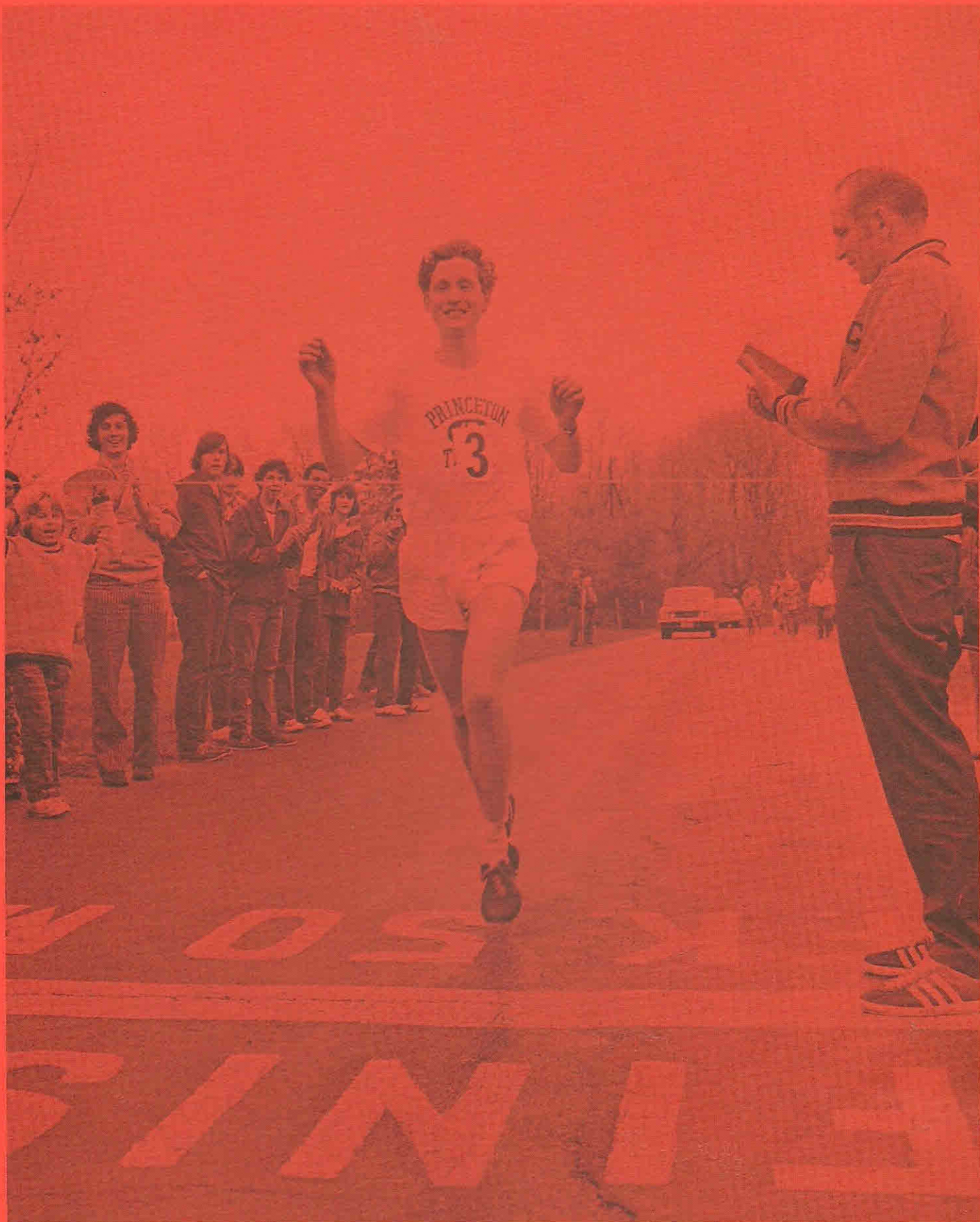




**Fourteenth Annual
John F. Kennedy 50 Mile Hike/Run**

Boonsboro to St. James, Md. November 20, 1976

**Sponsored by
The Cumberland Valley Athletic Club**

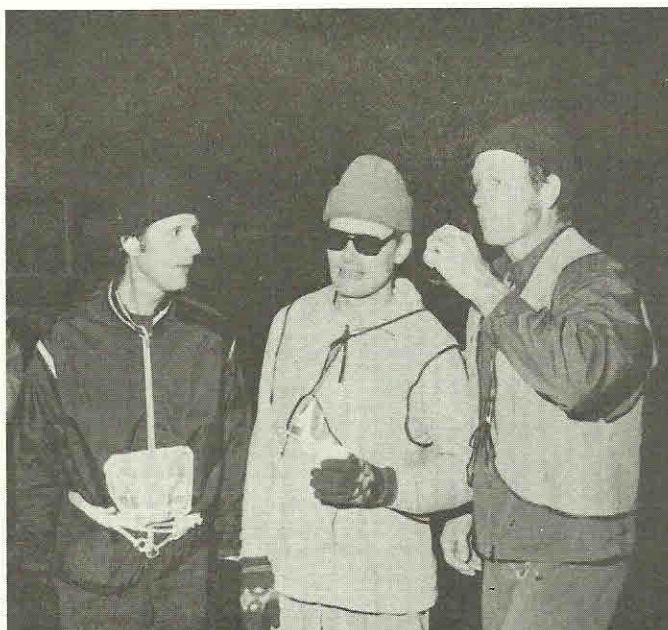


RECORDS

Course and Hike-Run Record:	5:55:30	Max White	1973
Women's Record:	8:26:07	Donna Aycoth	1973
Scholastic Record:	7:46:54	Brad Vaughn	1975
	7:46:54	Mike Spinnler	1975
Age 60 & Over Record:	9:48:16	Walt Stack (66)	1974
Age 50 & Over Record:	8:24:14	Everitt Newell (52)	1973
Age 40 & Over Record:	7:09:37	Peter Monahan (41)	1975
Age 15 & Under Record:	7:46:54	Brad Vaughn (15)	1975
Eldest Completed Hike-Run	Age 66	Walt Stack (9-28-07)	1974
Most Completed Hike-Runs	8	Kim Byron	
Most Hike-Run Victories	5	James Ebberts	
Most Women's Hike-Run Victories	6	Donna Aycoth	

