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November 22, 1997

The Cumberland Valley Athletic Club

Proudly Presents

**The 35th Annual John F. Kennedy 50 Mile
"America's Ultramarathon"**



Max White



Teri Gerber

The "Un-beatables" — Twice in their careers Max White (1973 & 1974) and Teri Gerber (1983 & 1984) toed the line at the JFK 50 Mile and twice they both came away victorious. White's 5:55:30 winning time from 1973 stood as the event record until 1982 and is still the third fastest time ever run at the JFK. Gerber is the only women to ever dip under the seven-hour barrier at the JFK, clocking 6:56:12 in 1983 and the still-standing course record of 6:50:56 in her 1984 triumph.

BROOKS

**THE CUMBERLAND VALLEY ATHLETIC CLUB
PROUDLY PRESENTS**

THE 35TH ANNUAL JOHN F. KENNEDY 50 MILE

MADE POSSIBLE THROUGH THE SUPPORT OF:

**OLIVER HOMES
POWERFOOD, INC.
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**THE NATIONAL PARK SERVICE
MARYLAND STATE PARKS
MARYLAND STATE HIGHWAY ADMINISTRATION
MARYLAND STATE POLICE
WASHINGTON COUNTY SHERIFF'S DEPARTMENT
THE APPALACHIAN TRAIL CONFERENCE
CHAMBERSBURG ROAD RUNNERS CLUB
GREENCASTLE-ANTRIM RUNNING CLUB
FREDERICK STEEPLECHASERS/ CARROLL CREEK PACERS
HAGERSTOWN RUN FOR FUN CLUB
WILLIAMSPORT VOLUNTEER AMBULANCE & RESCUE SERVICE
ANTIETAM RADIO ASSOCIATION
HAGERSTOWN REACT**

**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**

Welcome to the 35th Annual JFK 50 Mile,

Begun three-and-a-half decades ago as a hand-full of robust individuals answering President John F. Kennedy's call for Americans to re-build their failing fitness, the JFK has aged these past 35 years into one of the nation's truly great sporting traditions.

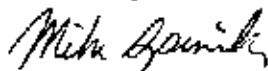
William "Buzz" Sawyer gave life to this "baby" back in 1963 and has been the heart and sole of the event ever since. While many other similar events around the country have disappeared over the passage of time, the JFK has withstood and survived. This fact for more than any other reason is can be attributed to Sawyer's enthusiasm, tireless efforts and love for the event and it's participants.

Five years ago the then 64 year old Sawyer approached me about the possibilities of myself taking over the director's role of the hallowed JFK. I was both honored and humbled that Buzz would deem me worthy of such responsibility. After some thorough contemplation I decided to accept his offer and now after five years of struggling to fill Buzz's shoes, I can honestly tell you that his legend has done nothing but grow greater in my mind.

At times when I grow weary or discouraged in my organizational duties, I will think of Buzz toiling for this great event for nearly a third-of-a-century and I quickly become re-motivated to fight on once more, much like the JFK participants themselves will do when they feel their exhausted body's crying out for relief on November 22.

Do not give in. Rage on JFK'ers! If you find yourself needing a little inspiration along the way, you just might try looking amongst the competitors for a 69 year old guy wearing the number "1" on his chest...I'll give you a hint as to his identity, he just so happens to be the same guy that keeps this race director's candle lit in difficult times. Best of luck to all, especially "Number 1".

Sincerely,



Mike Spinnler
JFK 50 Mile Director (1993-present)

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 Schulz	1977
Junior Women (19-and-under)	8:56:06	Liz Wood	1996
Masters Men (40-and-over)	6:16:20	David Horton	1994
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)	10:22:21	Bob Boal	1982
Octogenarian Men (80-and-over)	13:45:57	Carl Llewellyn	1995
Men's Canadian National Record	6:37:03	Terry Boese	1996
Women's Canadian National Record	7:39:16	Deanna Lindsey	1996
Washington Co. Men's Record	5:53:05	Michael 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	28	Mike Adams & Kimball Byron	
Most Finishes by a Woman	18	Carolyn Showalter	
Longest Streak of continuous finishes	27	Cal Mahaney	1970-1996
Longest Women's Streak of finishes	15	Carolyn Showalter	1982-1996
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 Ultra in U.S. history)
1974	1,355	225	17% (Low 30s and freezing rain)
1975	623	344	55% (JFK switches to fall date)
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	-----35th 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

(*) 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	Michael Spinner	5:53:05*
1983	Michael Spinner	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

(*) denotes course record performance

(**) denotes current course record performance

In Memory

1984 JFK 50 Mile Champion, as well as 1983 runner-up, Jim Pellon of California passed away on June 30th of this year. One of America's truly great ultrarunners in the 1980s, Jim was three-times ('82, '85 and '86) a runner-up in the Western States 100 Mile.

JFK 50 MILE ALL-TIME TOP 20 PERFORMERS

1.	Eric Clifton	5:46:22	1994
2.	Michael Spimler	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.	Paul Jost	5:59:12	1994
8.	Pat Gill	5:59:28	1976
9.	Jonathon Strayer	5:59:58	1996
10.	Bill Lawder	6:03:51	1982
11.	Ed Ayres	6:04:02	1977
12.	Eric Rappold	6:07:52	1994
13.	Michael Morton	6:08:56	1994
14.	Rick Warren	6:12:20	1973
15.	Scott Miller	6:13:56	1981
16.	Dan Brannen	6:14:02	1980
17.	Phil Bishop	6:14:59	1978
18.	Elton Horst	6:15:42	1971
19.	Joe Blackmon	6:15:53	1990
20.	David Horton	6:16:00	1985



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**790 Potmac Ave. Hagerstown, MD
733-8827**



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

1.	Teri Gerber	6:50:56	1984
2.	Laura Nelson	7:08:29	1992
3.	Shelby Hayden-Clifton	7:10:14	1990
4.	Bridget Brunnick	7:20:01	1996
5.	Carole Williams	7:28:39	1982
6.	Randi Bromka	7:30:30	1990
7.	Janice Anderson	7:33:37	1996
8.	Lorraine Gersitz	7:36:17	1991
9.	Carolyn Showalter	7:38:00	1991
10.	Deanna Lindsey	7:39:16	1996
11.	Mary Hamdel	7:40:36	1983
12.	Sue Medaglia	7:41:13	1979
13.	Pat O'Brien	7:47:34	1984
14.	Ashley Evans	7:51:53	1992
15.	Rebekah Trittipoe	8:00:38	1995
16.	Laura Perry	8:05:29	1986
17.	Margarete Deckert	8:11:29	1982
18.	Pat Botts	8:13:30	1996
19.	Teresa Moats	8:14:06	1994
20.	Jennifer Girourard	8:17:09	1993

