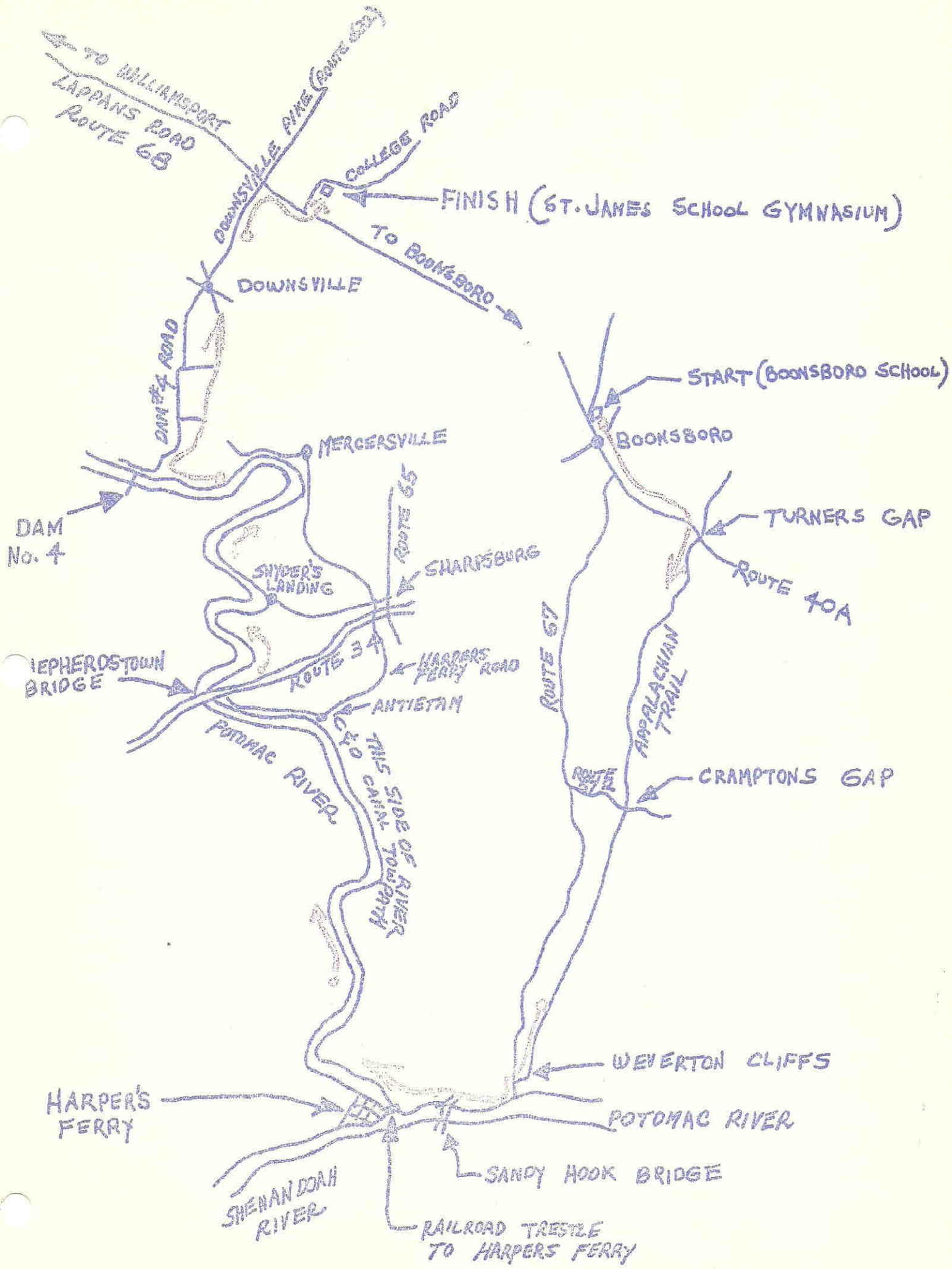


CUMBERLAND VALLEY ATHLETIC CLUB  
6th ANNUAL  
JOHN F. KENNEDY 50 MILE HIKE

- DATE:** Saturday, March 30, 1968
- STARTING TIME:** The Hike will start promptly at 7:00 AM.
- START LOCATION:** In front of the Boonsboro Junior High School located in Boonsboro at the junction of Alternate US Route 40 and Maryland Route 66.
- FINISH LOCATION:** In front of the gymnasium at St. James School (The gymnasium can be seen on the right, a half mile away, as you turn on to College Road.)
- RESPONSIBILITY:** It should be fully understood that the Cumberland Valley Athletic Club will assume no responsibility for involved hikers. If young hikers are involved, it is understood that they are being accompanied by their parents, or other adult friends.
- AWARDS:** Trophies to all hikers who complete the full 50.2 mile course within the 16 hours allotted for the hike. (The hike officially ends at 11:00 PM.)  
Medals will be awarded to all hikers completing 35 miles. (35 miles is located at the towpath's 77 mile marker which is positioned at the farthest edge of the Snyder's Landing community.)  
Certificates will be presented to every participant who completes as much as 9.7 miles of the hike.  
A merchandise gift certificate in the amount of \$ 50.00 will be presented to the first female participant to successfully complete the hike. (To date eight women and girls have started in previous hikes, but the \$50 merchandise award offered by an anonymous enthusiast of the hike has gone unclaimed.)  
All awards will be presented at a later date.
- NOTES:** (1) All hikers must make arrangements for their own return transportation. It is suggested that you carry ready change for telephone calls - in case you intend for your transportation to pick you up at the conclusion of your hike.  
(2) It is suggested that adult members of the families of hikers travel by automobile and keep in touch with their hiking family members and provide refreshment along the way.
- RECORDS:** Hike Record: 10:03:40 set in 1967 by James Ebberts, Wayne Vaughn and Buzz Sawyer  
Youngest Completed Hike: Bruce Melanahan age 13 in 1965 (11:53)  
Eldest Completed Hike: Dr. J.J. Dobbie age 52 in 1967 (14:29:23)





