



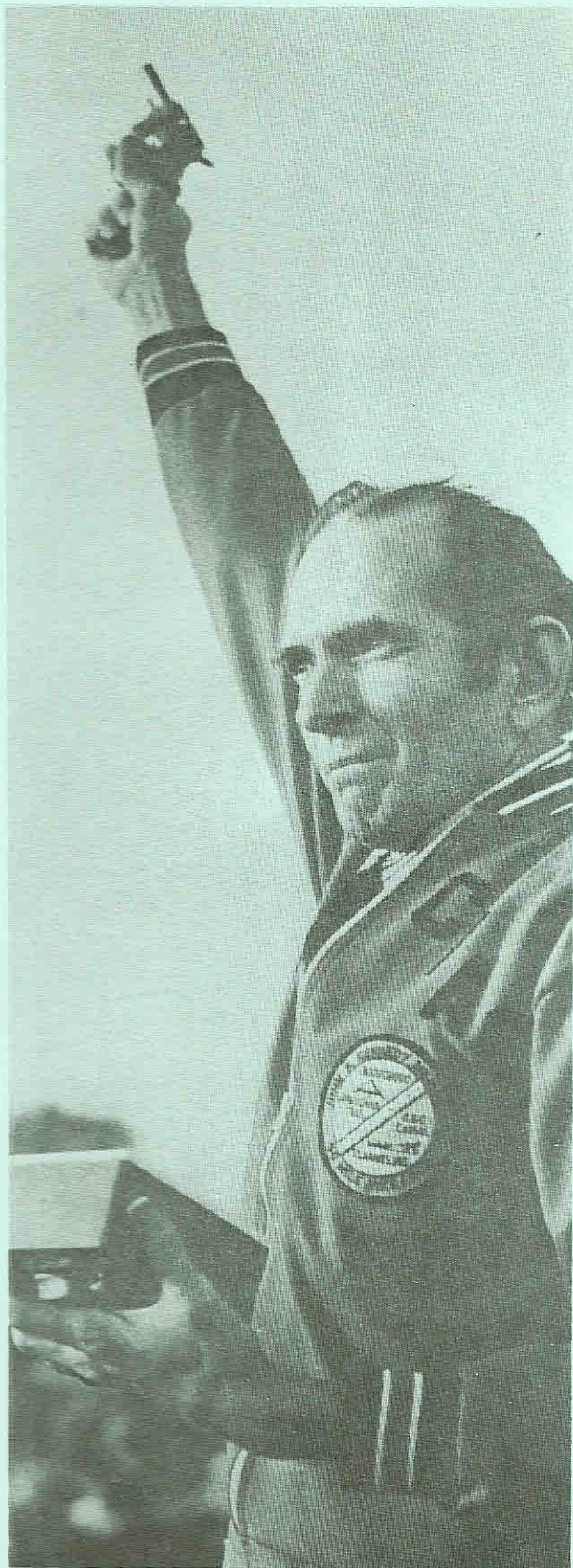
Twentieth Annual
John F. Kennedy
50 Mile Hike-Run

Boonsboro to Williamsport, Md. November 20, 1982

Sponsored by
Cumberland Valley Athletic Club



GOODLOE & BEVERLY BYRON



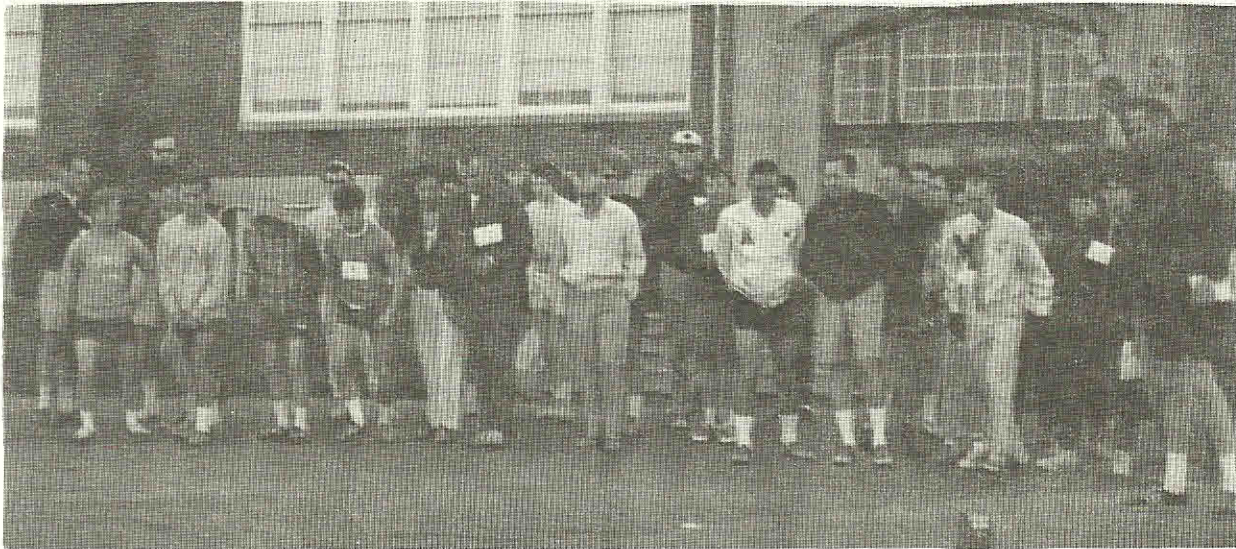
GUN'S UP



KIM BYRON & BUZZ SAWYER

RECORDS

Course and Hike-Run Record:	5:55:30	Max White	1973
Women's Record:	7:41:13	Sue Medaglia	1979
Scholastic Record:	6:16:25	Karsten Schulz	1977
Age 70 & Over Record:	11:41:40	John Newdorp (70)	1980
Age 60 & Over Record:	8:48:26	Everitt Newell (60)	1981
Age 50 & Over Record:	7:07:59	Bill Jackson (50)	1977
Age 40 & Over Record:	6:17:44	Bruce Nystrom (41)	1979
Age 15 & Under Record:	7:46:54	Brad Vaughn (15)	1975
Eldest Completed Hike-Run:	Age 70	John Newdorp (4-29-10)	1980
	Age 70	Joe Kravinsky (6-19-11)	1981
Most Completed Hike-Runs:	14	Kim Byron	
Most Hike-Run Victories:	5	James Ebberts	
Most Women's Hike-Run Victories:	6	Donna Aycoth	
Washington County Record:	6:45:35	Greg Shank	1981
Washington County Women's Record:	8:26:07	Donna Aycoth	1973
Frederick County Record:	7:28:21	Jay Rosapepe	1977
Frederick County Women's Record:	10:27:26	Martha Hauver	1975



March 30, 1968
A field of 36 await the starting gun in front of Boonsboro Junior High School.

HISTORY MAKING FIRSTS

First Woman to finish the JFK-50	Donna Aycoth	1968
First Age 70 & Over to finish the JFK-50	John Newdorp	1980
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
First Member "500 Mile" Club	Kim Byron	1977

"500 MILE" CLUB

(8 Members)

<u>MEMBER</u>	<u>JFK'S COMPLETED</u>	<u>YEARS</u>	<u>BEST TIME</u>
Kim Byron	14	68-69-70-71-72-73-74-75-76-77-78-79-80-81	10:25:36 (1977)
Mike Adams	13	65-69-71-72-73-74-75-76-77-78-79-80-81	6:42:34 (1979)
Cal Mahaney	12	70-71-72-73-74-75-76-77-78-79-80-81	9:32:42 (1981)
Carl Cornett	10	72-73-74-75-76-77-78-79-80-81	8:35:49 (1978)
Leo Henry	10	67-68-69-73-74-75-76-77-78-79	8:00:36 (1973)
Ling Louie	10	70-71-73-74-75-76-77-78-79-80	12:29:17 (1975)
Si Reddick	10	69-70-71-72-73-74-75-76-77-78	8:38:12 (1974)
Fred Wandel	10	72-73-74-75-76-77-78-79-80-81	11:32:03 (1976)