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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.	Paul Jost	5:59:12	1982
8.	Pat Gill	5:59:28	1976
9.	Jonathan Strayer	5:59:58	1996
10.	Bill Lawder	6:03:51	1982
11.	Ed Ayres	6:04:01	1977
12.	Clifton	6:06:09	1991
13.	White	6:06:19	1974
14.	Eric Rappold	6:07:52	1994
15.	Lawder	6:08:54	1979
16.	Michael Morton	6:08:56	1994
17.	Spinnler	6:12:12	1983
18.	Rick Warren	6:12:20	1973
19.	Scott Miller	6:13:56	1981
20.	Dan Brannen	6:14:02	1980

In Memory

The "JFK Family" sadly said good-bye to three members this past year. Three-time ('91, '94 and '96) finisher Charlie Hornbecker of Hagerstown passed away on February 27, Kentucky's Charlie Brien --a 1994 finisher-- on May 17 and Baltimore's 11-time consecutive finisher (1986-1996) Roy Elder on April 4.

TOP 20 WOMEN'S PERFORMANCES IN JFK 50 MILE HISTORY

1.	Teri Gerber	6:50:56	1984
2.	Gerber	6:56:12	1983
3.	Laura Nelson	7:08:29	1992
4.	Shelby Hayden-Clifton	7:10:14	1990
5.	Bridget Brunnick	7:20:01	1996
6.	Nelson	7:23:19	1991
7.	Carole Williams	7:28:39	1982
8.	Randi Bromka	7:30:30	1990
9.	Janice Anderson	7:33:37	1996
10.	Lorraine Gersitz	7:36:17	1991
11.	Carolyn Showalter	7:38:00	1991
12.	Deanna Lindsey	7:39:16	1996
13.	Nelson	7:39:36	1990
14.	Mary Hamudal	7:40:36	1983
15.	Anderson	7:40:54	1995
16.	Sue Medaglia	7:41:13	1979
17.	Showalter	7:44:13	1990
18.	Showalter	7:46:04	1992
19.	Pat O'Brien	7:47:34	1984
20.	Showalter	7:48:13	1986

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. Spodden
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.

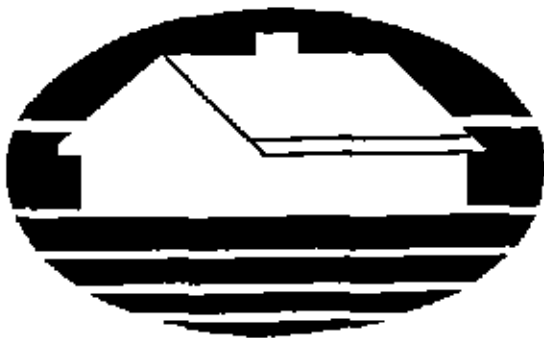
FINISHERS IN FOUR DECADES

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 - 7	1990's - 7	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 - 2	1990's - 2

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
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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
Everett Marsh	Age 76	1991	13:51:50
	Age 76	1991	13:51:50
Don McNelly	Age 70	1990	12:09:03
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

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

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

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

J F K 50-MILE HIKE/RUN

1250-MILE CLUB

(3 Members)

Mike Adams 28 Finishes Best Time: 6:42:34 1979
1965-69-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96

Kim Byron 28 Finishes Best Time: 8:29:59 1988
1968-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-85-86-87-88-89-90-91-92-93-94-95-96

Cal Mahaney 27 Finishes Best Time: 9:24:35 1982
1970-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96

1000-MILE CLUB

(3 Members)

Bob Henscheid 23 Finishes Best Time: 8:02:47 1980
1974-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96

Fred Schumacher 22 Finishes Best Time: 9:57:14 1984
1974-75-76-77-78-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96

Byron McNelly 21 Finishes Best Time: 9:53:52 1977
1975-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96

750-MILE CLUB

(24 Members)

	<u>JFK 50's</u> <u>FINISHED</u>	<u>YEARS</u>	<u>BEST TIME</u>	
Carl Cornett	19	72-73-74-75-76-77-78-79-80-81-82-83-84-85-87-88-89-90-91	8:32:10	1985
Don West	19	74-75-76-77-78-79-80-81-82-83-84-85-86-88-89-91-93-94-96	12:58:47	1975
Dick Good	19	77-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	8:10:37	1982
Norm Moyer	19	78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	8:52:04	1986
Bill Whitesell	19	78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	8:36:35	1981
Lowell Showalter	18	75-76-77-78-79-80-81-82-83-84-85-86-87-88-92-93-94-95	8:05:39	1979
Sidney Allen	18	75-76-77-78-79-80-82-83-84-85-86-88-90-91-92-93-94-96	10:46:45	1982
Stan Holloway	18	79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	9:29:23	1980
Duane Rosenberg	18	77-78-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	8:21:15	1983
Ken Scott	18	79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	10:12:38	1981
Carolyn Showalter	18	78-79-80-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	7:38:00	1991
Everett Marsh	17	75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91	12:29:16	1981
Carl Settlemyer	17	79-80-81-82-83-84-85-86-88-89-90-91-92-93-94-95-96	9:55:57	1983
David Holland	16	81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	8:36:06	1983
Georges Auchet	15	76-77-79-80-81-82-83-84-87-88-89-91-94-95-96	10:29:55	1981
Paul Betker	15	82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	8:39:31	1991
Denny Evans	15	73-77-78-79-80-81-82-83-84-85-86-87-88-89-90	9:17:02	1979
Mitzi Henscheid	15	78-79-80-81-82-84-87-88-89-90-91-92-93-94-96	8:19:56	1982
Randy Howard	15	74-75-76-77-78-79-80-81-82-83-84-85-86-87-91	8:33:45	1978
Jim Lewis	15	72-73-74-75-76-77-78-79-81-82-83-84-85-87-88	11:08:35	1977
Paul Lewis	15	73-74-75-76-77-78-79-80-81-82-83-88-89-90-91	11:26:32	1979
Bill Law	15	72-73-74-75-76-78-79-81-82-83-87-89-93-94-96	8:40:13	1982
Earl Scott	15	81-82-83-84-85-86-87-88-89-90-91-93-94-95-96	9:18:21	1990
Jim Wahl	15	82-83-84-85-86-87-88-89-90-91-92-93-94-95-96	9:47:38	1985

500-MILE CLUB

(74 Members)