INSIDE COVER PHOTO

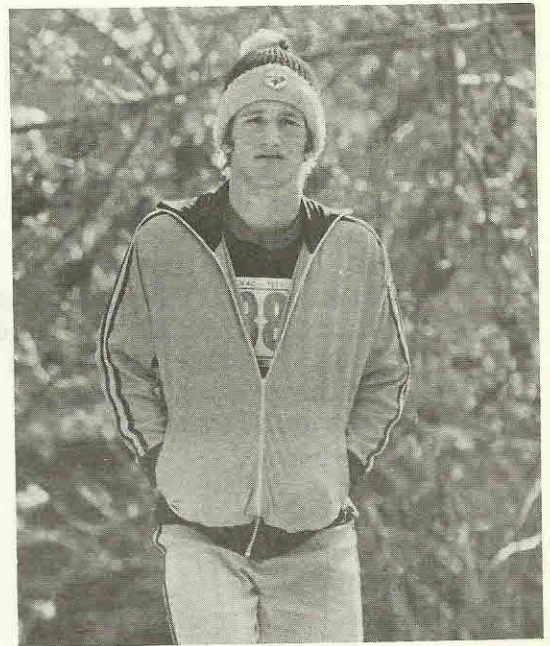
Washington Post photographer Richard Darcey captures Max White's expression at the exact moment of his record breaking triumph in 1973. White's record 5:55:30 was and still is the only sub six hour performance ever achieved in the JFK-50.



Tom Rothrock (center), blind since birth, relaxes with his "eyes", Dick Heiks (left) and Don Muffley (right) after becoming the first blind runner to ever complete the JFK-50. Tom placed 133rd in the field of 673 starters with a clocking of 10:52:55 for the rugged course that has left many sighted runners flat on their faces.

HISTORY MAKING FIRSTS

First woman to finish the JFK-50	Donna Aycoth	1968
First Age 60 & Over to finish the JFK-50	Burnis Hicks	1973
First Age 50 & Over to finish the JFK-50	Dr. Jim Dobbie	1966
First Age 10 to finish the JFK-50	Galen Pryor	1969
First Blind Runner to finish the JFK-50	Tom Rothrock	1975
First U.S. Congressman to finish the JFK-50	Goodloe Byron	1971
First Member "250" Mile" Club	Buzz Sawyer	1968
First Woman Member "250 Mile" Club	Donna Aycoth	1972



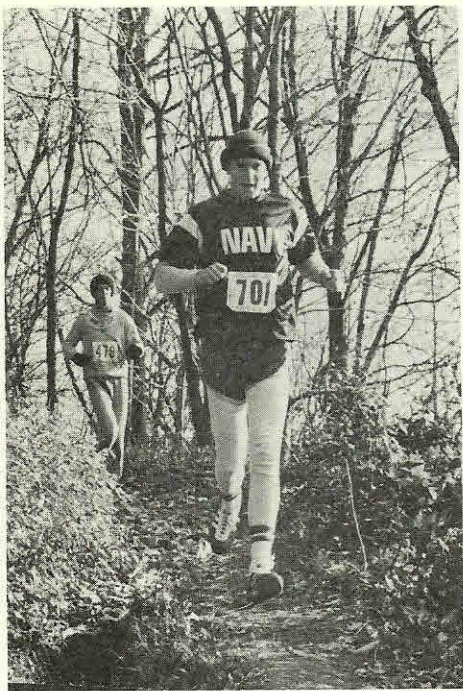
Faint, illegible text located in the bottom right corner of the page.



Photo by: Larry Yanos

James "Big E" Ebberts (left) and Baxter Berryhill (right) head up Dam # 4 Road towards the finish line at St. James School on March 29, 1969. The pair checked in with a clocking of 8:32:04, the first sub 10 hour performance in the event's seven year history.

<u>YEAR</u>	<u>CHAMPION</u>	<u>TIME</u>	<u>START</u>	<u>FINISH</u>
1963	James Ebberts, Steve Costion, Rick Miller, Buzz Sawyer	13:10	11	4
1964	James Ebberts, Steve Costion, Wayne Vaughn	12:33	16	7
1965	James Ebberts, Buzz Sawyer, Elton Horst	10:39	20	18
1966	Elton Horst, Buzz Sawyer, Kenny Baker	10:21	59	11
1967	James Ebberts, Wayne Vaughn, Buzz Sawyer	10:03:40	19	12
1968	Leo Henry	10:02:12	36	17
1969	James Ebberts, Baxter Berryhill	8:32:04	151	40
1970	Baxter Berryhill	7:21:25	274	74
1971	Elton Horst	6:15:42	589	150
1972	Park Barner	6:29:27	1075	307
1973	Max White	5:55:30	1724	673
1974	Max White	6:06:19	1355	225
1975	Angelo Gioiosa	6:27:58	673	344