	VIA	MILES	TOTAL MILES
Boonsboro Junior High School to top of South Mountain at Turner's Gap	Route 40A	3.0	3.0
Turner's Gap to Crampton's Gap where paved Gapland road crosses mountain	Appalachian Trail	6.7	9.7
Crampton's Gap to intersection of Appalachian Trail with C & O Canal Towpath at Potomac River below Weverton Cliffs	Appalachian Trail	6.2	15.9
Weverton Cliffs to Sandy Hook Bridge (U.S. 340)	C & O Canal Towpath	1.6	17.5
Sandy Hook Bridge to railroad trestle at Harpers Ferry	C & O Canal Towpath	1.1	18.6
Harpers Ferry to Lock # 36 at Dam # 3	C & O Canal Towpath	1.7	20.3
Lock # 36 to Lock # 37	C & O Canal Towpath	4.6	24.9
Lock # 37 to Antietam Aqueduct (Village of Antietam)	C & O Canal Towpath	2.4	27.3
Antietam Aqueduct to Miller's Sawmill (Residential Area)	C & O Canal Towpath	1.4	28.7
Miller's Sawmill to Shepherdstown Bridge (Md. 34)	C & O Canal Towpath	2.0	30.7
Shepherdstown Bridge to Lock # 39	C & O Canal Towpath	1.2	31.9
Lock # 39 to Snyder's Landing	C & O Canal Towpath	2.7	34.6
Snyder's Landing to Lock # 40	C & O Canal Towpath	2.7	37.3
Lock # 40 to Mercersville	C & O Canal Towpath	1.6	38.9
Mercersville to Dam # 4	C & O Canal Towpath	3.2	42.1
Dam # 4 to Downsville	Dam # 4 Road	4.3	46.4
Downsville to intersection with Lappan road (Md. 68)	Downsville Pike (Md. 632)	2.3	48.7
Md. 632 - Md. 68 Intersection to College road	Lappans Road (Md. 68)	1.0	49.7
College road to finish at St. James School in front of the gymnasium	College Road	.5	50.2

- NOTES:
1. White rectangles painted on trees mark the Appalachian Trail. DO NOT TAKE the blue marked trails.
  2. The Appalachian Trail crosses U.S. 40A about 100 yards past the crest of South Mountain on the eastern slope.
  3. As you come out of the woods from climbing down the Weverton Cliffs, you must turn left onto a dead ending paved road, proceed up across elevated four lane U.S. 340, and cross railroad tracks to pick up the towpath by the Potomac River.
  4. Wooden posts near the towpath locks have the lock numbers stamped on them.
  5. As you approach Dam # 4 (20' waterfall), a paved road will appear on your right coming downhill and turning to parallel the towpath. You get on the road here and proceed up the hill and on to Downsville.