"250 MILE" CLUB

(116 Members)

<u>MEMBER</u>	<u>JFK'S COMPLETED</u>	<u>YEARS</u>	<u>BEST TIME</u>
Joe Baummer	9	73-74-75-76-77-78-79-80-81	9:15:20 (1980)
James Ebberts	9	63-64-65-67-69-73-76-77-78	7:06:41 (1977)
Dave Frye	9	71-72-73-74-75-76-77-78-79	7:34:28 (1979)
Shane Hutton	9	69-70-71-72-73-74-78-79-80	10:13:10 (1971)
Jim Lewis	9	72-73-74-75-76-77-78-79-81	11:08:35 (1977)
Paul Lewis	9	73-74-75-76-77-78-79-80-81	11:26:32 (1979)
Clater Smith	9	69-71-72-73-75-76-77-78-79	10:35:10 (1976)
Ernie West	9	72-74-75-76-77-78-79-80-81	10:11:13 (1978)
Chuck Fitz	8	69-71-73-74-75-76-78-79	8:25:29 (1976)
Eddie Glenn	8	69-70-71-73-74-76-78-81	10:13:15 (1973)
Woodie Hawkins	8	73-74-75-76-77-78-79-80	10:40:45 (1975)
Bob Henscheid	8	74-75-76-77-78-79-80-81	8:02:47 (1980)
Randy Howard	8	74-75-76-77-78-79-80-81	8:33:45 (1978)
Paul Keplinger	8	73-75-76-77-78-79-80-81	10:37:25 (1980)
Bill Law	8	72-73-74-75-76-78-79-81	8:57:01 (1978)
Don West	8	74-75-76-77-78-79-80-81	12:58:47 (1975)
Ron Young	8	70-71-72-73-74-75-76-77	10:28:30 (1973)
Dick Burgee	7	72-73-74-75-76-77-78	8:48:55 (1977)
Goodloe Byron	7	67-69-70-71-72-73-75	10:13:10 (1971)
Bob Gralley	7	74-75-76-77-78-79-81	8:33:27 (1981)
Al Kossow	7	73-75-76-77-78-80-81	8:28:00 (1981)
Norman Marquess	7	75-76-77-78-79-80-81	11:28:49 (1981)
Everett Marsh	7	75-76-77-78-79-80-81	12:29:16 (1981)
Ernie Medaglia	7	75-76-77-78-79-80-81	8:06:56 (1978)
Fred Schumacher	7	74-75-76-77-78-80-81	10:20:39 (1978)
Lowell Showalter	7	75-76-77-78-79-80-81	8:05:39 (1979)
Guy Whidden	7	65-66-67-68-69-70-71	10:46:35 (1970)

"250 MILE" CLUB (contd.)

<u>MEMBER</u>	<u>JFK'S COMPLETED</u>	<u>YEARS</u>	<u>BEST TIME</u>
Jon Acton, II	6	75-76-78-79-80-81	10:42:36 (1978)
Sidney Allen	6	75-76-77-78-79-80	11:31:04 (1980)
Donna Aycoth	6	68-69-70-71-72-73	8:26:07 (1973)
Frank Boyer	6	75-76-77-78-79-81	9:35:19 (1979)
Larry Dickerson	6	72-73-76-77-78-79	8:57:32 (1979)
Alec Evans	6	73-75-77-78-79-81	10:41:03 (1978)
Denny Evans	6	73-77-78-79-80-81	9:17:02 (1979)
Jay Frantz	6	75-76-77-78-79-80	8:41:50 (1977)
Don Heimiller	6	73-75-76-77-78-81	7:52:52 (1978)
Glenn Hightower	6	75-76-77-79-80-81	8:44:59 (1980)
Gene Kline	6	75-76-77-78-79-80	8:06:00 (1980)
Lanny Knight	6	72-73-75-76-77-81	7:31:36 (1977)
Joe Kravinsky	6	75-76-77-78-79-81	11:28:14 (1978)
John Kurt	6	73-74-75-76-77-78	9:51:23 (1976)
Bob Lemmermann	6	73-77-78-79-80-81	13:48:50 (1979)
Byron McNelly	6	75-77-78-79-80-81	9:53:52 (1977)
Don McNelly	6	75-76-77-78-79-80	11:32:05 (1980)
Jean Phillips	6	76-77-78-79-80-81	11:27:37 (1979)
Zane Reddick	6	72-73-75-76-77-78	11:13:02 (1976)
Harvey Reisenweber	6	75-76-77-78-79-81	8:52:34 (1981)
Paul Robertson, Sr.	6	75-76-77-78-80-81	9:12:13 (1977)
Buzz Sawyer	6	63-65-66-67-68-70	8:53:15 (1970)
Frank Schaeffer	6	75-77-78-79-80-81	9:20:21 (1981)
Roy Taylor	6	76-77-78-79-80-81	10:30:35 (1981)
Wayne Vaughn	6	64-65-67-68-69-72	7:12:02 (1972)
Tom Whitesell	6	69-70-72-75-76-77	10:27:27 (1970)
Tom Winter, Jr.	6	74-76-77-78-79-81	9:16:29 (1977)

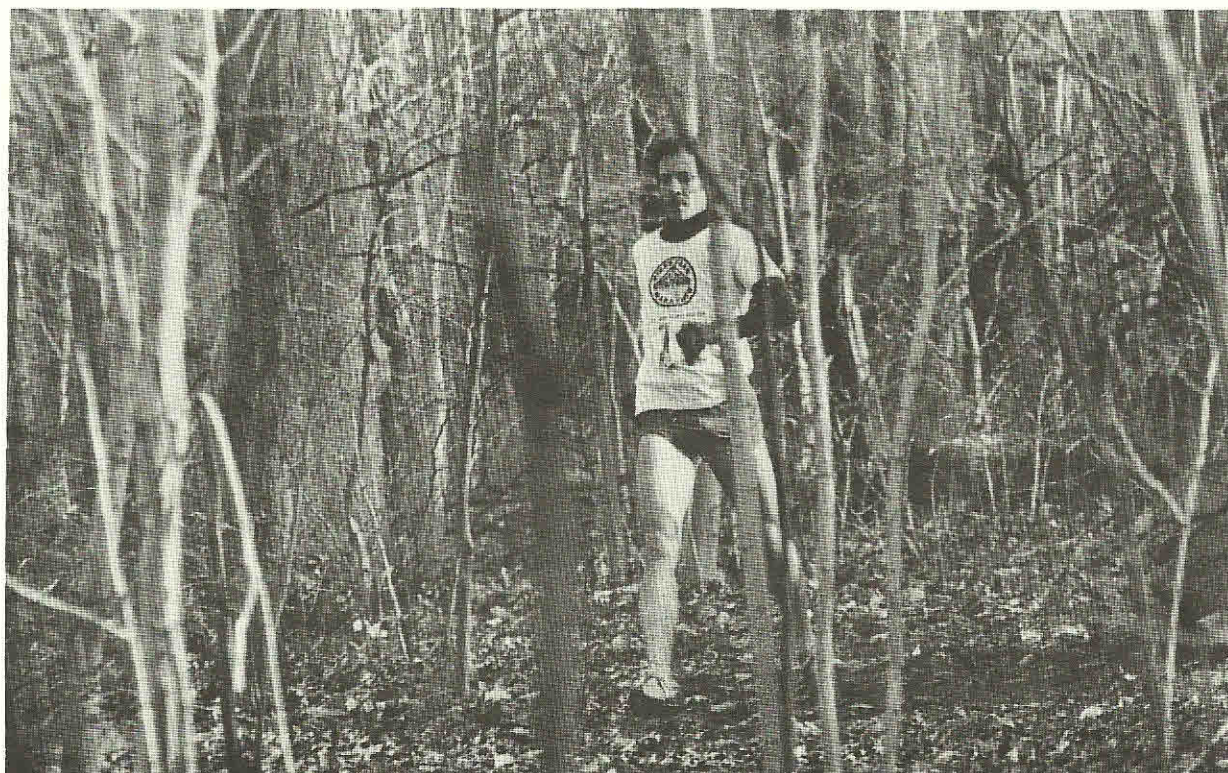


"250 MILE" CLUB (contd.)