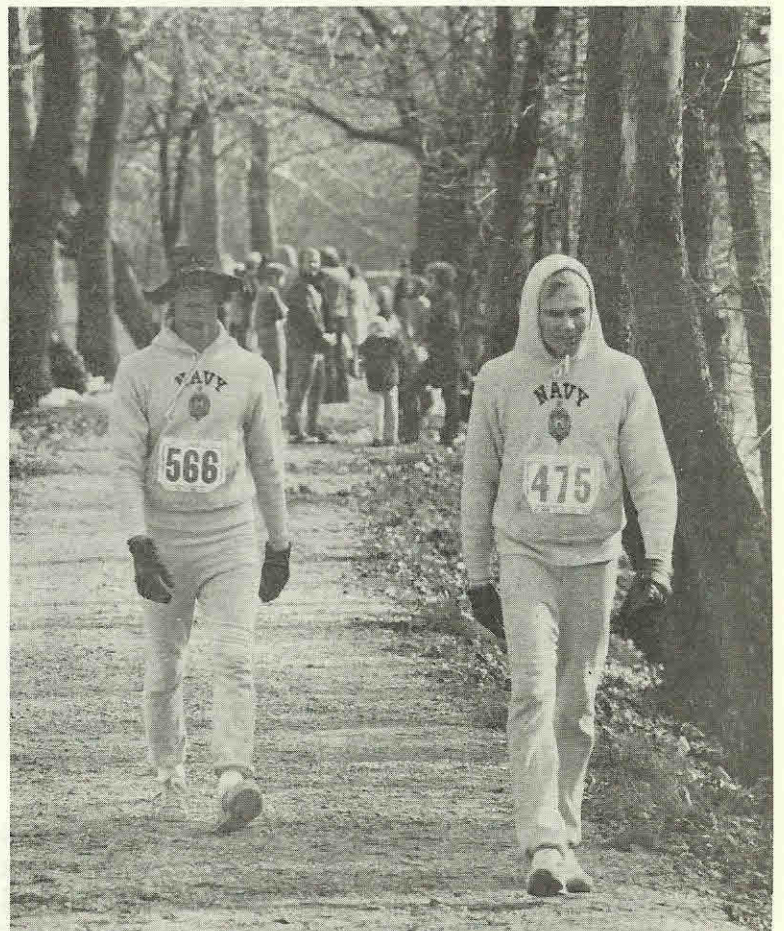
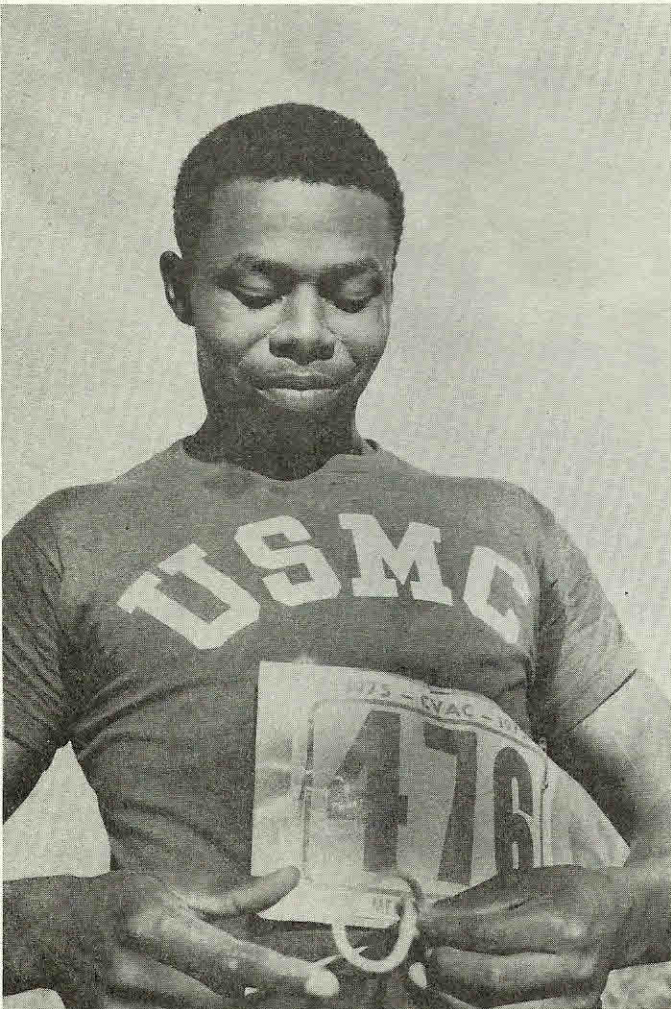
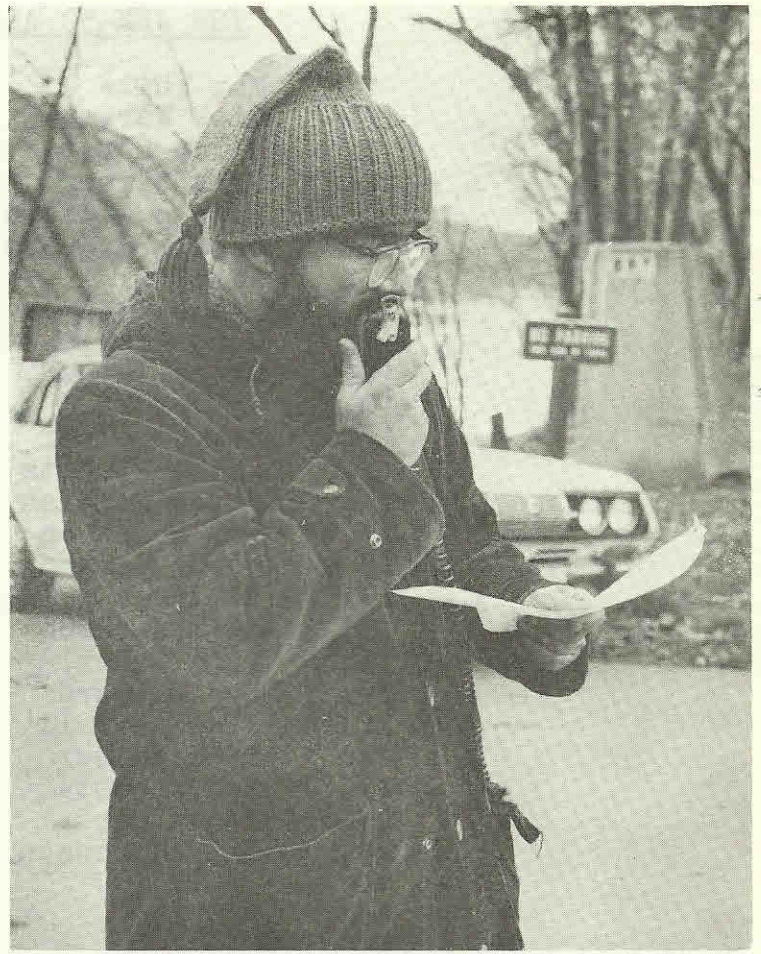
THE JFK-50 ALL-TIME TOP 25

