12	1990	Francke, Ric	5	11:37:49	1993
Murray, Bill	6	9:11:43	1984	Frisch, Mary Lou	5	9:28:05	1995
Myerjack, Jim	6	9:21:35	1981	Gesell, Randy	5	8:33:06	1981
Myers, Denny	6	7:57:00	1983	Godville, Jim	5	7:39:51	1990
Oszustowicz, John	6	10:16:24	1995	Gonzales, John	5	8:41:33	1986
Pastrana, Robert	6	10:04:55	1985	Goss, John	5	7:49:18	1998
Pereschuk, Larry	6	11:47:24	1980	Grassie, Paul	5	9:13:53	1993
Peterson, Andy	6	6:56:28	1997	Griswold, Howell	5	12:43:56	1977
Podlasek, Stanley	6	11:26:52	1996	Hall, Joe	5	9:56:19	1984
Prevatte, Lawrence	6	11:39:19	1978	Hansen, Allen	5	9:28:19	1993
Price, Mike	6	7:26:59	1983	Hardin, Jerri	5	11:45:32	1990
Reddick, Zane	6	11:13:02	1976	Harner, Steve	5	8:47:09	1993
Reeve, Jim	6	12:12:07	1988	Harrington, T. J.	5	8:55:43	1994

250-MILE CLUB

(307 Members)

<u>NAME</u>	<u>JFK 50's</u> <u>FINISHED</u>	<u>BEST TIME</u>		<u>NAME</u>	<u>JFK 50's</u> <u>FINISHED</u>	<u>BEST TIME</u>	
Hart, Ed	5	10:09:26	1990	Oliver, Andy	5	7:54:51	1984
Hassett, John	5	10:07:39	1996	Pryor, Galen	5	9:38:44	1973
Hassett, Rick	5	8:05:36	1994	Rager, Evans	5	10:52:30	1995
Hauver, Martha	5	10:27:26	1975	Reddick, Connie	5	11:07:16	1976
Hayden, Eddie	5	7:31:23	1977	Reddick, Eddie	5	8:42:36	1976
High, Mike	5	7:55:31	1980	Regner, Rudy	5	10:28:08	1995
Hoover, John	5	9:36:09	1981	Reisenweber, Matt	5	9:22:51	1991
Hornbecker, Bob	5	9:25:16	1996	Rengstorff, Roy	5	10:46:05	1982
Hornbecker, Doug	5	9:26:55	1996	Renninger, Warren	5	8:29:33	1994
Hughes, Forden	5	11:21:17	1976	Reynolds, Howard	5	12:21:42	1979
Izer, Cliff	5	9:11:55	1982	Rickett, Ray	5	11:44:13	1977
Jacolenne, Mike	5	8:47:34	1995	Ridenour, Howard	5	10:09:04	1974
James, Evan	5	8:58:12	1992	Ridge, Mike	5	9:22:24	1995
Jimenez, Edward	5	8:57:12	1998	Rosenstein, Marvin	5	10:56:10	1982
Johnston, Sue	5	7:39:23	1998	Ruff, Dave	5	9:25:52	1988
Kepler, Terry	5	11:13:50	1997	Russell, Jim	5	8:45:51	1982
Keplinger, Nancy	5	11:48:20	1975	Schneider, Carl	5	9:06:35	1981
Knobloch, Ken	5	12:22:25	1997	Scott, Chris	5	8:30:13	1987
Knode, Dave	5	8:56:43	1977	Simpson, Howie	5	7:43:31	1984
Koehl, Bob	5	9:25:59	1983	Smith, Tim	5	7:33:12	1989
Konodi, Mark	5	7:38:26	1984	Snyder, Jerry	5	11:52:04	1979
Lancaster, Joe	5	7:18:30	1982	Snyder, John	5	13:08:00	1994
Lariviere, Ron	5	8:06:00	1984	Sower, Edson	5	9:15:01	1981
Leatherman, Randal	5	9:25:09	1994	Spangler, Nelson	5	11:35:57	1975
Lewis, Barry	5	6:54:13	1992	Sparks, Jack	5	10:59:52	1986
Lieb, David	5	6:41:29	1996	Spence, Joe	5	9:56:25	1973
Long, Nelson	5	11:43:14	1994	Starrs, Jim	5	12:10:33	1975
Martin, Gil	5	9:04:34	1975	Stritehoff, Nelson	5	7:58:57	1996
Mathews, Wes	5	9:12:53	1977	Tatarko, Michael	5	9:31:37	1998
Matthai, Barbara	5	10:33:21	1977	Taylor, Michael	5	11:11:54	1979
Mazur, Frank	5	8:00:59	1996	Torrence, Ian	5	6:26:42	1998
McCubbin, Bob	5	7:53:06	1991	Triantos, Vassili	5	6:33:15	1996
Medaglia, Sue	5	7:41:13	1979	Vaughn, Brad	5	7:46:54	1975
Merrick, Dan	5	10:43:07	1988	Whipp, Bill	5	10:57:58	1998
Michalak, Les	5	7:11:33	1994	White, Moe	5	8:44:27	1994
Milancewich, Joe	5	10:17:14	1990	Wilcox, Rick	5	10:32:09	1998
Moe, Jim	5	9:26:41	1983	Williams, Bob	5	10:20:48	1994
Moore, Rebecca	5	13:25:28	1992	Williams, Hugh	5	12:19:28	1973
Mortenson, Jim	5	8:13:34	1977	Wilson, Dick	5	10:40:48	1975
Muffley, Don	5	7:32:37	1976	Wilson, Sharon	5	11:03:08	1994
Murray, Kevin	5	9:52:42	1979	Winter, Tom III	5	9:27:05	1978
Nally, Mike	5	9:39:56	1997	Wood, Liz	5	8:56:06	1996
Narramore, John	5	9:44:47	1991	Wright, Andrew	5	8:55:33	1995
Naugle, Gary	5	7:40:48	1975	Yerkes, Craig	5	11:22:58	1998
Nelson, Laura	5	7:08:29	1992	Young, Dave	5	9:16:59	1975
Newdorp, John	5	10:33:38	1977	Youngs, Tim	5	8:14:40	1980
Niebel, Andy	5	11:26:10	1982	Zimmerman, George	5	9:18:49	1990
Nystrom, Bruce	5	6:17:44	1979	Zucco, Jim	5	9:11:50	1976
Olfky, Ray	5	7:40:01	1982				