<u>MEMBER</u>	<u>JFK'S COMPLETED</u>	<u>YEARS</u>	<u>BEST TIME</u>
Georges Auchet	5	76-77-79-80-81	10:29:55 (1981)
Park Barner	5	72-73-74-75-76	6:23:53 (1973)
Dave Bergman	5	71-72-73-74-77	9:11:34 (1972)
Mike Boyer	5	77-78-79-80-81	7:59:46 (1978)
Mike Burke	5	73-74-75-76-80	9:18:47 (1980)
Bruce Burnside	5	71-72-73-75-76	10:44:15 (1973)
Rick Busch	5	70-71-73-75-76	10:24:07 (1975)
Joe Butchko	5	73-75-76-77-78	7:48:43 (1977)
Paul Butchko	5	74-75-76-77-81	7:20:44 (1977)
James Caldwell	5	77-78-79-80-81	13:11:48 (1980)
Larry Campbell	5	73-77-78-79-80	13:11:03 (1977)
Art Carey	5	71-72-73-74-76	9:04:20 (1971)
Norm Christensen	5	73-75-76-77-78	9:21:52 (1977)
Barbara Garner	5	77-78-79-80-81	11:56:50 (1980)
Howell Griswold	5	73-74-75-76-77	12:43:56 (1977)
Gary Guardia	5	77-78-79-80-81	9:00:52 (1981)
Martha Hauver	5	69-71-72-73-75	10:27:26 (1975)
Eddie Hayden	5	75-76-77-78-79	7:31:23 (1977)
John Hoover	5	76-78-79-80-81	9:36:09 (1981)
Ed Hruneni	5	73-74-75-76-77	8:58:12 (1977)
Forden Hughes	5	71-72-73-75-76	11:21:17 (1976)
Nancy Keplinger	5	73-74-75-77-78	11:48:20 (1975)
Dave Knode	5	70-71-75-76-77	8:56:43 (1977)
Bill Lawder	5	77-78-79-80-81	6:08:54 (1979)
Dennis Lewis	5	74-75-78-79-80	10:39:49 (1979)
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 Matthai	5	72-73-75-76-77	10:33:21 (1977)
Suzuko Medaglia	5	77-78-79-80-81	7:41:13 (1979)
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)

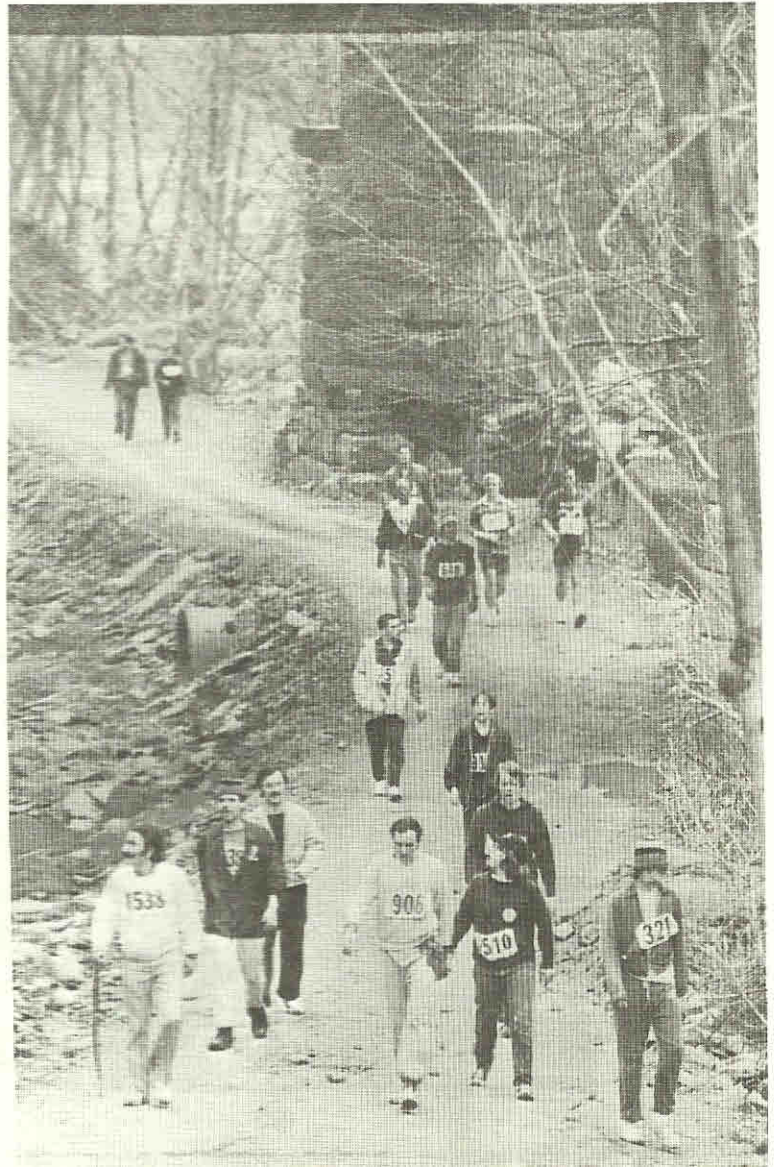
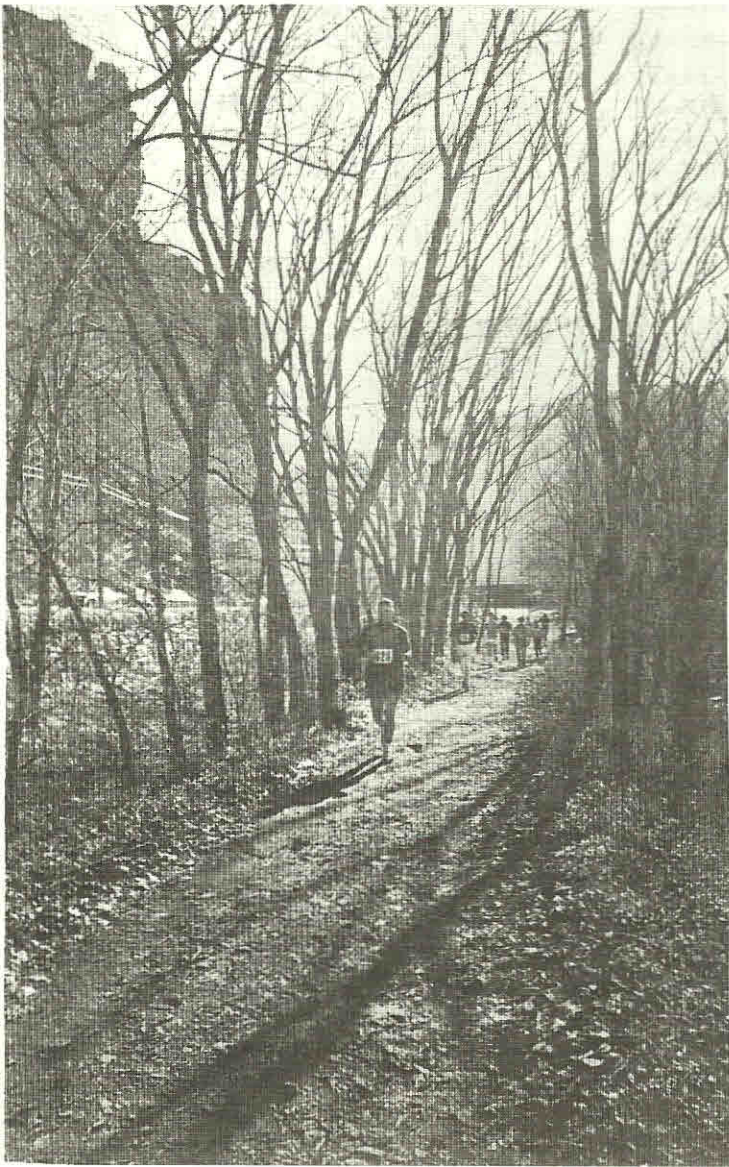