1.	Max White	5:55:30	1973
2.	Rick Warren	6:12:20	1973
3.	Elton Horst	6:15:42	1971
4.	Park Barner	6:23:53	1973
5.	Angelo Gioiosa	6:27:58	1975
6.	George Stewart	6:28:58	1974
7.	Pat Gill	6:31:39	1975
8.	Bruce Nystrom	6:35:44	1975
9.	Gene Schultz	6:41:11	1972
10.t	Steve Yates	6:53:13	1973
10.t	Ed Jerome	6:53:13	1973
12.	Steve Molnar	7:03:07	1975
13.	James Ebberts	7:08:42	1973
14.	Peter Monahan	7:09:37	1975
15.t	Jim Harrison	7:12:02	1972
15.t	Wayne Vaughn	7:12:02	1972
17.	Ed Ayres	7:14:49	1975
18.	Bill Jackson	7:16:56	1973
19.	Bill Dower	7:17:43	1973
20.	Leo Richard	7:24:50	1973
21.	John Kendall	7:24:57	1975
22.	Dave Kaiser	7:25:46	1975
23.	Bob Spousta	7:27:35	1973
24.	Doug Laird	7:30:14	1975
25.	Karl Robinson	7:33:50	1974



Photo by: Steve Sagi

WELCOME TO MARYLAND - Californian George Stewart gets anything but a warm welcome in his first ever go at 50 miles. Stewart is pictured along Dam # 4 Road on the bitter cold and rain plagued JFK of March 30, 1974. However, Stewart proved to be as tough as the weather as he recorded one of the few performances from that day to rank in the All-Time Top 25.



JFK 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



Photo by: John Niner

NANCY KEPLINGER
1974 Winner



Photo by: Larry Yanos

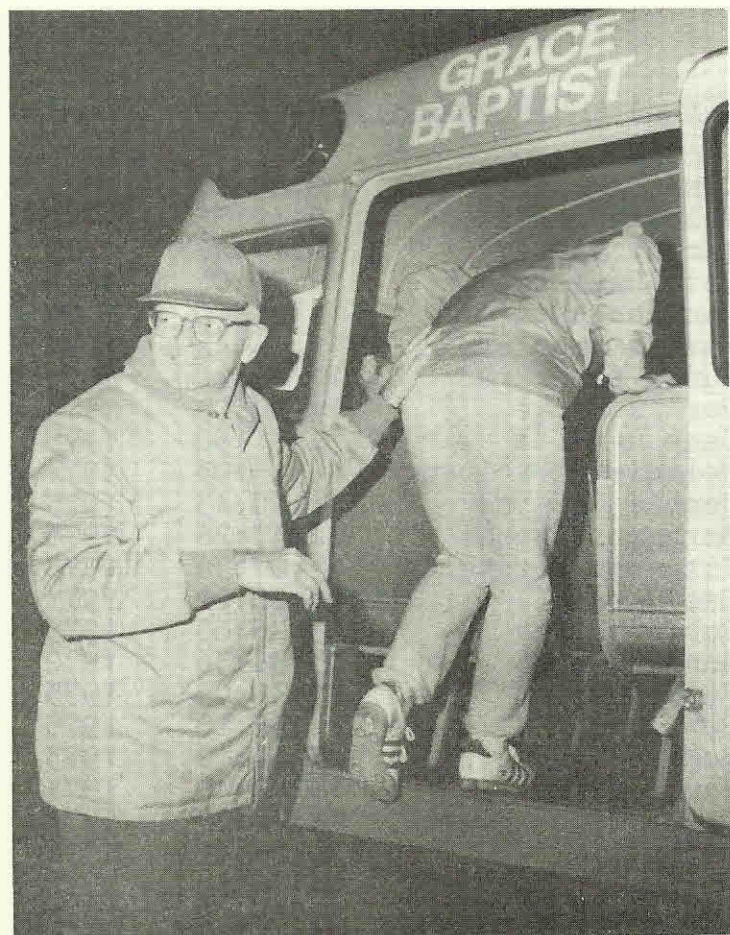
DONNA AYCOTH
1968-69-70-71-72-73 Champion

THE 24 WOMEN JFK-50 FINISHERS

1.	Donna Aycoth	8:26:07	1973
2.	Valerie Hardin	9:49:58	1973
3.	Martha Hauver	10:27:26	1975
4.	Ruth Hamilton	10:57:02	1975
5.	Nan Shephard	11:24:10	1973
6.	Marlys Bresler	11:46:42	1975
7.	Nancy Keplinger	11:48:20	1975
8.	Burnis Hicks	11:50:03	1973
9.	Zane Reddick	12:01:50	1975
10.	Melanie Mikkelsen	12:15:03	1971
11.	Connie Reddick	12:40:43	1975
12.	Barbara Matthai	12:47:26	1975
13.	Virginia Forehand	13:07:36	1975
14.	Lee Hargis	13:08:22	1971
15.	Robin McAfee	13:26:05	1973
16.	Anna Jackson	13:36:36	1972
17.	Jean Elliott	13:38:09	1975
18.	Bev Butts	13:38:18	1975
19.	LuMar Slocum	13:40:12	1973
20.	Jan Waddill	13:52:40	1971
21.	Lynne Boone	14:24:07	1972
22.	Nancy Link	14:26:41	1971
23.	Celine Soges	14:30:55	1972
24.	Ann Lashley	14:35:48	1972