TISCHER SURETY
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History along the Route of the JFK 50-Mile Hike/Run: from A to Z

A Boonsboro: Founded in 1792 by George and William Boone, cousins of frontiersman Daniel Boone, this town has been the starting point of the John F. Kennedy Memorial 50-Mile Hike/Run since its inception in 1963.

B Washington Monument: On July 4, 1827, the citizens of Boonsboro built a 32-ft.-high, crock-shaped stone monument on the Blue Rocks of South Mountain. It was the first structure built to honor our country's first president.

C The National Road: Originally called the "Bank Road" because it was funded by various banks along the way, today's Route 40A became part of the "National Road" when Congress approved funds in 1818 to extend this road from Cumberland, Maryland to Ohio, Indiana, and Illinois – the country's first federally-funded highway project.

D Old South Mountain Inn: The "Mountain House" here was once a tavern along the National Road. Across the road stands Dahlgren Chapel, built in 1882 by Madeleine Vinton Dahlgren for Catholic worship services.

E Battle of South Mountain: On September 14, 1862, about 10,000 Confederate soldiers under Gen. Robert E. Lee defended three mountain passes – Turners Gap (where today's Route 40A crosses), Fox Gap (where today's Reno Monument Road crosses), and Cramptons Gap (at today's Gathland State Park) – against the advance units of Gen. George B. McClellan's 80,000-man army. Lee had split his 40,000-man army to capture Union troops in Harpers Ferry (see "Battle of Maryland Heights," **M** on next page), and defended South Mountain here to buy time for his divided army to rejoin him near Sharpsburg where the Battle of Antietam was fought on September 17, 1862.

F Reno Monument: Just off Reno Monument Road at Fox Gap is a stone monument that marks where Maj. Gen. Jesse Reno was killed during the battle of South Mountain. After the Civil War, a Union veteran of this battle became a miner in Nevada and founded a town there that he named for his beloved General – Reno, Nevada.

G Gathland State Park: Scene of fierce fighting during the Battle of South Mountain in 1862, the Cramptons Gap area was bought by reporter George Alfred Townsend (pen name: Gath) in 1884. In 1896 Townsend organized the construction of the War Correspondents Arch here to commemorate correspondents and artists of the Civil War.

H Appalachian Trail: Completed in 1937, this 2,157-mile trail stretches from Mt. Katahdin, Maine to Springer Mountain, Georgia. Thirteen miles of the JFK-50 traverses this famous footpath; please be courteous to its hikers.