	<u>JFK 50's</u> <u>FINISHED</u>	<u>YEARS</u>	<u>BEST TIME</u>	
Anstr Davidson	14	83-84-85-86-87-88-89-90-91-92-93-94-95-96	8:30:48	1989
Bob Greenspun	14	76-77-79-81-82-83-86-89-90-91-92-94-95-96	10:37:02	1977
Shane Hutton	14	69-70-71-72-73-74-78-79-80-83-87-88-93-96	10:08:09	1993
El Levri	14	78-79-80-81-82-83-84-85-91-92-93-94-95-96	7:52:34	1984
Rob Sollenberger	14	76-78-79-80-81-83-84-85-88-89-92-94-95-96	8:04:15	1981
Jack Spinnler	14	71-72-73-76-77-88-89-90-91-92-93-94-95-96	11:24:28	1989
Joe Baummer	13	73-74-75-76-77-78-79-80-81-82-83-84-85	9:15:20	1980
Grant Baxter	13	82-83-84-85-86-87-88-89-91-92-93-94-95	7:40:53	1986
Pete Coffin	13	84-85-86-87-88-89-90-91-92-93-94-95-96	10:34:49	1984
Paul Franch	13	83-84-85-86-87-88-90-91-92-93-94-95-96	6:44:43	1992
Eddie Glenn	13	69-70-71-73-74-76-78-81-84-85-87-90-93	10:13:15	1973
Don Heimiller	13	73-75-76-77-78-81-82-83-84-85-86-88-91	7:52:52	1978
David Horton	13	79-80-82-84-85-88-89-90-91-92-93-94-95	6:16:00	1985
Dan Knox	13	81-82-84-85-86-87-89-90-91-92-93-94-95	8:38:58	1994
Don McNelly	13	75-76-77-78-79-80-82-83-84-85-86-89-90	10:49:12	1982
Al Montgomery	13	80-81-82-83-87-88-89-90-91-92-94-95-96	7:22:46	1991
Harvey Reisenweber	13	75-76-77-78-79-81-82-83-84-85-89-95-96	8:52:34	1981
Paul Robertson	13	75-76-77-78-80-81-82-83-85-86-88-89-90	9:12:13	1977
Joe Trask	13	80-81-82-83-84-85-86-87-88-89-90-91-95	8:48:17	1982
John Walter	13	77-81-82-83-84-85-86-87-88-89-92-93-94	13:29:13	1982
Jo Wells	13	83-84-85-87-88-89-90-91-92-93-94-95-96	8:57:22	1985
Jon Acton	12	75-76-78-79-80-81-82-83-84-85-88-91	8:56:59	1983
Frank Boyer	12	75-76-77-78-79-81-82-83-84-85-86-87	9:35:19	1979
Bob Blair	12	79-80-83-87-88-89-90-91-92-93-95-98	9:48:17	1987
Gene Cassell	12	85-86-87-88-89-90-91-92-93-94-95-96	8:11:14	1993
James Ebberts	12	63-64-65-67-69-73-76-77-78-89-94-95	7:06:41	1977
George Harrington	12	80-81-82-83-84-85-86-87-88-89-91-95	10:45:46	1981
Earl Main	12	73-79-80-81-82-83-84-85-86-87-88-90	9:21:03	1987
Jack Sargent	12	79-80-81-82-83-84-85-86-87-88-89-93	10:23:42	1980
Greg Seidl	12	84-85-87-88-89-90-91-92-93-94-95-96	10:50:33	1993
Clater Smith	12	69-71-72-73-75-76-77-78-79-82-83-86	10:35:10	1976
W. Jim Smith	12	76-77-78-80-81-85-86-87-88-89-90-91	11:28:44	1980
Albert Tyree	12	82-83-84-86-87-88-89-90-91-92-93-94	11:07:43	1988
Fred Wandel	12	72-73-74-75-76-77-78-79-80-81-82-83	11:32:03	1976
Ernie West	12	72-74-75-76-77-78-79-80-81-82-83-84	10:11:13	1978
Janet Whitesell	12	82-84-86-87-88-89-90-92-93-94-95-96	10:27:32	1989
Bob Blakemore	11	77-79-80-81-83-84-91-92-93-94-95	8:34:10	1991
Jim Borgstrom	11	83-87-88-89-90-91-92-93-94-95-96	9:35:59	1987
John Casteras	11	83-84-85-86-87-89-90-91-92-94-96	10:29:41	1985
Doug Day	11	84-85-86-87-89-90-91-92-93-94-95	7:37:28	1989
Gene Denton	11	86-87-88-89-90-91-92-93-94-95-96	10:37:01	1990
Roy Elder	11	86-87-88-89-90-91-92-93-94-95-96	9:24:08	1990
John Gilroy	11	82-83-84-85-86-87-88-89-90-91-92	9:38:48	1986
Keith Harvey	11	76-78-79-82-83-84-85-86-87-91-94	8:42:28	1982
John Hess	11	74-77-80-81-82-84-86-87-88-89-91	6:22:30	1977
John Kendall	11	75-76-78-81-82-86-87-93-94-95-96	7:24:57	1975
Paul Keplinger	11	73-75-76-77-78-79-80-81-82-83-84	10:37:25	1980
Felix LeBlanc	11	80-87-88-89-90-91-92-93-94-95-96	9:10:57	1980
Bob Lemmermann	11	73-77-78-79-80-81-82-83-84-85-87	13:33:23	1982

500-MILE CLUB (Continued)