MARTHA HAUVER
1975 Victor



"250 MILE" CLUB

<u>MEMBER</u>	<u>JFK'S COMPLETED</u>	<u>YEARS</u>	<u>BEST TIME</u>
Kim Byron	8	68-69-70-71-72-73-74-75	10:51:08 (1971)
Mike Adams	7	65-69-71-72-73-74-75	8:48:42 (1975)
Goodloe Byron	7	67-69-70-71-72-73-75	10:13:10 (1971)
Si Reddick	7	69-70-71-72-73-74-75	8:38:12 (1974)
Guy Whidden	7	65-66-67-68-69-70-71	10:46:35 (1970)
Donna Aycoth	6	68-69-70-71-72-73	8:26:07 (1973)
James Ebberts	6	63-64-65-67-69-73	7:08:42 (1973)
Leo Henry	6	67-68-69-73-74-75	8:00:36 (1973)
Shane Hutton	6	69-70-71-72-73-74	10:13:10 (1971)
Cal Mahaney	6	70-71-72-73-74-75	10:23:38 (1975)
Buzz Sawyer	6	63-65-66-67-68-70	8:53:15 (1970)
Wayne Vaughn	6	64-66-67-68-69-72	7:12:02 (1972)
Ron Young	6	70-71-72-73-74-75	10:28:30 (1973)
Chuck Fitz	5	69-71-73-74-75	8:48:42 (1975)
Dave Frye	5	71-72-73-74-75	8:53:22 (1975)
Eddie Glenn	5	69-70-71-73-74	10:13:15 (1973)
Martha Hauver	5	69-71-72-73-75	10:27:26 (1975)
Ling Louie	5	70-71-73-74-75	12:29:17 (1975)
Gil Martin	5	71-72-73-74-75	9:04:34 (1975)
Gary Naugle	5	71-72-73-74-75	7:40:48 (1975)
Galen Pryor	5	69-70-71-72-73	9:38:44 (1973)
Howard Ridenour	5	70-71-72-73-74	10:09:04 (1974)
Clater Smith	5	69-71-72-73-75	10:46:25 (1975)
Brad Vaughn	5	71-72-73-74-75	7:46:54 (1975)



KIM BYRON

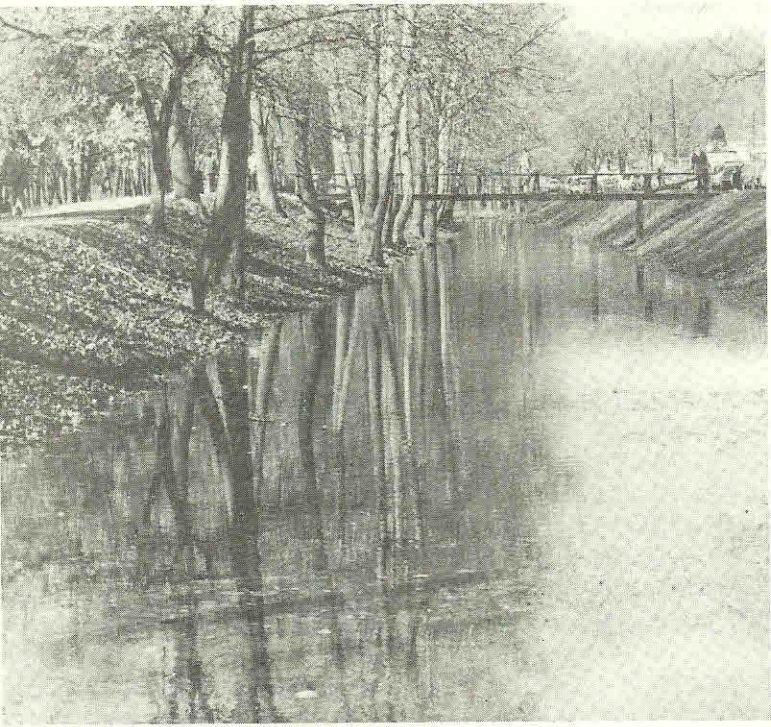
Kim Byron seemed to be wearing a prophetic No. "9" when he checked in last year with his eighth JFK finish to take the lead in the "250 Mile" Club. Kim returns this year seeking that ninth finish in quest to be the first member of the "500 Mile" Club.



Photo by: John Niner

HOWARD RIDENOUR

The JFK-50 and the "250 Mile" Club lost one of its most enthusiastic members this year when cancer took the life of Howard Ridenour. Howard's dogged determination will long be remembered by all those who were fortunate enough to get to know him along the way of the JFK.