I Weverton: Today's tiny village is a vestige of a once-thriving industrial town founded by Casper Wever in the 1830s. Water from the Potomac River powered mills here for 50 years before floods and finances closed them down.

J B&O Railroad: Started in Baltimore on July 4, 1828, the B&O Railroad reached this area by 1834, and went all the way to Cumberland, Maryland in 1842. Today the tracks are part of the CSX Rail Transportation System.

K C&O Canal: Also started on July 4, 1828, the Chesapeake & Ohio Canal began in Washington, D.C. – the "race" was on for the best transportation link to the west. The C&O Canal also reached this area by 1834, but construction problems prevented it from reaching Cumberland until 1850. The C&O Canal ceased operations in 1924 and today is preserved as the 185-mile-long C&O Canal National Historical Park. Twenty-six miles of the JFK-50 Miler – a marathon length in itself – follows this park's towpath where mules once pulled canal boats.

L Harpers Ferry: Founded in 1733 as a ferry crossing over the Potomac River, Harpers Ferry became famous for its privately-owned and federally-funded gun factories and arsenals from the 1790s through the 1850s that attracted John Brown's ill-fated raid in 1859 to gather arms for a slave rebellion. During the Civil War, Harpers Ferry's armories and arsenals were destroyed as the town changed hands 8 times between Union and Confederate forces. Today, Harpers Ferry National Historical Park preserves much of the historic town and the surrounding mountains – Bolivar Heights (WV), Maryland Heights (MD), Loudoun Heights (WV & VA), and Short Hill (VA).

History along the Route of the JFK 50-Mile Hike/Run: from A to Z (continued...)

M Battle of Maryland Heights: From September 10-12, 1862, three separate Confederate forces totaling 30,000 soldiers, marched from Frederick, Maryland to surround the Union garrison at Harpers Ferry. On September 13, a battle was fought on rock-strewn Maryland Heights (most of these hills were denuded by the charcoal industry before the Civil War). The Confederates won this battle – along with skirmishes on Loudoun Heights and near Bolivar Heights – and forced the 12,500-man Union army into Harpers Ferry under a relentless Confederate bombardment.

N Harpers Ferry Road: Note the road across from the canal here: On the night of September 14, 1862, about 1,500 Union cavalymen made a daring middle-of-the-night escape from a Confederate trap by dashing their horses across a bridge and up this road to Sharpsburg. The next day, the remaining 11,000 Union soldiers surrendered – the largest U.S. troop surrender until WWII. On September 16, most of the Confederate troops marched up this road to rejoin Gen. Robert E. Lee outside Sharpsburg for what would be the bloodiest one-day battle in American history.

O Fort Duncan: Union troops built this fort and others on Maryland Heights in 1863 to protect Harpers Ferry.

P Potomac River: Draining much of the Mid-Atlantic Region, the Potomac River's headwaters start in Maryland, Pennsylvania, Virginia, and West Virginia. George Washington envisioned the Potomac as the Gateway to the West.

Q Antietam Aqueduct: Triple-arch stone aqueduct built in 1833 to carry the C&O Canal over Antietam Creek.

R Millers Sawmill: This quiet riverside community once bustled with milling activity. In mid-September 1862, Confederate Gen. Robert E. Lee stationed his Chief Engineer here to keep watch over the level of the Potomac River since Lee knew he may need to ford his army across the river here if the Battle of Antietam went against him.

S Packhorse Ford: Just upstream from Millers Sawmill is a “double V-shaped” ford (shallow crossing place) in the Potomac River. This ford has been used by American Indians, German and Scotch-Irish pioneers traveling from Pennsylvania to Virginia, and Lee's Army of Northern Virginia in their retreat from the Battle of Antietam.

T James Rumsey Monument: As you approach the Route 34 bridge (also called the James Rumsey Bridge), look across the Potomac River to Shepherdstown which was chartered as Mechlenburg in 1762. The tall monument visible in the town from the C&O Canal towpath is a monument to James Rumsey, who was George Washington's Chief Engineer for the Potowmack Canal Company that pre-dated the C&O Canal. Rumsey was also the first inventor of the steamboat. In 1787, Rumsey demonstrated his steamboat along the Potomac here before hundreds of cheering witnesses along the riverbanks – 20 years before Robert Fulton demonstrated his steamboat on the Hudson.

U Killiansburg Cave: On September 16-18, 1862, hundreds of Sharpsburg citizens came here to seek refuge under these cliffs from the Battle of Antietam. The cave entrance is visible from the C&O Canal towpath.