	JFK 50's FINISHED	YEARS	BEST TIME	
David Powell	11	82-83-84-85-86-87-88-89-90-91-92	7:42:26	1989
Si Reddick	11	69-70-71-72-73-74-75-76-77-78-96	8:38:12	1974
Frank Schaeffer	11	75-77-78-79-80-81-82-83-84-86-87	8:40:03	1983
Les Smith	11	80-82-85-86-87-88-91-92-93-95-96	8:33:52	1988
Tom Smith	11	81-82-83-87-88-89-90-92-93-95-96	6:34:11	1992
Jim Caldwell	10	77-78-79-80-81-82-83-84-85-86	12:38:12	1982
Ron Dorn	10	79-80-81-82-83-84-85-86-88-89	10:51:42	1983
Dave Downin	10	87-88-89-90-91-92-93-94-95-96	8:30:43	1994
Woody Hawkins	10	73-74-75-76-77-78-79-80-82-83	10:40:45	1975
Leo Henry	10	67-68-69-73-74-75-76-77-78-79	8:00:36	1973
Jess Héroux	10	86-87-88-89-90-91-92-94-95-96	8:30:23	1986
Bob Hickey	10	80-81-82-83-84-85-86-88-89-91	12:29:17	1985
Glenn Hightower	10	75-76-77-79-80-81-82-83-84-85	8:33:06	1982
David Janosko	10	83-85-86-89-90-91-92-94-95-96	9:13:15	1986
John Kenul	10	72-73-78-79-88-90-91-93-94-96	9:46:19	1973
Gene Kline	10	75-76-77-78-79-80-86-87-88-89	8:06:00	1980
Dennis Lewis	10	74-75-78-79-80-83-86-88-89-90	10:16:09	1989
Ling Louie	10	70-71-73-74-75-76-77-78-79-80	12:29:17	1975
Hal Niebel	10	73-78-79-80-81-82-83-84-85-86	10:51:43	1983
Mark Parkhurst	10	77-78-81-82-83-89-92-94-95-96	8:33:26	1982
Dave Rarity	10	73-74-76-77-81-85-86-91-93-94	9:12:54	1977
Dale Rhoderick	10	83-84-85-86-87-92-93-94-95-96	8:50:57	1986
Joe Robeson	10	80-82-84-85-86-87-88-90-91-92	9:40:46	1991
Mike Robertson	10	84-85-86-88-89-91-93-94-95-96	7:35:50	1991
Mike Spinnler	10	71-72-73-75-77-82-83-85-87-88	5:53:05	1982



250-MILE CLUB
(264 Members)

	<u>JFK 50's</u> <u>FINISHED</u>	<u>YEARS</u>	<u>BEST TIME</u>	
Phil Anderson	9	87-88-89-90-91-92-94-95-96	8:20:35	1989
Bill Behnen	9	88-89-90-91-92-93-94-95-96	12:32:22	1989
Steve Bozeman	9	83-88-89-91-92-93-94-95-96	8:16:21	1983
Frank Dolan	9	83-85-87-88-89-90-94-95-96	9:46:43	1985
Tom Fahey	9	88-89-90-91-92-93-94-95-96	12:04:02	1989
Dave Frye	9	71-72-73-74-75-76-77-78-79	7:34:26	1979
Dennis Herr	9	82-83-84-85-86-87-89-90-95	6:38:43	1986
Bob Johnson	9	82-83-84-85-87-88-89-91-92	8:13:54	1982
Al Marcy	9	77-80-81-82-83-84-85-88-89	6:54:18	1982
Jim Moore	9	88-89-90-91-92-93-94-95-96	9:42:21	1989
Frank Probat	9	88-89-90-91-92-93-94-95-96	7:51:58	1993
Bobby Redmon	9	77-78-83-85-87-88-92-93-96	8:33:05	1978
Buzz Sawyer	9	63-65-66-67-68-70-93-94-96	8:53:15	1970
Dennis Simmons	9	80-85-87-91-92-93-94-95-96	9:58:59	1993
Mike Stallsmith	9	83-84-86-87-88-89-91-92-94	7:27:16	1992
Bill Wandel	9	84-85-86-89-90-93-94-95-96	9:44:43	1996
Dick Allen	8	70-73-74-82-83-84-85-88	10:41:47	1974
Tim Beaty	8	88-89-90-91-93-94-95-96	9:19:15	1989
Pat Botts	8	88-89-90-91-92-93-95-96	8:13:30	1996
Ron Bowman	8	84-88-89-90-91-92-94-96	9:07:26	1989
Bruce Boyd	8	79-80-81-82-83-84-85-96	8:12:58	1982
Mike Boyer	8	77-78-79-80-81-83-84-85	7:59:46	1978
Sue Briers	8	87-88-90-91-92-93-94-95	8:37:34	1991
Dick Burgee	8	72-73-74-75-76-77-78-82	8:48:55	1977
Mel Cowgill	8	81-82-83-84-85-87-92-93	7:52:59	1982
Chuck Fitz	8	69-71-73-74-75-76-78-79	8:25:29	1976
Everett Frizzell	8	89-90-91-92-93-94-95-96	11:04:13	1992
Jeff Gaft	8	86-87-88-89-91-92-95-96	7:15:07	1987
Barbara Garner	8	77-78-79-80-81-84-85-91	11:48:22	1984
Chris Gibson	8	84-88-89-90-92-93-95-96	6:16:29	1989
Bob Gralley	8	74-75-76-77-78-79-81-83	8:27:24	1983
Tom Green	8	85-86-88-89-90-91-92-95	7:33:49	1988
Pat High	8	77-78-80-81-82-83-84-85	6:41:33	1982
Jeff Hinte	8	87-88-90-91-92-93-94-96	6:48:50	1991
Ingrid Honzak	8	88-89-90-91-92-94-95-96	8:23:30	1994
King Jordan	8	87-88-89-91-92-94-95-95	7:43:36	1991
Al Kossow	8	73-75-76-77-78-80-81-82	8:28:00	1981
Joe Kravinsky	8	75-76-77-78-79-81-82-83	11:28:14	1978
Rich Lorey	8	77-78-79-80-82-84-85-86	8:50:59	1980
Norman Marquess	8	75-76-77-78-79-80-81-85	11:28:49	1981
Peter Monahan	8	75-76-77-79-84-85-89-91	6:28:59	1977
Art Moore	8	85-86-87-88-90-92-94-95	7:40:46	1985
Terry Murray	8	84-88-89-90-91-94-95-96	9:31:04	1990
Jean Phillips	8	76-77-78-79-80-81-82-83	11:27:37	1979
Ed Poling	8	84-85-86-87-92-94-95-96	8:55:01	1994
Cor Potma	8	84-85-86-88-93-94-95-96	7:32:09	1986
Lloyd Storm	8	84-85-86-88-91-93-95-96	9:07:14	1991
Chuck Terwoord	8	80-81-84-86-87-89-90-91	7:41:44	1984
Roy Thompson, Jr.	8	76-77-79-80-81-82-83-85	8:06:21	1982
Frank Verdi	8	78-79-80-81-82-83-84-85	11:43:28	1985
Larry Whiting	8	89-90-91-92-93-94-95-96	9:27:32	1992