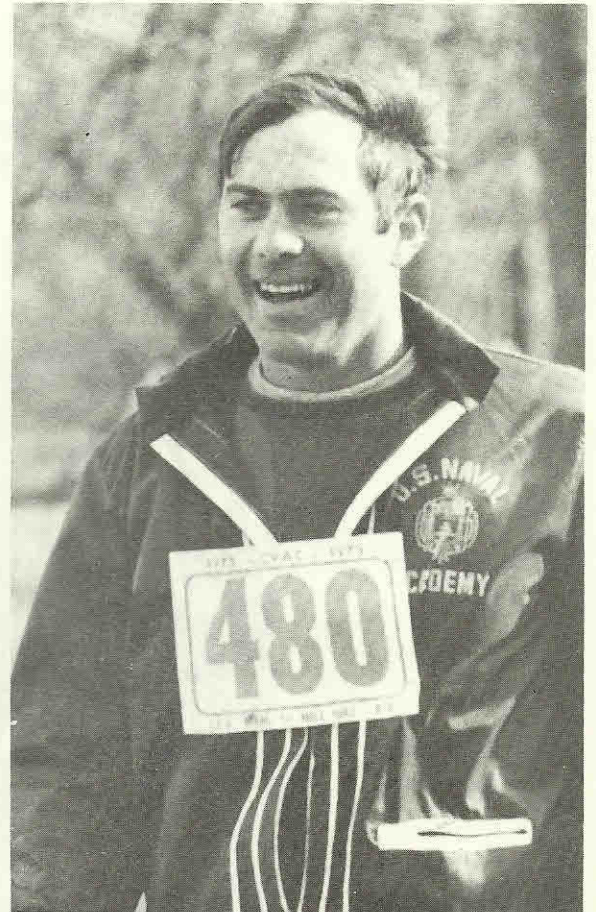
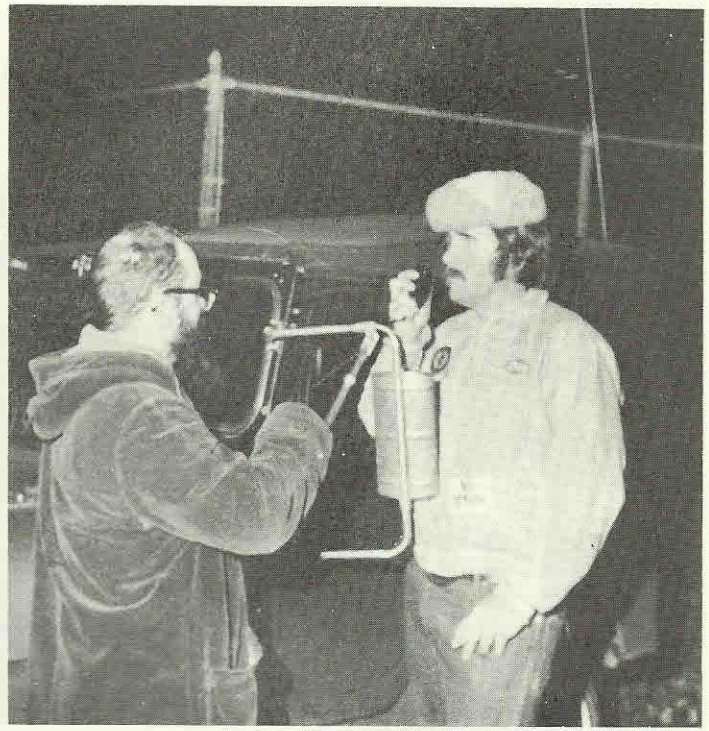




PHOTO CREDITS

All photographs in this program, excluding those showing individual credits, are by Olivia Carlisle and Keith Harvey.



1	Michael Adams	34	Gene Kline
2	Douglass Allen	35	Randy Koppenhaver
3	Donna Aycoth	36	Doug Laird Sr.
4	David Brier	37	William Law
5	Richard Burgee	38	Jon Link
6	Joseph Butchko	39	Ling Louie
7	Paul Butchko	40	Calvin Mahaney
8	Kim Byron	41	Alvin Marcy
9	Arthur Carey Jr.	42	Gil Martin
10	John Cunningham	43	Ray Martin
11	Bruce Driggers	44	Wesley Mathews Jr.
12	James Ebberts	45	Scott McDonald
13	Carl Cornett	46	Peter Monahan
14	Andrew Ede	47	Arthur Moran
15	Gregory Eisenstadt	48	Donald Muffley
16	Robert Ellis	49	Dennis Myers
17	John Ertel	50	Lawrence O'Donnell
18	Charles Fitz Jr.	51	James Patterson
19	John Frantz	52	Gilbert Rave
20	David Frye	53	Eddie Reddick
21	Joseph Gill	54	Leonard "Si" Reddick
22	Thomas Hamilton	55	Paul Robertson Sr.
23	Donald Heimiller	56	Martin Sattison
24	Leo Henry	57	Raymond Schulze
25	Robert Henscheid	58	Rick Seifarth
26	Glenn Hightower	59	Jim Shank
27	Barry Holder	60	Joseph Shea
28	Randy Howard	61	Clatter Smith
29	Edward Hruneni	62	William Spence
30	Robert Hunt	63	Jay Stouffer
31	William Jackson Sr.	64	Guy Whidden
32	Alan Jones	65	Floyd Wright
33	John Kendall	66	James Yeatts