<u>MEMBER</u>	<u>JFK'S COMPLETED</u>	<u>YEARS</u>	<u>BEST TIME</u>
Gary Naugle	5	71-72-73-74-75	7:40:48 (1975)
John Newdorp	5	76-77-78-79-80	10:33:38 (1977)
Hal Niebel	5	73-78-79-80-81	11:27:45 (1979)
Bruce Nystrom	5	75-76-77-78-79	6:17:44 (1979)
Larry Pereschuk	5	73-77-78-79-80	11:47:24 (1980)
Galen Pryor	5	69-70-71-72-73	9:38:44 (1973)
Dave Rarity, Jr.	5	73-74-76-77-81	9:13:25 (1977)
Connie Reddick	5	73-75-76-77-78	11:07:16 (1976)
Eddie Reddick	5	72-73-74-75-76	8:42:36 (1976)
Ray Rickett	5	72-73-75-76-77	11:44:13 (1977)
Howard Ridenour	5	70-71-72-73-74	10:09:04 (1974)
Nick Rosato	5	77-78-79-80-81	9:49:42 (1980)
Carl Schneider	5	76-77-78-80-81	9:06:35 (1981)
Jim Smith	5	76-77-78-80-81	11:28:44 (1980)
Jerry Snyder	5	75-76-78-79-81	11:52:04 (1979)
Robert Sollenberger	5	76-78-79-80-81	8:04:15 (1981)
Nelson Spangler	5	72-73-75-76-77	11:35:57 (1975)
Joe Spence	5	72-73-75-76-77	9:56:25 (1973)
Jack Spinnler	5	71-72-73-76-77	12:45:36 (1972)
Mike Spinnler	5	71-72-73-75-77	6:57:54 (1977)
Jim Starrs	5	72-73-74-75-76	12:10:33 (1975)
Michael Taylor	5	76-77-78-79-80	11:11:54 (1979)
Roy Thompson, Jr.	5	76-77-79-80-81	8:32:18 (1981)
Brad Vaughn	5	71-72-73-74-75	7:46:54 (1975)
Dan Wagner, Sr.	5	72-74-78-80-81	9:24:54 (1980)
Howard Williams, Jr.	5	75-76-77-78-80	11:35:09 (1978)
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)
Jim Zucco	5	76-77-78-80-81	9:11:50 (1976)



JFK CHAMPIONS

1963	James Ebberts, Steve Costion, Rick Miller, Buzz Sawyer	13:10:
1964	James Ebberts, Steve Costion, Wayne Vaughn	12:33:
1965	James Ebberts, Buzz Sawyer, Elton Horst	10:39:
1966	Elton Horst, Buzz Sawyer, Kenny Baker	10:21:
1967	James Ebberts, Wayne Vaughn, Buzz Sawyer	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	6:29:27
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	6:04:01
1978	Phil Bishop	6:14:59
1979	Bill Lawder	6:08:54
1980	Dan Brannen	6:14:02
1981	Scott Miller	6:13:56



THE JFK-50 ALL-TIME TOP 25

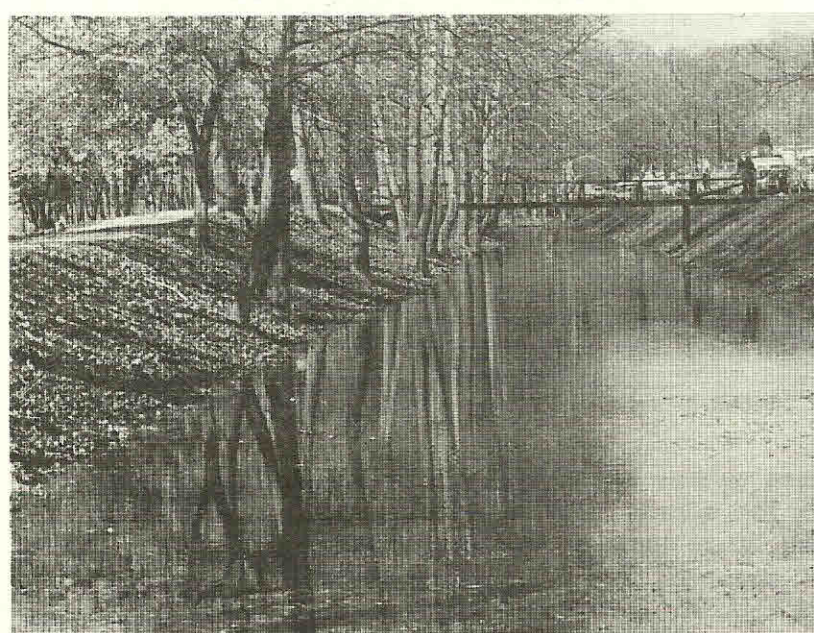
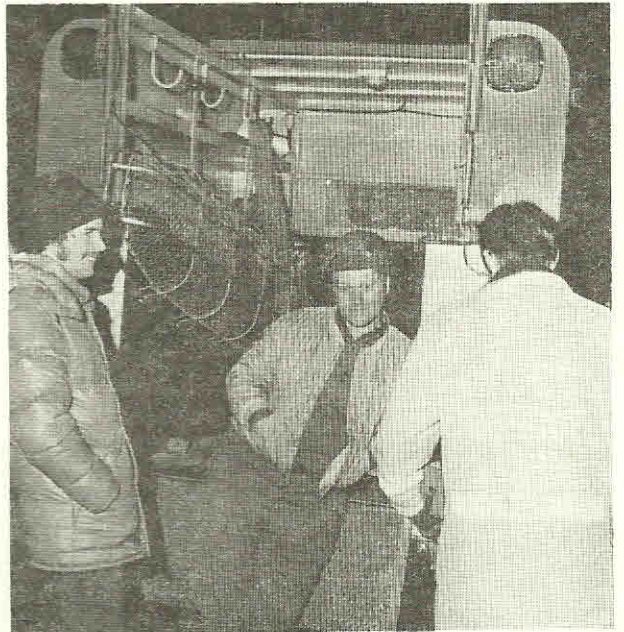
1.	Max White	5:55:30	1973
2.	Pat Gill	5:59:28	1976
3.	Ed Ayers	6:04:01	1977
4.	Bill Lawder	6:08:54	1979
5.	Rick Warren	6:12:20	1973
6.	Scott Miller	6:13:56	1981
7.	Dan Brannen	6:14:02	1980
8.	Phil Bishop	6:14:59	1978
9.	Elton Horst	6:15:42	1971
10.	Karsten Schulz	6:16:25	1977
11.	Bruce Nystrom	6:17:44	1979
12.	Don Marvel	6:22:04	1981
13.	John Hess	6:22:28	1979
14.	Kerry Green	6:22:30	1977
15.	Paul Jost	6:23:21	1981
16.	Park Barner	6:23:53	1973
17.	Tom Kirk	6:26:48	1977
18.	Angelo Gioiosa	6:27:58	1975
19.	Dave "Benny" Benford	6:28:06	1981
20.	George Stewart	6:28:58	1974
21.	Peter Monahan	6:28:59	1977
22.	Fred Savitz	6:34:30	1978
23.	Bob Harper	6:35:28	1979
24.	Gene Schultz	6:41:11	1972
25.	Ron Bomberger	6:41:29	1981



It's 1977, and the top ten finishers gather after each of them beat 7: hours, the only time this has occurred in the annals of the JFK-50. Left to right are Phil Bishop, Bill Lawder, Tom Kirk, Bruce Nystrom, Mike Spinnler, Ed Ayres, Karsten Schulz, Kerry Green, Peter Monahan, and John Hess. All but Spinnler appear in the All-Time Top 25 shown above. Spinnler aims to join the elite 25 this year.