250 MILE CLUB (continued)

	<u>JFK 50's</u> <u>FINISHED</u>	<u>YEARS</u>	<u>BEST TIME</u>	
Tom Winter, Jr.	8	74-76-77-78-79-81-82-83	9:10:03	1982
Ron Young	8	70-71-72-73-74-75-76-77	10:28:30	1973
Martin Yecies	8	86-87-88-90-92-93-94-95	8:37:18	1986
Sam Alspach	7	81-82-83-85-91-93-94	9:14:32	1985
Donna Aycoth	7	68-69-70-71-72-73-87	8:26:07	1973
Dave Benford	7	79-80-81-86-87-89-93	6:28:06	1981
Leon Bierbower	7	75-78-81-85-91-94-95	8:36:05	1981
Ed Boggess	7	89-90-91-92-94-95-96	6:25:58	1989
Steve Boutillier	7	88-89-90-91-92-94-96	7:51:16	1989
Bob Bridges	7	81-82-83-84-85-86-87	9:38:11	1987
Doug Bryce	7	90-91-92-93-94-95-96	9:46:56	1994
Goodloe Byron	7	67-69-70-71-72-73-75	10:13:10	1971
Larry Clement	7	80-81-82-84-85-86-87	8:14:53	1982
Andrew Convery	7	81-82-83-85-86-87-88	9:59:14	1983
Des Crow	7	87-88-89-90-91-92-93	9:33:14	1989
Jerry Crump	7	88-89-90-93-94-95-96	11:23:40	1988
Doug Davis	7	90-91-92-93-94-95-96	10:06:09	1994
Roger Davis	7	77-85-86-87-89-90-91	9:08:12	1986
Jerry Dudeck	7	90-91-92-93-94-95-96	8:02:57	1992
Tom Ebberts	7	89-91-92-93-94-95-96	11:15:31	1994
Alec Evans	7	73-75-77-78-79-81-82	10:41:03	1978
Jay Frantz	7	75-76-77-78-79-80-83	8:41:50	1977
Paul Goldenberg	7	90-91-92-93-94-95-96	10:46:37	1992
Howard Henry	7	78-79-88-89-90-92-93	9:55:41	1978
Randy Herbert	7	84-85-86-89-90-92-93	11:20:48	1989
Ted Hurley	7	83-84-85-86-87-88-89	11:06:41	1985
Brock Hutton	7	70-71-72-73-83-88-96	10:13:21	1972
Paul Kelly	7	88-89-90-91-93-94-96	8:42:36	1991
Lanny Knight	7	72-73-75-76-77-81-87	7:31:36	1977
Bill Lawder	7	77-78-79-80-81-82-87	6:03:51	1982
Carl Llewellyn	7	70-71-72-73-92-94-95	9:20:41	1973
Ernie Medaglia	7	75-76-77-78-79-80-81	8:06:56	1978
Blake Norwood	7	90-91-92-93-94-95-96	9:23:13	1990
John Price	7	87-88-89-90-91-93-96	7:32:10	1990
Bruce Purdy	7	88-90-91-92-93-94-95	8:27:53	1988
Nick Rosato	7	77-78-79-80-81-89-90	9:49:42	1980
Dennis Shackley	7	82-83-87-89-92-93-96	9:04:03	1983
Bob Schlosser	7	88-89-90-91-92-94-96	8:30:57	1991
Rick Schneider	7	88-89-91-92-93-94-95	7:02:23	1992
Carroll Scott	7	78-80-81-82-83-84-86	8:16:38	1982
Carter Sherline	7	89-90-91-92-93-94-95	9:03:25	1990
Bill Turrentine	7	87-89-90-93-94-95-96	8:03:44	1990
Nancy Waddington	7	81-82-83-88-90-93-95	11:04:29	1988
Dan Wagner	7	72-74-78-80-81-82-83	9:24:54	1980
Kathy Waterm	7	89-90-91-92-93-95-96	9:37:38	1996
Guy Whidden	7	65-66-67-68-69-70-71	10:48:35	1970
Tom Whitesell	7	69-70-72-75-76-77-83	10:27:27	1970
Howard Williams	7	75-76-77-78-80-83-84	11:35:09	1978
Roland Anspach	6	89-90-91-92-93-96	8:18:42	1991
David Baffour	6	79-81-82-83-84-88	8:09:21	1981

250 MILE CLUB (continued)

	JFK 50's FINISHED	YEARS	BEST TIME	
Jim Becker	6	87-90-92-93-95-96	8:03:20	1993
Bill Beydler	6	76-80-82-84-85-91	10:01:24	1980
Joe Butchko	6	73-75-76-77-78-82	7:48:43	1977
Sam Case	6	81-82-83-91-92-96	10:53:47	1981
Eric Clifton	6	90-91-93-94-95-96	5:46:22	1994
Augie Cortez	6	86-88-89-90-91-94	8:47:21	1988
Mike Davis	6	91-92-93-94-95-96	9:13:35	1993
Jeff Denius	6	85-86-87-88-89-90	9:37:03	1989
Larry Dickerson	6	72-73-76-77-78-79	8:57:32	1979
Jon Eckardt	6	85-87-88-90-91-94	7:59:51	1991
Tom Ficklin	6	89-90-91-92-93-94	7:58:33	1991
Doc Gallagher	6	87-88-89-93-95-96	8:30:43	1993
Larry Grossman	6	83-85-87-90-91-93	8:51:43	1991
Gary Guardia	6	77-78-79-80-81-82	9:00:52	1981
Bob Harris	6	90-91-92-93-94-95	7:46:31	1992
Gary Hastings	6	80-81-82-83-84-85	7:26:16	1982
Ed Hruneni	6	73-74-75-76-77-83	8:24:11	1983
John "J.J." Jackson	6	85-86-89-90-94-95	10:49:10	1989
Dale Jordan	6	89-90-91-92-94-96	8:22:38	1994
Chris Kelk	6	85-86-87-89-91-92	6:48:04	1989
Ken Klein	6	90-92-93-94-95-96	8:53:45	1990
Stan Krueger	6	80-83-84-85-86-87	11:57:05	1986
John Kurt	6	73-74-75-76-77-78	9:51:23	1976
Ken Laverick	6	82-83-84-85-86-87	7:31:11	1984
Joe Laderle	6	76-77-79-85-90-95	9:06:50	1977
John Lewis	6	77-80-86-89-90-91	10:35:47	1986
John Malach	6	74-80-81-82-83-84	9:25:10	1984
John Mazur	6	91-92-93-94-95-96	8:00:59	1996
Delma Miller	6	82-83-84-87-92-93	10:55:57	1993
Bill Murray	6	76-80-81-84-85-86	9:11:43	1984
Jim Myerjack	6	79-80-81-83-84-85	9:21:35	1981
Denny Myers	6	73-75-76-81-82-83	7:57:00	1983
Tom Newnam	6	82-90-91-92-93-94	8:24:09	1982
Robert Pastrana	6	79-80-82-83-85-87	10:04:55	1985
Larry Pereschuk	6	73-77-78-79-80-83	11:47:24	1980
Mike Price	6	81-82-83-84-85-86	7:26:59	1983
Zane Reddick	6	72-73-75-76-77-78	11:13:02	1976
Andrew Reisenweber	6	88-89-90-91-92-96	8:39:58	1992
Rod Runacres	6	82-83-84-91-93-95	8:42:29	1984
Sam Seibert	6	82-83-84-87-93-94	7:51:56	1984
Lynn Sencindler	6	77-79-87-93-95-96	11:44:42	1979
Ron Shaw	6	89-90-91-92-93-96	6:52:10	1990
Joe Szekeresh	6	91-92-93-94-95-96	9:33:31	1992
Marty Szekeresh	6	89-91-92-94-95-96	9:50:20	1991
Roy Taylor	6	76-77-78-79-80-81	10:30:35	1981
Steve Vaughan	6	78-79-80-81-82-83	8:42:28	1979
Wayne Vaughn	6	64-65-67-68-69-72	7:12:02	1972
Don Waddington	6	80-81-82-83-84-86	8:23:17	1982
Randy Ward	6	91-92-93-94-95-96	10:04:39	1993
Chris Whitesell	6	78-89-91-93-95-96	9:08:34	1978
Richard Zeger	6	91-92-93-94-95-96	9:32:58	1992