101	Jon Acton II	151	Bruce Burkett
102	Burke Adams	152	Martha Burkett
103	Charles "Tony" Aiken	153	Martin Burley
104	Paul Albright	154	Stephen Burley
105	Michael Allen	155	Bruce Burnside
106	Scott Allen	156	John Burton
107	Sidney Allen	157	Richard Busch
108	Frederick Allenspach	158	Beverly Butts
109	John Amass	159	James Carlisle
110	Gregg Anderson	160	John Carney Jr.
111	Philip Anderson	161	Homer Carr
112	Kenneth Angle	162	Roger Carr
113	John Apgar	163	Frank Cerabino
114	Mark Atkisson	164	Daniel Chaney
115	Grey Axtell	165	Paul Chapman
116	Peter Ayotte	166	Jay "Will" Charles
117	Conrad Bailer	167	Robert "Skip" Chesnut
118	David Bair	168	Norm Christensen
119	George Baker	169	Richard Claus
120	Emory Bales	170	Mark Clark
121	Larry Barbour	171	Don Clay
122	Leland "Lee" Barkell	172	Stanford Clontz
123	Kirk Barker	173	Rex Clothier
124	James Barnes III	174	Eugene Coghill
125	William Battaglia	175	Jimmy Cole
126	Joseph Baummer	176	Gary Colton
127	Henry Bazak Jr.	177	Michael Combs
128	Robert Bennett	178	Richard Comisky III
129	Phillip Benoit	179	Clark Connor
130	Mark Bentley	180	Wallace Conway
131	Patrick Berrigan	181	Gerald Cook
132	Wilbur Besecker	182	Thomas Cook
133	John Bertrand	183	Hugh Cornett
134	William Beydler	184	Richard Cote Jr.
135	Robert Bezgin	185	Walter Cover
136	Paul Blais	186	Rick Craig
137	Robert Bley	187	Harold Cramer Jr.
138	Herman Blinchikoff	188	James Crawford
139	Bill Blumenthal	189	Seth Crippen
140	Roy Bomar	190	Brian Cronyn
141	James Boos	191	Gary Cummisk
142	John Borders	192	James Curry
143	Frank Boyer	193	Austin Cushman
144	David Bridge	194	Timothy Darby
145	Patrick Bristol	195	Dr. Earle Dashiell
146	Charles Bugay	196	Jerome DeClue
147	John Bukauskas	197	Janeli Dedmon
148	James Bukowski	198	Ron Defalco
149	Eugene Bumbaugh	199	Carl Dennis
150	Michael Burke	200	Dwain Dennis

201	George Deskin	251	John Giampolo
202	Robert Detrow	252	David Gilbert
203	Maureen Devlin	253	David Gill
204	Larry Dickerson	254	James Gleason
205	Joseph DiVanna	255	Charles Goddard
206	Michael Dore	256	Daniel Gowen
207	Erik Doyle	257	John Gracey
208	David Dryden	258	Billie Graham
209	Mack Duett	259	Robert Gralley
210	Carlos Duran	260	Morris Green Jr.
211	William Durbin	261	Robert Greenspun
212	Robert Dykstra	262	Howell Griswold
213	Douglas Early	263	Harry Grove
214	William Ehle	264	Gary Guardia
215	Richard Eigenbrode	265	Ramon Guerrero
216	Herbert Eiker	266	Chris Gunderson
217	Rolland Elliott	267	Joe Hall
218	Wesley Emmons Jr.	268	Thomas Halligan
219	Dennis Evans	269	Harry Hamilton
220	Nolan Evans	270	Ruth Hamilton
221	Matthew Evans Jr.	271	Dan Hammel
222	Robert Ewing	272	Jerry Harber
223	T. Paul Fairbank	273	Eugene Harne
224	Kenneth Faulstich	274	Greg Hart
225	William Felker III	275	Margaret Hart
226	Giles Fike	276	Harold Hartzel
227	Mark Finley	277	William Harvey
228	Frederick Fischer	278	Keith Harvey
229	Paul Flick	279	James Hatcher
230	Francis Fogarty	280	Wesley Hawkins
231	Barbara Ford	281	Randall Hawthorne
232	Linda Ford	282	Rea Heatherington
233	James Forte	283	Thomas Heijl
234	Padraic Fox	284	Tom Heinz Jr.
235	Douglas Frantz	285	Raymond Helbig
236	Loren Friesen	286	Klaus Helmin
237	Peter Frillman	287	William Hendry
238	Joseph Fry	288	Mitzi Henscheid
239	Dennis Frye	289	William Hensley
240	Ronald Fulks	290	William Hevrdeys
241	James Furgerson	291	Dermott Hickey
242	William Gailey	292	Norval Higdon
243	William Gallagher	293	James Hill
244	Robert Gaudi	294	Carroll Hirss
245	James Gauss	295	Richard Hoffman
246	David Gerber	296	Robert Hogan
247	Carlos Geigel-Bunker	297	Joseph Hoosty
248	Charles Gentemann	298	John Hoover
249	Robert Gerety	299	Lester Horst
250	Lester Gesell Jr.	300	Douglas Hovland

301	Courtland Howard	351	Timothy Lester
302	Todd Howard	352	Jan Levin
303	Forden Hughes	353	Allen Lewis
304	Richard Hummer	354	James Lewis
305	Samuel Imhof	355	Paul Lewis
306	William Imhof	356	Donald Link
307	Ernest Imhoff	357	Kenneth Link
308	William E. Jackson	358	Ronald Long
309	Melvin Jackson	359	Richard Lorey
310	David Jensen	360	John Lounge
311	Charles Jessup Jr.	361	James Lowery
312	Anderson Jones	362	William Lucas
313	Bruce Jones	363	Joseph Lyons
314	John Jones	364	Granville Mallard
315	Phil Jones	365	Kenneth Maloney
316	Claude Jordan	366	Charles Marks
317	Gerald Kearns	367	Fred Marquardt
318	Bruce Kelley	368	Norman Marquess
319	Aaron Kelly	369	Everett Marsh
320	John Kennedy Jr.	370	John Martyn
321	Earl Kepler	371	Mark Mathews
322	Nancy Keplinger	372	Barbara Matthai
323	Paul Keplinger Jr.	373	Paul Matthai
324	Eric Kersting	374	Robert Mauer
325	Derral Ketterman	375	Ralph McCarty
326	Thomas Kirk	376	Gregory McCauley
327	Lanny Knight	377	Patrick McClintic
328	David Knode	378	Michael McCord
329	Mark Knoderer	379	Glenn McCormick
330	Peter Knoetgen	380	Douglas McDonald
331	John Knox	381	Gordon McElroy
332	Jonathon Kolp	382	Robert McEwan
333	Alan Kossow	383	George McGinley
334	Bruce Kraft	384	James McKay
335	K. C. Kraft	385	Colin McKenzie
336	Eric Kramer	386	James McKenzie
337	Joe Kravinsky	387	Paul McMahan Jr.
338	Konrad Kroszner	388	Byron McNelly
339	Ralph Kuhnley	389	Richard Mc Nelly
340	Donald Kuntz	390	Donald McNelly
341	John Kurt	391	Richard McNew
342	Michael Lambie	392	Morgan McQuiston
343	Bruce Landeg	393	Ernest Medaglia
344	Robert Larson	394	Charlie Merrill
345	Donald Leatherman	395	Raymond Michael
346	Josef Lederle	396	David Mike
347	Dennis Lem	397	Frank Mikolajczak
348	Robert Lemmermann	398	Alan Miller
349	Charles Leshar	399	David Miller
350	John Lester	400	Willis Miller