V Snyders Landing: This riverside community was once a tie-up point for canal boat owners from Sharpsburg.

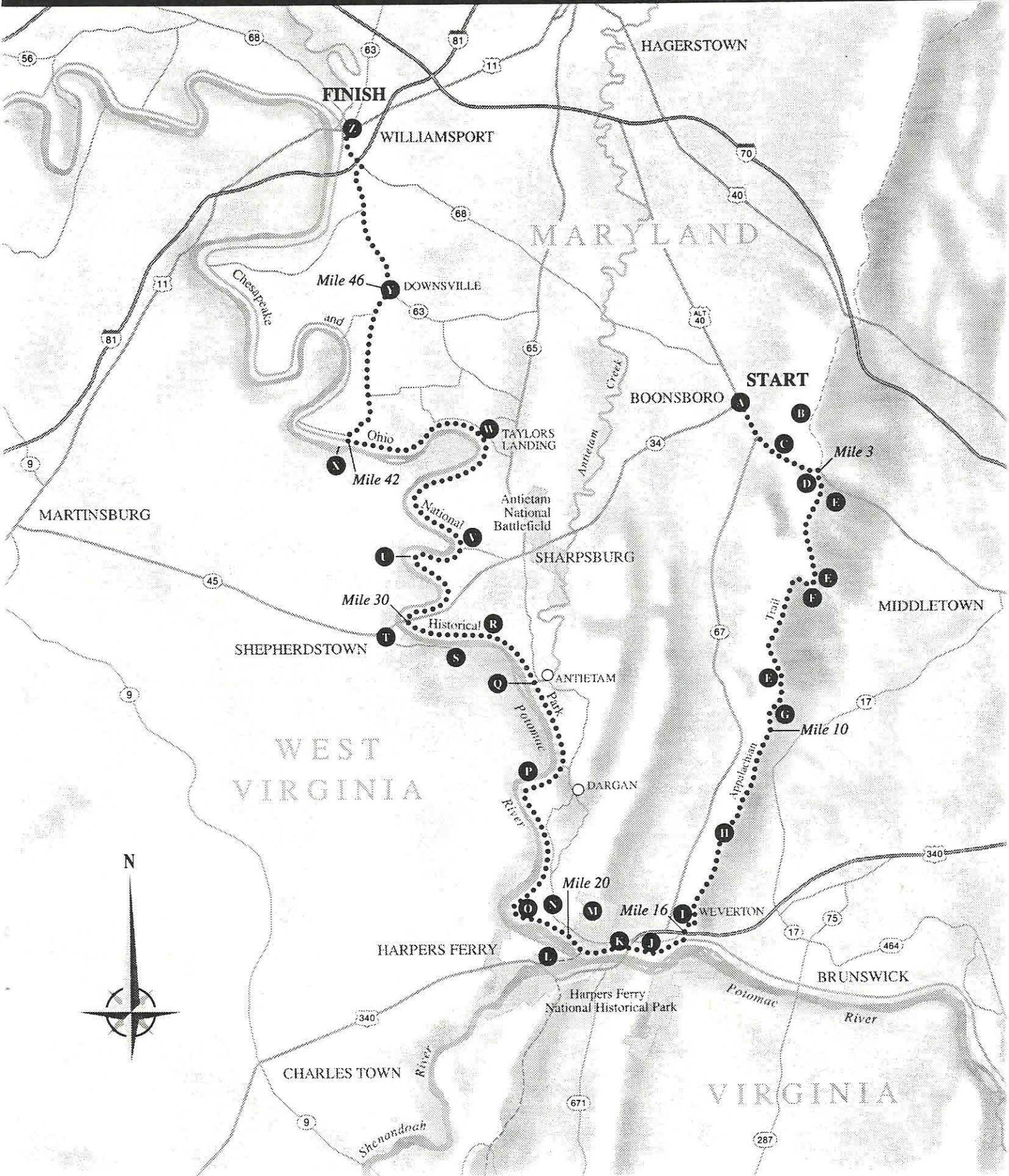
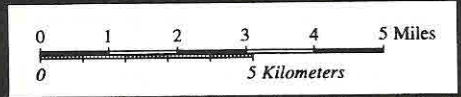
W Taylors Landing: Community was first called Mercersburg, for the first president of the C&O Canal company.

X Dam #4: This 18-ft.-high masonry dam was one of 7 built on the Potomac to provide water for the C&O Canal.

Y Downsville: Founded in 1852, this typical crossroads village has changed little over the past century.