250 MILE CLUB (continued)

	<u>JFK 50's FINISHED</u>	<u>YEARS</u>	<u>BEST TIME</u>	
Bob Zimpfer	6	90-92-93-94-95-96	9:41:07	1996
Bill Adkins	5	91-92-94-95-96	13:15:56	1992
Rob Apple	5	91-92-93-94-95	9:46:52	1993
Jerry Agin	5	89-90-91-92-93	8:13:28	1992
Park Barner	5	72-73-74-75-76	6:23:53	1973
Jay Barry	5	92-93-94-95-96	9:03:55	1992
Titian Benedetti	5	92-93-94-95-96	10:41:30	1995
Dave Bergman	5	71-72-73-74-77	9:11:34	1972
Phil Bishop	5	77-78-79-81-82	6:14:59	1978
Mike Burke	5	73-74-75-76-80	9:18:47	1980
Roger Burkhardt	5	78-79-81-89-92	10:40:39	1981
Bruce Burnside	5	71-72-73-76-76	10:44:15	1973
Rick Busch	5	70-71-73-76-76	10:24:07	1975
Paul Butchko	5	74-75-76-77-81	7:20:44	1977
Tim Caldwell	5	79-80-81-82-83	11:33:06	1983
Larry Campbell	5	73-77-78-79-80	13:11:03	1977
Ray Campbell	5	82-88-93-94-95	11:05:22	1988
Art Carey	5	71-72-73-74-76	9:04:20	1971
Jay Carr	5	90-91-94-95-96	9:57:56	1991
Mike Carrier	5	82-83-84-87-89	8:42:40	1984
Norm Christensen	5	73-76-76-77-78	9:21:52	1977
Roger Clark	5	80-81-84-89-91	9:24:23	1984
George Cunningham	5	84-85-86-89-91	10:36:31	1985
Bob Detrow	5	76-77-78-80-85	10:30:40	1985
Bob Falk	5	88-92-93-94-96	9:11:04	1994
Bob Field	5	91-92-94-95-96	8:32:59	1992
Alan Firth	5	84-85-86-91-92	11:58:03	1986
Ed Foley	5	78-79-81-82-83	6:31:36	1982
Mary Lou Frisch	5	91-92-94-95-96	9:28:05	1995
Jim Godville	5	88-89-90-91-92	7:39:51	1990
John Gonzales	5	85-86-87-91-92	8:41:33	1986
Howell Griswold	5	73-74-75-76-77	12:43:56	1977
Joe Hall	5	76-76-82-83-84	9:56:19	1984
Allen Hansen	5	86-87-91-92-93	9:28:19	1993
Jerri Hardin	5	89-90-91-93-95	11:45:32	1990
Steve Harner	5	88-91-93-95-96	8:47:09	1993
Ed Hart	5	87-89-90-91-92	10:09:26	1990
Rick Hassett	5	90-91-92-94-96	8:05:36	1994
Martha Hauver	5	69-71-72-73-75	10:27:26	1975
Eddie Hayden	5	75-76-77-78-79	7:31:23	1977
Mike High	5	77-78-79-80-85	7:55:31	1980
Michael Holland	5	92-93-94-95-96	8:38:46	1992
John Hoover	5	76-78-79-80-81	9:38:09	1981
Forden Hughes	5	71-72-73-75-76	11:21:17	1976
Cliff Izer	5	77-78-80-82-89	9:11:55	1982
Evan James	5	90-91-92-93-94	8:58:12	1992
Nancy Keplinger	5	73-74-75-77-78	11:48:20	1975
John Killmon	5	91-93-94-95-96	11:14:24	1991
Ray Kitchen	5	92-93-94-95-96	8:25:29	1994
Dave Knode	5	70-71-75-76-77	8:56:43	1977
Bob Koehl	5	83-89-92-93-94	9:25:59	1983