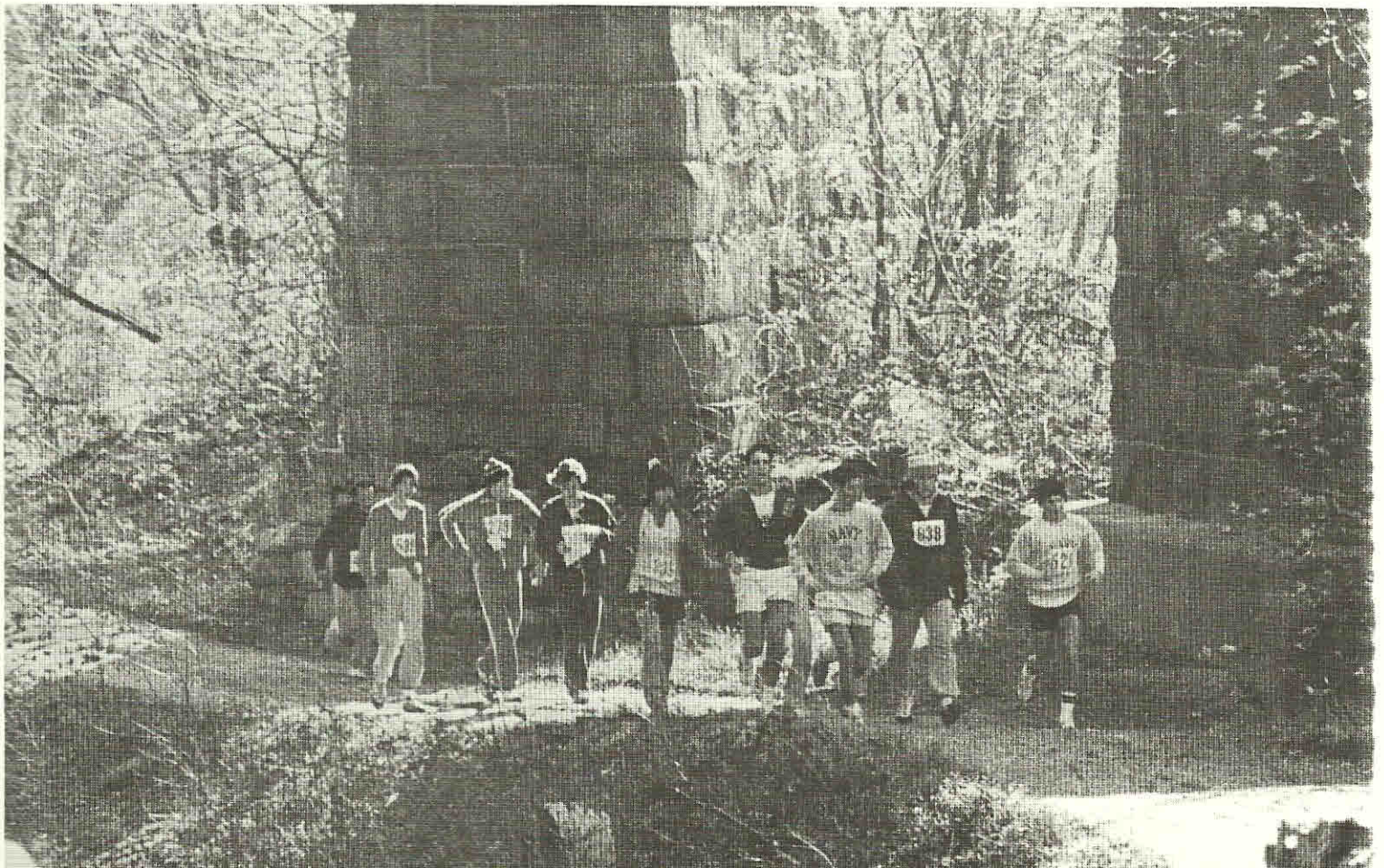
JFK WOMEN'S CHAMPIONS

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
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



THE JFK-50 WOMEN'S ALL-TIME TOP 25

1.	Sue Medaglia	7:41:13	1979
2.	Donna Aycoth	8:26:07	1973
3.	Deborah Richey	8:41:57	1980
4.	Sandra Folzer	9:01:20	1979
5.	Mitzi Henscheid	9:05:32	1980
6.	Bobbie Allen	9:10:22	1979
7.	Kathy Nester	9:18:48	1979
8.	Susie Vaughan	9:20:00	1981
9.	Samara Balfour	9:24:12	1979
10.	Carolyn Showalter	9:26:17	1980
11.	Sue Shepherd	9:35:10	1976
12.	Ruth Hamilton	9:47:27	1976
13.	Valerie Hardin	9:49:58	1973
14.	Cindy Steffen	9:56:15	1979
15.	Mariah Skinner	9:58:35	1977
16.	Laura Sommer	10:00:23	1980
17.	Mary Rotz	10:20:42	1981
18.	Martha Hauver	10:27:26	1975
19.	Barbara Matthai	10:33:21	1977
20.	Sharon Mark	10:35:48	1978
21.	Penny Booth	10:51:18	1978
22.	Janet Pomeranz	11:06:54	1980
23.	Connie Reddick	11:07:16	1976
24.	Zane Reddick	11:13:02	1976
25.	Barb Retorick	11:16:38	1978