Z Williamsport: The Williams brothers who founded this town in 1786 proposed to George Washington that this area would make a good location for our national capital before the Georgetown, Maryland site was selected in 1790. Williamsport was especially prosperous during the C&O Canal's heyday from the 1840s to the 1880s. Since 1980 Springfield Middle School here has been the finish line of the John F. Kennedy Memorial 50-Mile Hike/Run.

Route of the John F. Kennedy 50-Mile Hike & the history along the way from A to Z (see attachment)



Newcomers Nippert and Altieri Snare Impressive JFK 50 Mile Victories: 774 Official Finishers Smashes U.S. Record

by Gerry Lindgren

Neither Howard Nippert nor Bea Marie Altieri had ever run the JFK 50 Mile prior to November 21, 1998. Nippert had never raced beyond 50 kilometers and Altieri's last sojourn beyond the marathon distance had been nearly a decade earlier. Yet the first-timers to America's oldest and largest ultramarathon found themselves carrying the weight of the favorite's role as 845 starters toed the line in downtown Boonsboro for the gun that would unleash the 36th annual running of the continent's greatest tradition in ultrarunning.

Supporters and skeptics alike had to wonder if the pressure—not to mention the terrain and the competition—would prove too much for Nippert and Altieri's maiden attempts over the storied JFK course.

It took less than six and seven hours respectively for this dynamic duo to quiet any doubts of their abilities and preparedness, as the names of Nippert and Altieri were placed amongst the elite's of JFK history.

Nippert—a 33-year-old assistant cross country and track coach at Virginia Tech in Blacksburg, Virginia—was indeed a rookie at 50 miles, but his athletic resume was the sharpest of the 938 entrants. The owner of a 10,000 meter personal best of 29:14, the Virginia Tech alum had powered his way to an impressive 21st place finish in the 1996 U.S. Olympic Marathon Trials, clocking a career best 2:19:08 over the undulating Charlotte, North Carolina Olympic selection course.

His first and only previous crossover into the ultra world came at the Rattlesnake Trial 50 Km in Charlestown, West Virginia on July 11. He raised a few eyebrows that day taking the scalps of Andy Jones and former Rattlesnake record holder Courtney Campbell. Nippert's 3:30:37 off-road clocking hacked eight minutes and twenty-nine seconds from Campbell's previous standard.

As expected, Eric Clifton—the defending JFK champion and course record holder (5:46:22)—bolted to the front immediately as the horde departed Boonsboro. Nippert and Courtney Campbell (the owner of a 5:58:20 from '96 that is number six on the all-time JFK performers list) did their best to shadow his aggressive tempo over the difficult first 15.7-mile Appalachian Trail (AT) portion of the course.

At the railroad track crossing that connects the AT section of the course to the flat

C&O Canal towpath 26.2-mile segment, an off-schedule train negated the ninety second (on Campbell and two-minute on Nippert) advantage Clifton held at that juncture. The trio crossed the tracks in unison after the brief forced pit stop (Clifton lost 2:10 to the clock, Campbell 1:35 and Nippert just 12 seconds) and by 20 miles the power-stroking Nippert was off the front and alone in his pursuit of Williamsport glory.

Nippert continued to widen the gap on his pursuers, and at 30 miles still had a legitimate shot at Clifton's course record despite a slowing headwind that impeded everyone's progress over the towpath.

The record was out of reach by the time Nippert stepped onto the macadam for the last 8.3 miles, but his victory was looking safer by the mile.

Clifton, who turned 40 years old in June, gave valiant and steady pursuit of the frontrunning Nippert down the stretch, and still only trailed by five minutes at the 44-mile mark. Clifton had run down two-time Olympic Trailist Michael Harrison with a similar late race deficit in '97, but Nippert was too strong and would not be caught on this day.

Sporting the black, silver and red colors of Team Brooks, Nippert stopped the clock at 5:58:41, only the tenth man in JFK history to dip under the six-hour barrier, moving his name to the number seven all-time JFK spot.

"I just had to concentrate and relax," Nippert said to Mike Wolff of the *Hagerstown Herald-Mail*. "Every time it crossed your mind that you might win, you can get carried away. I just had to keep thinking about staying relaxed and maintaining my composure."