250 MILE CLUB (continued)

	JFK 50's FINISHED	YEARS	BEST TIME	
Joe Lancaster	5	80-82-83-86-89	7:18:30	1982
Ron Lariviere	5	84-85-87-88-89	8:06:00	1984
Peter Lefferts	5	90-93-94-95-96	9:23:49	1994
Tor Lokrheim	5	89-90-92-94-96	7:24:42	1989
Frank Lum	5	81-85-91-95-98	7:06:39	1991
Gil Martin	5	71-72-73-74-75	9:04:34	1975
Wes Mathews	5	74-75-76-77-80	9:12:53	1977
Barbara Matthal	5	72-73-75-76-77	10:33:21	1977
Sue Medaglia	5	77-78-79-80-81	7:41:13	1979
Dan Merrick	5	88-89-90-93-94	10:43:07	1988
Joe Milancewich	5	88-90-91-92-93	10:17:14	1990
Jim Moe	5	73-74-79-83-84	9:26:41	1983
Rebecca Moore	5	91-92-93-94-95	13:25:28	1992
Jim Mortenson	5	74-75-76-77-78	8:13:34	1977
Don Muffley	5	72-73-74-75-76	7:32:37	1976
Kevin Murray	5	75-76-78-79-80	9:52:42	1979
Gary Naugle	5	71-72-73-74-75	7:40:48	1975
John Narramore	5	89-90-91-92-94	9:44:47	1991
Laura Nelson	5	88-89-90-91-92	7:08:29	1992
John Newdorp	5	76-77-78-79-80	10:33:38	1977
Andy Niebel	5	79-80-81-82-84	11:26:10	1982
Bruce Nystrom	5	75-76-77-78-79	6:17:44	1979
Ray Olfky	5	78-79-81-82-84	7:40:01	1982
Andy Oliver	5	82-83-84-88-90	7:54:51	1984
Don Osman	5	88-89-93-94-95	11:09:49	1994
Galen Pryor	5	69-70-71-72-73	9:38:44	1973
Connie Reddick	5	73-75-76-77-78	11:07:16	1976
Eddie Reddick	5	72-73-74-75-76	8:42:36	1976
Jim Reeve	5	87-88-89-90-91	12:12:07	1988
Warren Renninger	5	90-91-93-94-95	8:29:33	1994
Roy Rengstorff	5	80-82-87-92-93	10:46:05	1982
Howard Reynolds	5	75-76-79-80-89	12:21:42	1979
Ray Rickett	5	72-73-75-76-77	11:44:13	1977
Howard Ridenour	5	70-71-72-73-74	10:09:04	1974
Mike Ridge	5	91-93-94-95-96	9:22:24	1995
Rick Roberts	5	91-92-94-95-96	9:17:28	1992
Karl Robinson	5	73-74-91-92-95	7:33:50	1974
Marvin Rosenstein	5	81-82-84-87-90	10:56:10	1982
Dave Ruff	5	88-90-91-95-98	9:25:52	1988
Jim Russell	5	77-78-79-81-82	8:45:51	1982
Carl Schneider	5	76-77-78-80-81	9:06:35	1981
Chris Scott	5	80-85-87-92-93	8:30:13	1987
Howie Simpson	5	82-83-84-85-86	7:43:31	1984
Jim E. Smith	5	81-82-84-85-96	7:58:25	1981
Tim Smith	5	85-86-87-88-89	7:33:12	1989
Jerry Snyder	5	75-76-78-79-81	11:52:04	1979
Edson Sower	5	80-81-82-83-84	9:15:01	1981
Nelson Spangler	5	72-73-76-76-77	11:35:57	1975
Jack Sparks	5	80-85-86-87-90	10:59:52	1986
Joe Spence	5	72-73-75-76-77	9:56:25	1973
Jim Starrs	5	72-73-74-75-76	12:10:33	1975
Michael Taylor	5	76-77-78-79-80	11:11:54	1979

250 MILE CLUB (continued)

	<u>JFK 50's</u>	<u>YEARS</u>	<u>BEST TIME</u>	
	<u>FINISHED</u>			
Dan Thompson	5	92-93-94-95-96	9:33:05	1993
Paul Thompson	5	92-93-94-95-96	8:27:46	1993
Brad Vaughn	5	71-72-73-74-75	7:46:54	1975
Hugh Williams	5	69-71-73-75-82	12:19:28	1973
Dick Wilson	5	73-74-75-76-77	10:40:48	1975
Tom Winter, III	5	74-75-76-77-78	9:27:05	1978
Dave Young	5	73-75-76-77-78	9:16:59	1975
Tim Youngs	5	80-83-86-87-89	8:14:40	1980
Jim Zucco	5	76-77-78-80-81	9:11:50	1976

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Rookie Takes JFK 50 Mile: Marathoner Harrison Moves Up

by Mike Spinner (R.D.)

Rookie 50-mile runner Michael Harrison may have given the U.S. ultra scene a glimpse of its future on November 23 as he bested 1996's largest domestic ultra field in an impressive 5:55:46 at the 34th Annual JFK 50 Mile.

The 29-year-old Virginia Beach resident—whose resume includes a 2:19:40 marathon as well as appearances in the 1992 and 1996 U.S. Olympic Marathon Trials—patiently followed early trail blazers Mike Morton and Courtney Campbell through the difficult Appalachian Trail section of the JFK route before closing a four minute deficit (at 15.7 miles) and assuming the lead for good in the historic event's 24th mile.

At that point the Team Adidas representative raised spectator's eyebrows (not to mention his competitors heart rates) by dropping the tempo down to unprecedented 5:30-5:40 miles. With less than 16 miles to go Harrison possessed a gaping 11-minute lead and looked to have all but a lock on Eric Clifton's 5:46:22 course record from 1994—as well as the corresponding \$500 bonus check for such a record breaker. But his inexperience with the distance soon began to show, and by 38 miles his pace had slipped drastically to seven-minute miles.

By the 44-mile aid station Harrison was dead on his feet and shuffling at eight-minute miles. But his lead was still in excess of a kilometer and he bravely maintained his composure well enough to hold on for victory and the \$300 winner's prize purse. Berryville, Virginia's Campbell and Jonathan Strayer (a 2:30 marathoner out of Beaverdale, Pennsylvania experimenting with his first 50 miler) duked it out over the last eight miles, eating into Harrison's lead and in the process becoming only the eighth and ninth men in the storied history of the JFK 50 to dip under the magic six-hour barrier. The ultra veteran Campbell was credited with 5:58:20 to repeat his '95 runner-up placing, while a spectator induced sprint by the 36-year-old Strayer had him leaning into the line at 5:59:58.

"Everyone kept telling me that you never know how your body is going to react after 35 miles, so I really didn't know what exactly to expect," said Harrison, whose winning time was the fourth fastest in JFK history. "In the later stages I felt really tired. Sleepy tired, like I couldn't keep my eyes open."

Obviously a "diamond in the rough," unless Harrison keeps his promise exclaimed at the one-mile-to-go marker of "I'm going back to the marathon," the U.S.

may have just discovered its brightest new ultra star.

A terrific women's race materialized also as the defending champion, Janice Anderson, '95 runner-up Bridget Brunnick, and Canadian star Deanna Lindsay locked up in a classic battle from the early miles.

Brunnick—a 28-year-old captain in the U.S. Marine Corps based in Springfield, Virginia—had moved to the lead by 22 miles and was able to withstand all assaults to claim her first JFK title in 7:20:01, over a half-hour faster than her '95 performance and the fifth fastest performance in JFK 50 distaff history.

The 30-year-old Anderson, a member of the U.S. team that competed in the 1996 IAAF World 100 Km Challenge, clocked the seventh fastest all-time JFK women's time (7:37:37), which was some seven minutes faster than her '95 winning mark, but good for only second on this day.

Nothing third in the ladies affair was the Ontario based Lindsay, 37, whose 7:39:16 clocking was the fastest ever by a female Canadian citizen (11th fastest distaff performance of all-time), supplanting the 7:51:53 run by Ashley Evans in 1992.