401	Thomas Miller	451	Ferris Portner Jr.
402	Philip Miltenberger	452	Joseph Pozell
403	Peter Misiewicz	453	Irvine Prather
404	Robert Moran	454	Mark Prete
405	Jeffrey Morse	455	David Price
406	James Mortenson	456	Patrick Quigley
407	Dirk Mosis III	457	William Quinn
408	John Mullin	458	Daniel Railton
409	Walter Murphy Jr.	459	David Ramsey
410	Thomas Murr Jr.	460	David Rarity
411	Charles Murray Jr.	461	David Raunig
412	Jesse Myers III	462	William Readman
413	Roderic Navarre	463	Mikael Reardon
414	Cesar Navarrete	464	Charles Rector
415	Guy Neal	465	Betty Zane Reddick
416	Douglas Neil	466	Connie Reddick
417	Kathleen Nester	467	Harvey Reisenweber
418	John Newdorp	468	Steven Reiter
419	Phillip Newman	469	Shereen Remez
420	James Nickerson	470	Kenneth Renehan
421	William Norton	471	Howard Reynolds
422	William Norvell	472	Betsy Ries
423	James Ohler	473	Scott Roberts
424	John Ohler	474	Joseph Roper
425	Gordon O'Neill	475	Mary Rotz
426	Larry O'Neill	476	Larry Royalty
427	Lawrence O'Neill	477	Robert Ryerson
428	Eugene Osborn	478	Richard Saville
429	Mark Ospeck	479	Daniel Sayner
430	Menelaos Palles	480	Ronald Sborz
431	Robert Paris	481	Franklin Schaeffer
432	Randall Parman	482	Steven Schehr
433	Nelson Pazmino	483	Robert Schleigh
434	Michael Pearlstein	484	Carl Schneider
435	Audrey Pendleton	485	Robert Schoultz
436	Glenn Pendleton Jr.	486	Karsten Schulz
437	Harold Pereschuk	487	Torsten Schulz
438	Larry Pereschuk	488	Fred Schumacher
439	Julio Perez	489	Michael Scott
440	Allyson Perkins	490	Richard Seaberg
441	Randolph Perkins	491	Nancy Searles
442	Thomas Perry	492	Robert Seemann
443	William Perzinski	493	Michael Selman
444	Michael Peterson	494	Charles Sencindiver
445	Bruce Pettit	495	William Shaw Jr.
446	David Peugh	496	Audry Shawver Jr.
447	Jean Phillips	497	Robert Sheldon
448	Mike Pickett	498	Susan Shepherd
449	James Poole	499	Benjamin Sherman Jr.
450	Russell Poole	500	John Shmorhun

501 Mark Shockey
502 Linden Showalter
503 Lowell Showalter
504 Edward Shuck Jr.
505 Stephen Shumaker
506 Don Sine
507 Robert Sinibaldi Jr.
508 Edward Sitko
509 Joseph Smith
510 Wilfred Smith Jr.

511 Michael Smith
512 William Smith Jr.
513 Ralph Smitten
514 Elroy Snouffer
515 William Snyder
516 Gerald Snyder
517 Robert Sollenberger
518 Nelson Spangler Jr.
519 Douglas Spear
520 Deborah Speller

521 John Spinnler
522 Charles Starrs
523 Gregory Starrs
524 James Starrs
525 James J. Starrs
526 Norman Stead
527 Becky Stemper
528 Michael Sturm
529 William Stuver
530 Randall Swink

531 Michael Taylor
532 Roy Taylor
533 Larry Thomas
534 Roy Thompson Jr.
535 Dennis Thurman
536 John Valgene
537 Louis Vamos
538 Peter VanArsdale
539 John Varney
540 Rodney Vaught

541 Robert Vogel
542 Arthur Wagner
543 Daniel Wagner
544 Gerald Walker
545 Carroll Walter
546 John Walter
547 Fred Wandel
548 Richard Warfsman
549 William Weary
550 David Weary

551 Sheron Weary
552 James Wedeking
553 Dennis Weikert
554 David Weisgerber
555 Curtis Weller
556 Jay Weller
557 Donald West
558 Ernest West
559 Thomas Whitesell
560 William Wight

561 Richard Wightman
562 Thomas Wilkinson
563 Carl Will
564 Gene Willard
565 Frank Williams
566 Howard Williams Jr.
567 James Williams
568 Andrew Wilson
569 Richard Wilson
570 John Wilson

571 Ralph Wilson
572 Thomas Winter Jr.
573 Thomas Winter III
574 George Wood
575 Ronald Wood
576 Albert Wunderlich
577 Kershner Wyatt
578 Nicholas Yancich
579 Ross Yates
580 Raymond Yaukey

581 Edward Yetsko
582 David Young
583 Robert Zalaskus
584 James Zucco Jr.
585 Jan Zucco