A solid second, Clifton added to his already large JFK legend by crushing David Horton's 1994 masters record by nine minutes and thirty-eight seconds. His 6:06:42 effort (which could have easily been 6:04 and change without the delay in the race's 16th mile) is not only the new 40-and over standard, but is also the 15th fastest performance in race history. In Clifton's nine appearances at the JFK (1990 to '98) he remarkably has four victories (a second and a third placing as well), four of the nineteen fastest performances in race history (including his course record, which is a mind boggling six minutes and forty-eight seconds faster than anyone else has ever mustered out of their beings) and now, with a touch of gray in his unique hairstyle, is the fastest master in the race's 36-year history.

Also eclipsing the previous masters record was third-place finisher Jim Garcia

(40), who picked up third place overall in 6:14:21, just 34 days after finishing 18th (second Yank) for Team USA in the IAU World 100 Km Challenge in River Shiman-to, Japan.

A teenage performance of considerable note was posted by fourth-place Ryne Melcher of Canada. The 19-year-old clocked 6:18:36 to become the second fastest teenager in race history. His mark trails only 1977 race runner-up Karsten Schultz (a 4:11 prep miler who went on to run 13:59 for five-km as a collegiate), whose 6:16:25 junior standard could stand well into the next millennium. Melcher's effort is also the fastest ever by a Canadian national in the JFK.

Three others would better six-and-a-half hours on the day: USA National Team member Mark Godale (fifth, 6:22:25), 44-year-old Tim Hewitt (sixth, 6:23:57) and Ian Torrence, who nabbed seventh in 6:26:42. A last minute entrant, Campbell failed to finish the JFK for the first time.

Bea Marie Altieri had run 50 miles before, but not since 1989, when as a 22-year-old she circled a 400-meter oval 200 plus times in seven hours and 41 minutes. In the decade that followed she found a new coach (who ended up becoming her husband as well), found real focus in her athletic career and developed into one of the Mid-Atlantic region's best road racers in the five-km to-marathon distances.

Under the tutelage of George Altieri, a national class triathlete—who finished 73rd in the 1995 Hawaiian Ironman Triathlon—Bea Marie literally transformed from an "o.k." local age-group runner in the early '90s to an elite level competitor in a few short years. Clocking PR's of 16:48 (five-km) and 35:25 (ten-km) she enjoyed her biggest win to date at the 1996 Philadelphia Marathon in a current career best of 2:50:01.

Working in promotions for PowerFood, Inc., "BMA" had been to all kinds of sporting events that were sponsored by PowerFood in recent years, including a few ultras, one of those events being the '97 JFK 50 Mile. Curiosity set in during the months that followed and to the JFK organizing committee's delight, she accepted an invitation to compete in '98.

Tagged the "Power Bar Girl" by a few skeptics in the established ultra community, who thought she might be biting off a bit more "energy bar" than she could chew in the JFK, Altieri prepared meticulously for the event including two very valuable training sessions over the Appalachian Trail section of the course. Was she ready? You

better believe she was.

Trailing two-time defending champion Bridget Brunnick by less than a minute at the 15.7-mile emergence on to the towpath, BMA shifted into overdrive and quickly danced away from the field.

Scaring the ancient 1984 course record of Teri Gerber (6:50:56), BMA became only the second woman in JFK history to dip under the seven-hour barrier with her 6:58:44 win. "I came out of the mountains (AT section) about 10 minutes faster than I expected," Altieri explained to the *Herald-Mail's* Mike Wolff. "That was a real inspiration to me because that was the part of the race I worried about the most."

The Pennsylvania pair of Debbie Berner (7:25:54) and Sandi Beale (7:26:52) ran extremely well for second and third, becoming the sixth and seventh fastest women in JFK history. Their times, although seemingly "mortal" on this day, would have been fast enough to win four of the last five previous JFK races. Brunnick failed to finish after placing no worse than second in her three previous attempts.

Age-group efforts of special note were recorded by 50-year-old Keith Hileman—whose 6:51:44 (tenth overall) clocking trails only former World Record Holder Frank Bozanich's 6:42:48 (1994) in JFK marks by 50-plus athletes—and Leo Lightner (70), who toppled Bob Boal's 1982 70-and-over record by 20 minutes and 23 seconds with a sensational 10:01:58.

Race founder—and director from 1963 to '92—Buzz Sawyer, now 70 years young, finished his 11th JFK in 12:20:37 despite falling on a training run a month prior to the race and receiving 27 stitches to his head. He took a heavy spill again on race day, opening a nasty gash on his leg, but it would take a lot more than lost blood on the AT to stop this living legend from working his way to Williamsport.