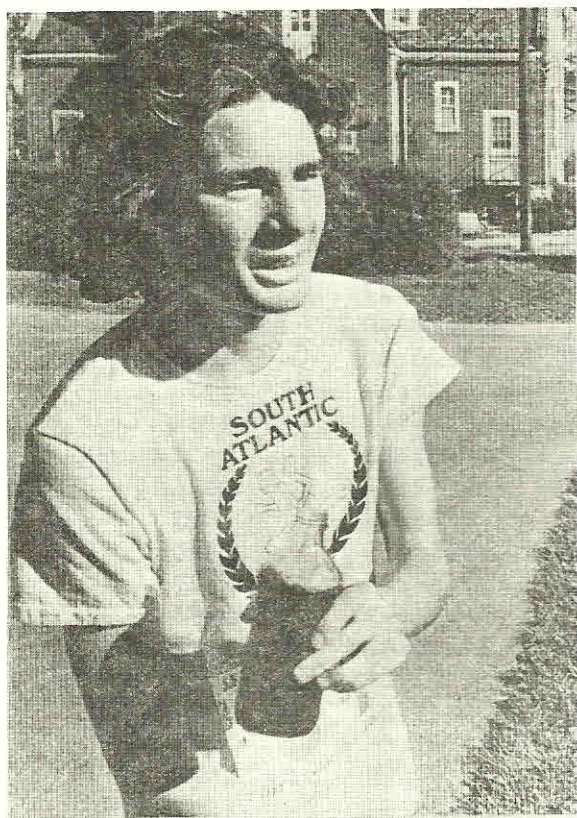


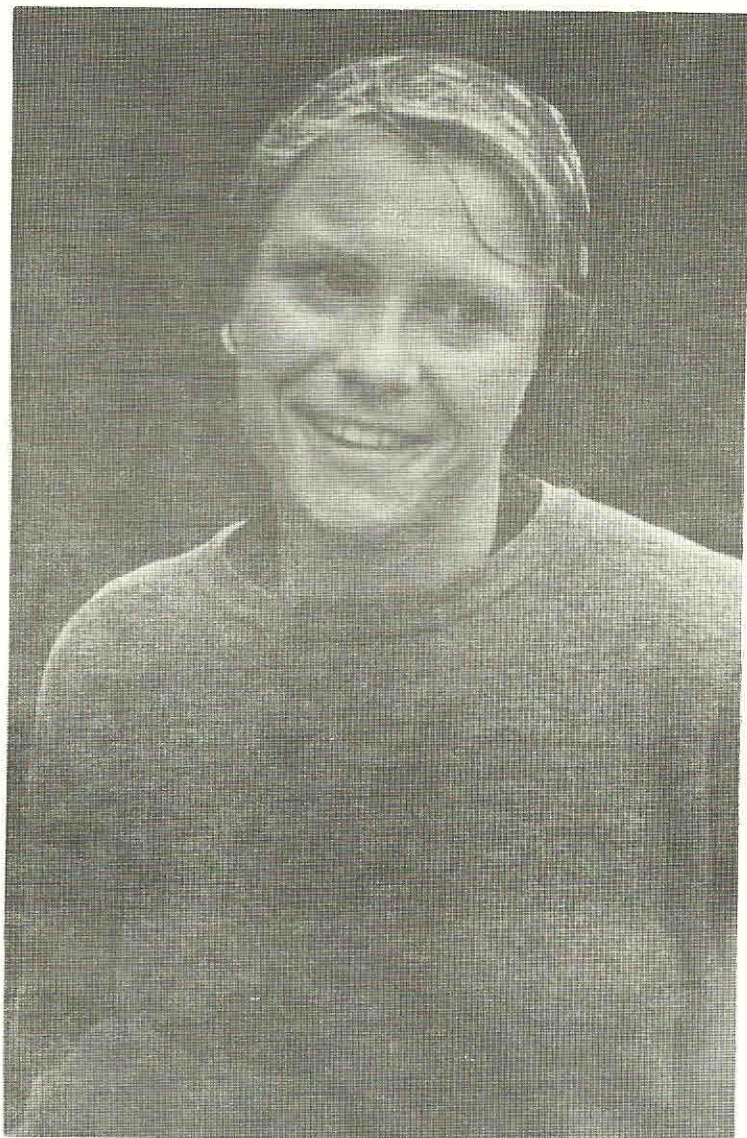
Photo by Gary Finster

Hagerstown's Bill Jackson completes the Appalachian Trail and heads for the Towpath enroute to a 7:07:59 record for Age 50 & Over that has withstood all subsequent assaults.

Karsten Schulz from Westminster (Md.) High School unwinds at St. James after breaking the scholastic record with a stunning 6:16:25 performance.



With the exception of the year by year photo section, all photographs in this program (excluding those showing individual credits) are by Olivia Carlisle and Keith Harvey. A special thanks to Larry Yanos who contributed many of the early photos in the year by year section.



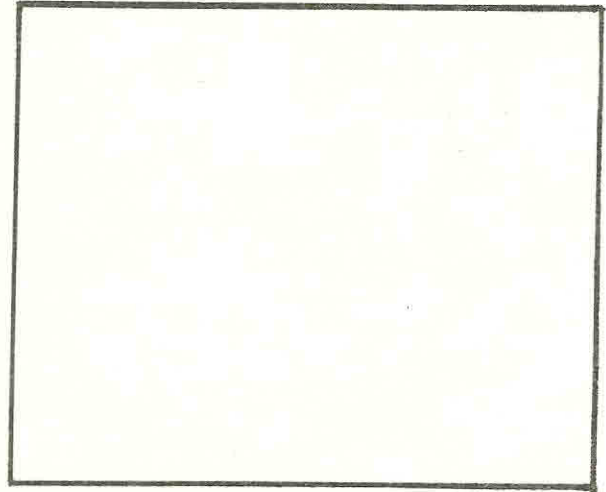
Hagerstown's Donna Aycoth, pictured on the left, becomes the first woman to finish the JFK-50 in 1968 and went on to reign as women's champion for 6 consecutive years. Her final title in 1973 was achieved with a record-breaking 8:26:07 that stood for 4 years. Now a Special Agent with the FBI in Pittsburgh, Donna's 6 straight triumphs remain today as the record for victories.

Another Hagerstown native, Nancy Keplinger, posing on the right, 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.





Martha Hauver of Thurmont, Md. gives her tired feet a break after capturing the women's title in 1975. Her time was a Frederick County Women's Record of 10:27:26.



Apologies to Sue Shepherd of Harwood, Md., who surprised everyone, including the photographer, with her 9:35:10 victory in 1976.



Sue Medaglia arrived from The Bronx, New York in 1977 and immediately trimmed 7 minutes off of Donna Aycoth's record with a 8:19:07 run. She reduced the mark to 7:53:37 in 1978. The 1979 JFK-50 saw Sue improve her remarkable record once again, this time with a 7:41:13 mark that has withstood even her own subsequent splendid efforts. Today she stands on the threshold of tying Donna Aycoth's 6-victory standard.

TOP TEN FINISHERS EACH YEAR

<u>1963</u>			<u>1968</u>		
1.t	James Ebberts	13:10	1.	Leo Henry	10:02:12
1.t	Steve Costion	13:10	2.t	Wayne Vaughn	10:41:15
1.t	Rick Miller	13:10	2.t	Donna Aycoth	10:41:15
1.t	Buzz Sawyer	13:10	2.t	Buzz Sawyer	10:41:15
<u>1964</u>			5.	Lloyd Hawkins	11:18:40
1.t	James Ebberts	12:33	6.	Guy Whidden	11:22:17
1.t	Steve Costion	12:33	7.t	Byron Hawkins	11:55:25
1.t	Wayne Vaughn	12:33	7.t	Calvin Wilson	11:55:25
4.t	Mike Fuss	13:55	9.	Gary Eyler	11:57:55
4.t	Doug Fryer	13:55	10.	Don Boyer	12:39:30
4.t	Gregg McLanahan	13:55	<u>1969</u>		
7.	Rick Kephart	15:11	1.t	James Ebberts	8:32:04
<u>1965</u>			1.t	Baxter Berryhill	8:32:04
1.t	James Ebberts	10:39	3.t	Les Mentzer	9:25:05
1.t	Buzz Sawyer	10:39	3.t	Wayne Vaughn	9:25:05
1.t	Elton Horst	10:39	5.	Donna Aycoth	9:27:31
4.	Kenny Baker	11:12	6.	Steve Snyder	9:38:47
5.	Gregg McLanahan	11:27	7.t	Tom Gardner	10:21:34
6.t	John Stauffer	11:49	7.t	Steve Stallings	10:21:34
6.t	Guy Whidden	11:49	9.t	Bob Elliott	10:32:00
8.	Bruce McLanahan	11:53	9.t	Meredith Fouche	10:32:00
9.	Wayne Vaughn	11:54	9.t	Craig Maxey	10:32:00
10.	Bob Uccellini	12:54	9.t	Keith Pound	10:32:00
<u>1966</u>			9.t	Eddie Wade	10:32:00
1.t	Elton Horst	10:21	<u>1970</u>		
1.t	Buzz Sawyer	10:21	1.	Baxter Berryhill	7:21:25
1.t	Kenny Baker	10:21	2.	Arnie Kelly	8:17:30
4.	Denny Long	10:39	3.t	Les Mentzer	8:51:30
5.	Charles Long	10:44	3.t	Steve Kirk	8:51:30
6.t	John Stauffer	11:41	5.	Buzz Sawyer	8:53:15
6.t	Guy Whidden	11:41	6.	Craig Caplan	9:24:20
8.t	Gary Eyler	13:01	7.t	Donna Aycoth	9:45:15
8.t	Dave Fryer	13:01	7.t	Bill Walls	9:45:15
8.t	Joe Bowman	13:01	7.t	Duane Barnhart	9:45:15
<u>1967</u>			10.t	James Draper	10:21:25
1.t	James Ebberts	10:03:40	10.t	Shane Hutton	10:21:25
1.t	Buzz Sawyer	10:03:40	<u>1971</u>		
1.t	Wayne Vaughn	10:03:40	1.	Elton Horst	6:15:42
4.t	Leo Henry	11:16:00	2.	Sam Holland	7:42:03
4.t	John Stauffer	11:16:00	3.t	Les Mentzer	7:56:14
6.	Lloyd Hawkins	12:28:35	3.t	Allen Smith	7:56:14
7.t	Goodloe Byron	13:23:35	5.	Jim Harrison	8:39:01
7.t	Guy Whidden	13:23:35	6.	Bill Walls	8:39:59
9.	Richard Smith	14:29:20	7.	Craig Caplan	8:41:22
10.	James Dobbie	14:29:23	8.	Ronnie West	8:46:55
			9.	Doug McAbee	8:50:50
			10.	Arthur Carey	9:04:20