Equal to the men's prize purse the top three women were awarded \$300, \$200 and \$100, respectively.

Age-group and geographic records fell left and right, but by far the most impressive mark was posted by 56-year-old Pat Bolts of Fort Valley, Virginia.

The director of the Old Dominion 100 Miler has dominated the 50-plus category of the JFK for seven years, and last year she posted a 50+ record of 8:47:15 that was described as "Beaumontique." Her unbelievable 8:13:30 clocking this year was such a quantum leap forward in performance that it rivals the 19.32 200-meter World Record that Michael Johnson rocked the world with at this past summer's Olympic Games.

Bolt's mark placed her fifth amongst all women on this day, and makes her the 18th fastest woman ever in the 34-year-history of the race. Shadowed in the enormity of Bolt's performance was Germany's 52-year-old star, Helga Brandenburg's 8:34:54—12 minutes and 21 seconds faster than the previous 50+ mark.

Sixteen-year-old hometown hero Liz Woods further exemplified her role as "The quintessential atypical teenager of the '90s" by hacking a ridiculous 53 minutes and 49 seconds from the 19-and-under women's record, which had stood unscathed since 1973, some seven years before she was born. Her stunning 8:56:09 mark not only placed her 12th overall amongst the women, but bested all the 19-and-under males as well. Watch out Ann Trason!

Other records pulled down included a new Canadian National JFK mark by

Ontario's Terry Boese, 30, whose 6:37:03 sliced 11:01 off Chris Kelk's 1989 standard, and Frederick County marks for both men, David Lieb in 6:41:29, and women, Jane Ruffinn with 8:59:35 (the entire course takes place in Washington and Frederick Counties in Maryland).

William "Buzz" Sawyer, now 68-years-young, continued his successful competitive comeback, finishing for the ninth time (he wasn't able to compete in the event from 1971-1992 because of director duties) in 11:32:36. Buzz is already planning his glorious entrance into the 500 mile club next year. Mike Adams, 47, and Kimball Byron, 41, kept alive their life-long "race" for the most JFK finishes as both successfully finished and remained tied at 28 a piece. "Ironman" Cal Mahoney, 67, stretched his unbroken streak of JFK 50 Miles (finishes to 27 straight with his 12:32:18 effort. Edon Horst (the 1971 JFK 50 Champion and former CR holder at 6:15:42) and Park Barber (former multiple world record holder and 1972 JFK 50 Champ) graced the pre-race pasta feed/social and reportedly wore out a few left-tips autographing the official race program which featured their likenesses at the start of the 1973 JFK.

Statistically speaking the JFK 50 Mile was the largest ultramarathon foot race held in North America since 1973 (the record number of finishers being 673 from the '73 JFK). 625 of the 690 starters (a JFK record 91%) finished the event in the allotted 14-hour time limit. It was the fastest group finish in the history as three men eclipsed the six-hour barrier in the same race for the first time (two did it in the '82 and '94 races) and a record 18 broke seven-hours, the previous high had been the 15 who dipped under seven hours at the 1982 JFK 50.

JFK 50 Mile

Boonsboro, Maryland Nov. 23, 1996
Trails, towpath, and roads

1. Michael Harrison, 29, VA	5:55:46
2. Courtney Campbell, 31, VA	5:58:20
3. Jonathan Strayer, 36, PA	5:59:58
4. Tim Hewitt, 42, PA	6:17:55
5. Mark Hoon, 32	6:19:42
6. Rodolfo Afanador, 38, NY	6:21:38
7. Eric Clifton, 38	6:23:00
8. Michael Morton, 25	6:25:12
9. Mark Gajale, 26, OH	6:27:13
10. Bret Mower, 25	6:31:29
11. Yassili Triantos, 42	6:33:15
12. Terry Boese, 30, CAN	6:37:03
13. Robert Youngren, 22, VA	6:41:25
14. David Lieb, 36	6:41:29
15. Chris Gibson, 43, PA	6:45:35
16. Raymond Creculaw, 35, NH	6:46:20
17. Mitchell Craib, 35, NC	6:47:13
18. Ian Torrence, 24	6:50:31
19. Terrance Hawk, 38, OH	7:01:09
20. Jeff Hinte, 41	7:02:32

UltraRunning 7

A condensed history along the route of the JFK 50 Mile Hike run.
From Start to Finish

A. Washington County (Boonsboro) surveyed by George Washington, the first monument to the first US president was built in this county, located on the left hand side of US 40A across from the entrance to the Appalachian Trail, on the top of South Mountain.

B. Mason Dixon Line. Maryland lies south of this line, named for two British surveyors, the line was surveyed 1763 to 1767, forming the boundary between Pennsylvania and Maryland. In 1820, as a result of the Missouri Compromise, the Mason Dixon Line and its extension westward, became the boundary between the free states (north) and the slave states (south).

C. Cramptons Gap Route north for the Confederate troops, in 1862 to Antietam and 1863 to Gettysburg. Also the site of the only monument dedicated to war correspondents, located on the left hand side of Gapland road.

D. Appalachian Trail. A man made designation for a foot path stretching 3250 km from Maine to Georgia, the longest continuous footpath in the world. Proposed in 1921, finalized in 1937. The official name is the Appalachian National Scenic Trail.

E. Harper's Ferry. Site of a major weapons plant and arsenal established in 1793. Scene of John Brown's Raid in 1859, as the abolitionist John Brown, sought to free the slaves by force.

F. C and O Canal. Originally planned to connect the Chesapeake bay with Pittsburgh, work began in 1828 with the canal being used until 1924. Never financially successful, by the time it was completed, railroads had taken the burden of commerce.

G. Antietam Battlefield. Scene of the bloodiest day in the American Civil War. On 17 Sept 1862, Lee invading with 50,000 troops was caught by McClellan's 70,000 Federal troops. In the ensuing conflict 32,000 casualties were inflicted in 8 hours, leaving 6,000 dead. Lee was able to withdraw, his army intact. McClellan was relieved of command for his second and last time.

H. Williamsport Md. Originally proposed as the first capital of the US, now is the finish for the historic JFK 50 Mile Race held in November.

Note, the movie "Gettysburg" not only starts at South Mountain, but provides a vivid portrayal of the tactics, courage and the leaders of the American Civil War. The movie will show why there is continued interest in this conflict.

For further reading: The Killer Angels by Shaara is about the battle of Gettysburg; A Landscape Turned Red by Stephen Sears covers the Antietam Battle. Bruce Catton's series The Army of the Potomac covers the American Civil War.

compiled by Fred Schumacher "The Teach"