Other JFK legends Cal Mahaney, Kimball Byron and Mike Adams kept their remarkable runs at immortality alive. Mahaney, 69, finished his 29th consecutive JFK and both Byron and Adams (both still only in their 40s) finished the JFK for the 30th time each. Adams (49) in a still competitive 7:59:46 for 73rd place.

Statistically, the 36th JFK 50 Mile re-wrote a handful of US ultra and JFK records. A total of 938 registered, 842 started and 774 officially finished (the most in US ultra history for any single ultramarathon race) under the mandatory 14-hour time limit. The 92-percent finisher's rate was the highest ever in JFK history, as were the 73 individuals (68 men and five women) who finished in less than eight hours, eclipsing the previous high of 62 from 1996.

The greatest tradition in U.S. ultrarunning will continue again in 1999. The 37th annual JFK 50 Mile has been slated for November 20, 1999. For entry information, contact: Cumberland Valley Athletic Club, 1012 Valleybrook Drive, Hagerstown, MD 21742-3464, or by phone at (301)739-7004.

Entry requests will be filled at one time in early August of 1999. Only the first 1,000 entries can be accepted due to restraints from the National Park Service.

John F. Kennedy 50 Mile Race

Hagerstown, Md. November 21, 1998
Roads, trails, and C & O Canal Towpath

1. Howard Nippert,33,VA	5:58:41
2. Eric Clifton,40,MD	6:06:42
3. James Garcia,40,MA	6:14:21
4. Ryne Melcher,19,ONT	6:18:36
5. Mark Godale,28,OH	6:22:25
6. Tim Hewitt,44,PA	6:23:57
7. Ian Torrence,26,NV	6:26:42
8. Greg Zaruba,32,MD	6:42:19
9. Michael Harrison,3,VA	6:48:01
10. Keith Hileman,50,PA	6:51:44
11. Edward Boggess,40,CO	6:55:52
12. Chris Gibson,45,PA	6:56:08
13. Timothy Clement,38,OH	6:56:18
14. David Drach,42,NC	6:58:15
15. <u>Bea Marie Altieri</u> ,31,MD	6:58:44
16. Barry Lewis,39,PA	6:59:34
17. Michael Campbell,48,VA	7:07:05
18. Andrew Peterson,42,VA	7:13:05
19. Michael Schuster,25,VA	7:13:33
20. Maarten Van Gelder,38,VA	7:16:26
21. Mark Johnson,35,VA	7:23:34
22. Scott Mills,47,VA	7:23:58
23. Rudy Afanador,40,NY	7:24:57
24. David Feinauer,44,PA	7:25:02
25. <u>Debbie Berner</u> ,32,PA	7:25:54
26. Les Michalak,48,ON	7:26:10
27. <u>Sandi Beale</u> ,38,PA	7:26:52
28. Paul Frewch,38	7:27:12
29. Stephen Godale,29,OH	7:27:46
30. Reid Lanham,28,VA	7:29:12
31. Frank Lum,33	7:29:53
32. Keith Moore,29,DC	7:32:52
33. Chris Clarke,41,CO	7:35:14
34. Phil Canniny,34,GA	7:35:28
35. Tom Bowmaster,39,NJ	7:36:31
36. Michael Fiorito,31,NC	7:36:53
37. John Hayward,35,VA	7:37:15
38. Joe Ector,41,DC	7:37:50
39. <u>Sue Johnston</u> ,32,VT	7:39:23
40. Dan Brannen,45,NJ	7:39:25
41. Timothy Shay,51,NJ	7:40:01
42. Tracey Hague,40,VA	7:40:54
43. James Cramer,35,PA	7:42:49
44. Michael Yoder,36,PA	7:43:24
45. Peter Buetow,38,VA	7:43:56
46. Michael Kent,35,MA	7:43:59
47. Kam Lee,29,OH	7:44:55
48. Russ Hoyer,38,NY	7:45:59
49. Matthew Mace,38	7:46:22
50. Dan Robertson,22,PA	7:46:59
51. Gregory Pece,27,VA	7:47:14
52. James Boehmer,20	7:47:56
53. John Goss,41,PA	7:49:18
54. David Bursler,33,DE	7:50:45