TOP TEN FINISHERS EACH YEAR

1972

1.	Park Barner	6:29:27
2.	Gene Schultz	6:41:11
3.t	Wayne Vaughn	7:12:02
3.t	Jim Harrison	7:12:02
5.	Tom Ward	7:40:14
6.	Edwin Jerome	8:16:06
7.	Marty Greenbaum	8:19:38
8.	Leo Richard	8:20:51
9.	Bill Jackson	8:21:19
10.	John Devlin	8:28:40

1977

1.	Ed Ayres	6:04:01
2.	Karsten Schulz	6:16:25
3.	Bruce Nystrom	6:20:18
4.	John Hess	6:22:30
5.	Kerry Green	6:22:30
6.	Tom Kirk	6:26:48
7.	Peter Monahan	6:28:59
8.	Phil Bishop	6:41:08
9.	Bill Lawder	6:56:07
10.	Mike Spinnler	6:57:54

1973

1.	Max White	5:55:30
2.	Rick Warren	6:12:20
3.	Park Barner	6:23:53
4.	Steve Yates	6:53:13
5.	Edwin Jerome	6:53:13
6.	James Ebberts	7:08:42
7.	Bill Jackson	7:16:56
8.	Bill Dower	7:17:43
9.	Leo Richard	7:24:50
10.	Bob Spousta	7:27:35

1978

1.	Phil Bishop	6:14:59
2.	Bill Lawder	6:20:51
3.	Ed Ayres	6:28:04
4.	Bruce Nystrom	6:29:23
5.	Fred Savitz	6:34:30
6.	Don Marvel	6:40:03
7.	Mike Adams	7:07:06
8.	Bob Stack	7:11:37
9.	Larry Swanson	7:26:23
10.	Courtland Howard	7:26:55

1974

1.	Max White	6:06:19
2.	Park Barner	6:27:19
3.	George Stewart	6:28:58
4.	Karl Robinson	7:33:50
5.	Bill Dower	7:36:46
6.	Don Muffley	7:50:13
7.	Gary Naugle	8:06:27
8.	John Devlin	8:11:13
9.	Andy Nebesny	8:12:31
10.	Bob Leache	8:13:40

1979

1.	Bill Lawder	6:08:54
2.	Bruce Nystrom	6:17:44
3.	Phil Bishop	6:21:08
4.	John Hess	6:22:28
5.	Bob Harper	6:35:28
6.	Mike Adams	6:42:34
7.	Robert M. Stack	6:42:34
8.	Warren Ohlrich	6:53:16
9.	Peter Monahan	6:56:34
10.	Dave Lapham	7:03:09

1975

1.	Angelo Gioiosa	6:27:58
2.	Pat Gill	6:31:39
3.	Bruce Nystrom	6:35:44
4.	Ed Jerome	7:00:43
5.	Steve Molnar	7:03:07
6.	Peter Monahan	7:09:37
7.	Ed Ayres	7:14:49
8.	John Kendall	7:24:57
9.	Dave Kaiser	7:25:46
10.	Doug Laird	7:30:14

1980

1.	Daniel J. Brannen	6:14:02
2.	Bill Lawder	6:22:54
3.	Dave "Benny" Benford	6:28:51
4.	Don Marvel	6:32:01
5.	John L. Hess	6:34:35
6.	Charles W. Miller, III	6:48:49
7.	Scott Maxwell	6:59:06
8.	Gregory L. Murphy	7:00:28
9.	Richard P. Sawyer	7:03:11
10.	Al Byrnes	7:05:31

1976

1.	Pat Gill	5:59:28
2.	Bruce Nystrom	6:28:52
3.	Angelo Gioiosa	6:30:49
4.	Michael Hill	6:54:14
5.	Jim Patterson	7:07:34
6.	Karsten Schulz	7:08:41
7.	Peter Monahan	7:09:08
8.	Park Barner	7:11:14
9.	Tom Hamilton	7:21:01
10.	Doug Allen	7:23:04

1981

1.	Scott Miller	6:13:56
2.	Bill Lawder	6:19:59
3.	Don Marvel	6:22:04
4.	Paul Jost	6:23:21
5.	Dave "Benny" Benford	6:28:06
6.	John L. Hess	6:35:47
7.	Ron Bomberger	6:41:29
8.	Greg Shank	6:45:35
9.	Scott Maxwell	6:53:20
10.	Jim Freim	7:04:24

THE DAILY MAIL, Hagerstown, Md.
Friday March 29, 1963

C. V. Athletic Club Plans 50-Mile Hike On Saturday

In the spring, a young man's thoughts used to turn to baseball. Gradually they somehow switched to women but now all minds appear preoccupied with that peculiar sport of hiking.

Ever since President Kennedy expressed his delight at this crazy fad, there have been hikes over astounding distances, through the strangest places and for the oddest reasons. Hiking is now done instead of stuffing one another in a phone booth or putting yourself through the dryer at the town laundry.

For local track buff Buzz Sawyer and 14 other "youths" hiking is the sole word this weekend. The ageless Sawyer and his Cumberland Valley Athletic Club group are planning a pleasant 53 mile stroll tomorrow over the Appalachian trail and they plan to complete the trip in a day.

The group will leave tomorrow morning from Boonsboro High School at the refreshing hour of 6 a.m. They say they'll arrive back at St. James School between 6 p.m. and 7 p.m.

In order to accomplish this, the boys are going to have to keep up a steady pace at better than four miles per hour. Cars will meet the group at various places along the way in the event that some would actually rather ride than walk.

Sawyer anticipates no dropouts as the group has been training for the grind for some time now. "All of the boys are supposed to be in good shape," says Sawyer, "and that's what I intend to find out. This should be a good test for them."

Sawyer hinted that when the group arrives at St. James, there may be a leisurely mile run around the track just to soften up some of the blisters.

The main reason behind this hike, according to Sawyer, is a simple matter of conditioning to break up the routine of every day training.

The CVAC will travel very light, carrying only an adequate supply of band aids and perhaps a sandwich or two. While all will certainly eat it's doubtful whether they will stop in any one place too long for fear they may not be able to get up again.

Buzz doesn't advocate any special kind of shoe for the journey. "A comfortable walking shoe is enough," he says.

After the start at Boonsboro, the group will walk along Route 49 A. and pick up the Appalachian trail. From there, it's over to Harpers Ferry, then along the C. & O Canal trail to Downsville where it's just a breeze to St. James. It sounds easy enough for any straggler that might wish to tag along.

In addition to Sawyer, the hikers include Steve Costion, Curtis Mason, Rick Kephart, James Ebberts, Wayne Vaughn, Dave Henson, Rick Miller, Don Poper, Gary Brown, Bob Ezolt, Ralph Tracy, Ezolt and Eyer are high school students.

Buzz is the only one who has had any previous hiking experience and that was years ago when he took a tiny 25 mile jaunt from Raleigh to Durham, North Carolina.

The possibility of flooding had caused some concern but that has practically been eliminated now and the only threat is rain. If the latter arrives, the group is undecided on what to do. Sawyer noted that he would like to get the hike in this weekend because most of the boys start the high school track season next week.

All the hikers will probably make it through the long journey but it isn't likely that any of them will be seen on the streets tonight.

OUR ANCESTORS

by Quincy



"I realize, Lewis, that President Jefferson is a physical fitness enthusiast, but to expect us to take this 8,000-mile hike . . ."

THE MORNING HERALD, Hagerstown, Md.
Monday, April 1, 1963

CVAC 50 Mile Hike

Hikers Limp In Saturday; Only Four Complete Trip

Only four of the 11 starters made it through the grueling CVAC 51-mile hike Saturday, a tired but happy Buzz Sawyer reported yesterday. Sawyer, organizer of the CVAC, was one of those that made it.

Steve Costion, Rick Miller and James Ebberts were the other three that completed the trip and ironically, all had reasons not to. Costion has been having foot trouble, Miller is only 15 years old and Ebberts had two teeth pulled the day before. Sawyer, of course, is no youngster any more but he demonstrated that age is no barrier when it comes to hiking.