55. Rick Brickley,44,PA	7:50:50
Tom Jarding,43,PA	7:50:50
57. Ed Ayres,57,VA	7:51:27
58. Mark Rosasco,39	7:51:36
59. Johnny Raney,37,VA	7:52:26
60. Edward Vachno,22	7:53:42
61. Michael Wardian,24,VA	7:54:19
62. Shannon Allison,37,LA	7:54:29
63. Matthew Ayers,19,PA	7:54:32
64. Dr. Gary Baughman,44,MI	7:54:40
65. Eddie Midkiff,49,VA	7:54:48
66. Jeffrey Wilbur,39,VA	7:54:51
67. Ronald Shaw,45	7:55:47
68. Mark Simon,30,VA	7:56:38
69. <u>Megan Ratermann</u> ,29,MT	7:56:53
70. John Ferguson,39,VA	7:57:12
71. Tom Smith,50	7:59:30
72. Terry Carrico,41,VA	7:59:31
73. Michael Adams,49,PA	7:59:46
74. Jeff Gaft,42,MI	8:00:33
75. Mike Weber,43,VA	8:01:46
76. Jeffrey Dermo,17	8:02:30
77. Benjamin Clark,41	8:04:14
78. Steve Burrows,47,ONT	8:06:28
79. Mark Evans,43,OH	8:07:44
80. Daniel Petley,35,PA	8:09:58
81. Frank Probst,55,VA	8:10:14
82. Edwin Roth,45,NJ	8:12:11
83. Joseph Hewitt,44,ONT	8:12:42
84. David Lieb,38	8:15:36
85. Frank Mazur,41,FL	8:16:03
86. John Mazur,39,VA	8:16:04
87. <u>Courtney Fenstermac</u> ,28,WY	8:16:20
88. Murray Wood,45,ONT	8:16:21
89. Peter Moore,41,VT	8:16:30
90. Stephen Mitchell,57,NY	8:17:18
91. D. Duane Crawford,36	8:17:49
92. David Jenkins,32,VA	8:18:13
93. Mario Martinez,47,TX	8:18:19
94. Fred Smart,47,WV	8:18:27
95. Jon Lauder,26,VA	8:18:32
96. Malcolm Lester,31,DC	8:21:14
97. Robert Gryfe,32,ONT	8:21:20
98. David Kinsey,44,VA	8:21:21
99. James Pouillon,29	8:21:24
100. Joseph Marroquin, Sr.,51,PA	8:21:29
101. Tim Ogden,26,VA	8:21:30
102. Richard Fisher,49,NV	8:22:50
103. Gyula Kiss,39,VA	8:23:09
104. <u>Alice Loughran</u> ,31,VA	8:23:24
105. <u>Bonnie Arlt</u> ,47,MI	8:23:47
106. Steve Hesseltime,39,VA	8:25:04
107. Ed Foley,49,VA	8:25:27
108. Dan Bowers,53,CO	8:25:33
109. Dave Beale,56,PA	8:25:55
110. Steve Jones,46,VA	8:26:23
111. Ronald Tomechko,37,VA	8:26:26
112. Robert Plevell,29,VA	8:26:42
113. Daniel Huffman,36,VA	8:27:33
114. Joe Dolen,43,CT	8:27:43
115. Steve Amarillo,36,VA	8:27:45
116. Ronald Bardach,41	8:28:30
117. King Jordan,55,DC	8:29:33
118. <u>Alicia Barahona</u> ,44,NY	8:30:18
119. William Sanford,50,PA	8:30:25
120. Richard Barton,45,OH	8:31:36
121. Mark McMawnis,40,VA	8:31:51
122. Daniel Decker,28	8:32:46
123. Prasad Gerard,40	8:33:29
124. <u>Gretchen Shuey</u> ,28	8:35:17
125. Stephen Williams,24,VA	8:35:38
126. Harry Bruell,30	8:35:42
127. Dennis Ahern,44,NY	8:36:19
128. Jim Becker,56,PA	8:37:41
129. Tony Smith,44,NC	8:39:40
130. Troy Emineth,27,NH	8:40:15
131. Andrew Wiley,39,VA	8:40:23
132. Daniel Olden,47,NY	8:40:32
133. Rick Brooks,Jr.,28,VA	8:41:03
134. Bob Field,47	8:41:26
135. William Harshbarger,50,KY	8:41:47
136. Fred Miller,38,LA	8:42:28
137. <u>Kathy Watern</u> ,39,OH	8:42:43
138. Urbane Maust,36	8:44:56
139. Philip Young,46,VA	8:46:06
140. Kenneth Sirois,51,OH	8:46:20
141. Anthony Pruner,43	8:47:29
142. Luke Bosek,19,VA	8:48:03
143. Peter Rowlands,54,VT	8:48:07
144. Mike Jacolenne,47,OH	8:48:31
145. Andy Roth,30,NJ	8:48:46
146. Joe Dabes,59,NY	8:48:54

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