The group left on schedule at 6 a.m. from Boonsboro High and completed the trip in 13 hours and 10 minutes. One hour and 16 minutes were spent for food

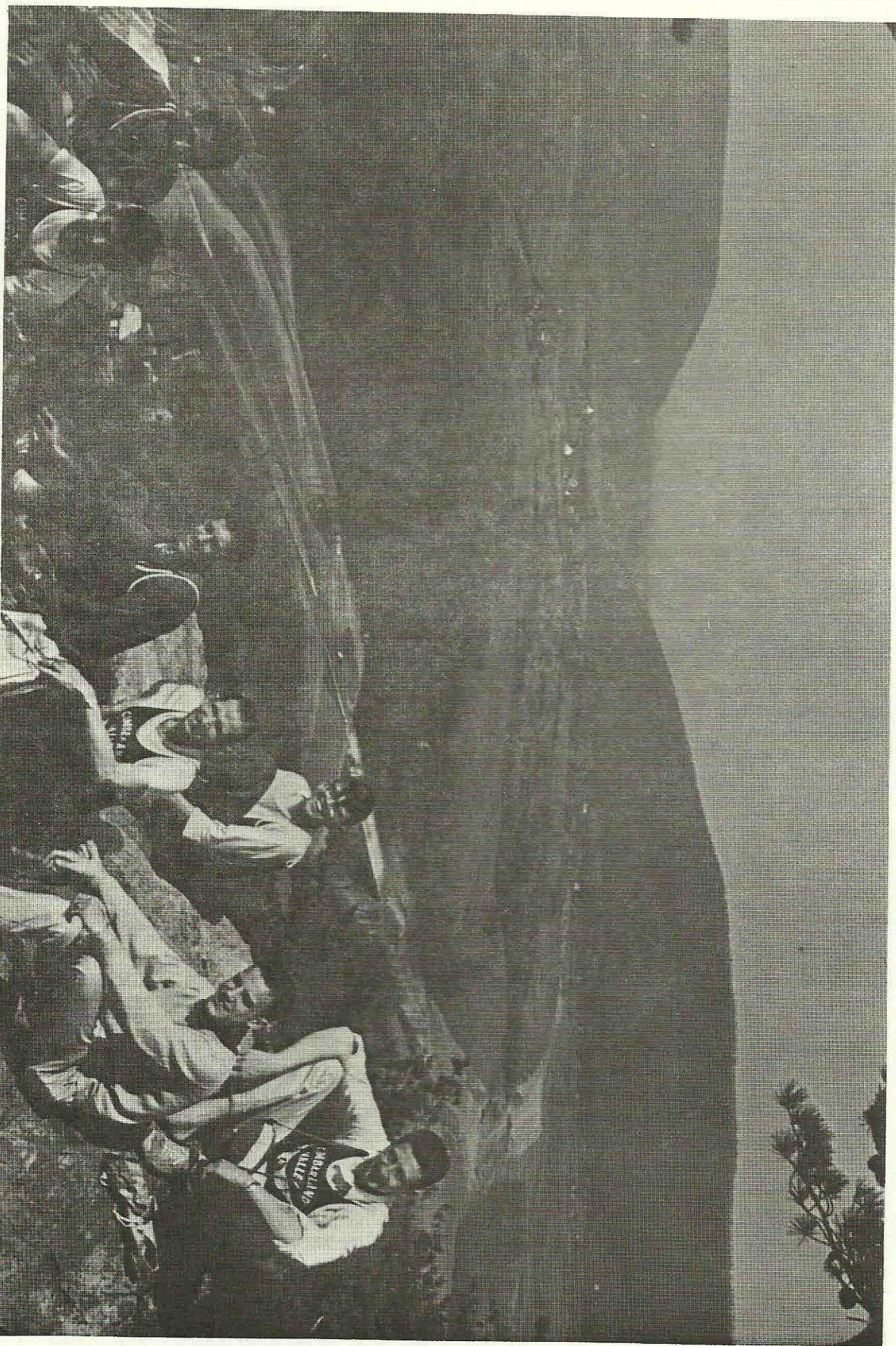
walking time was 11 hours and 54 minutes which averages out 4.29 miles per hour.

Gary Eyer, Russ Putnam, Don Poper and Dave Henson completed 42.9 miles of the trip but were forced to drop out due to sheer fatigue.

Rick Kephart, Wayne Vaughn and Doug Fryer fell behind immediately and decided to take side route. They eventually finished the hike but walked nine miles less than the others.

It was dark when the boys arrived at St. James and Sawyer decided to call off a mile run around the track.

Sawyer displayed several shapely blisters on his sore feet and said the club isn't planning any more hikes in the near future.

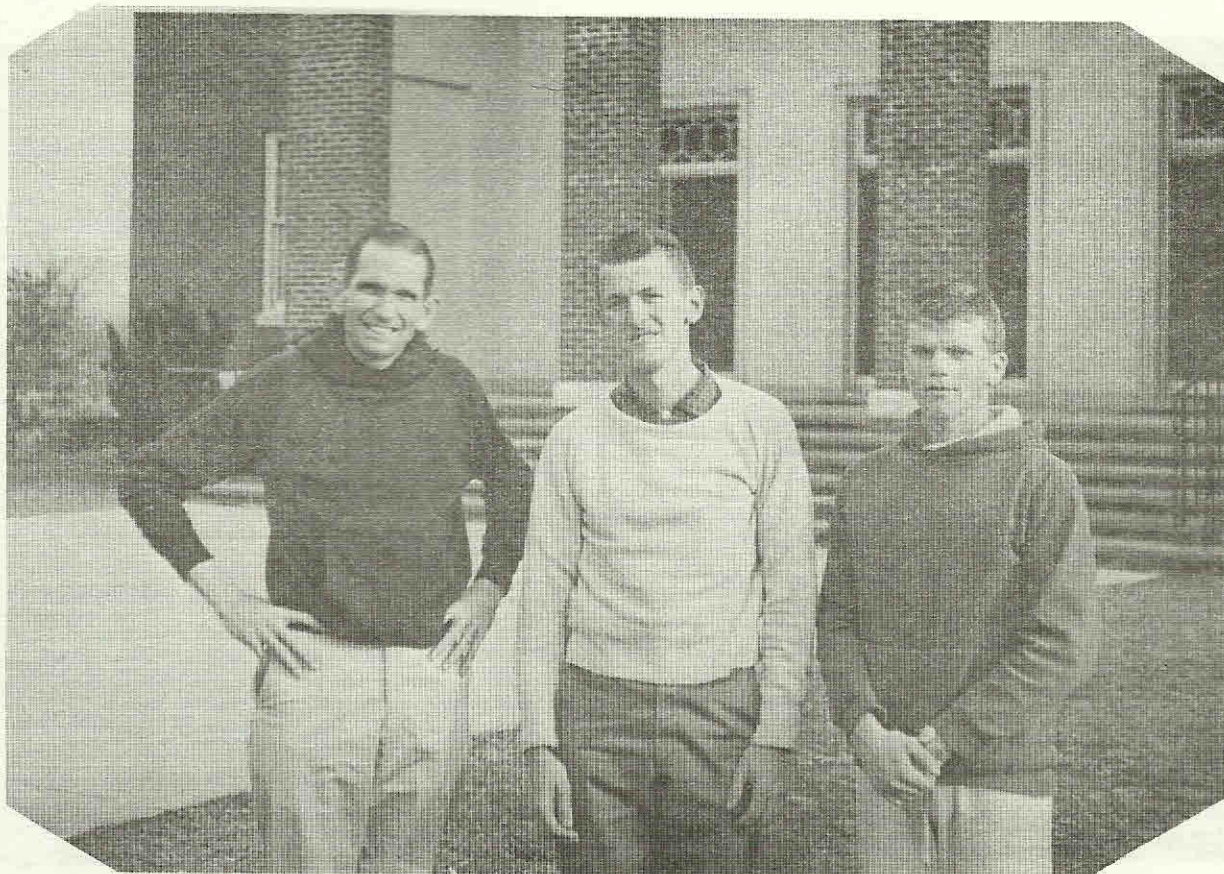


"IN THE BEGINNING"

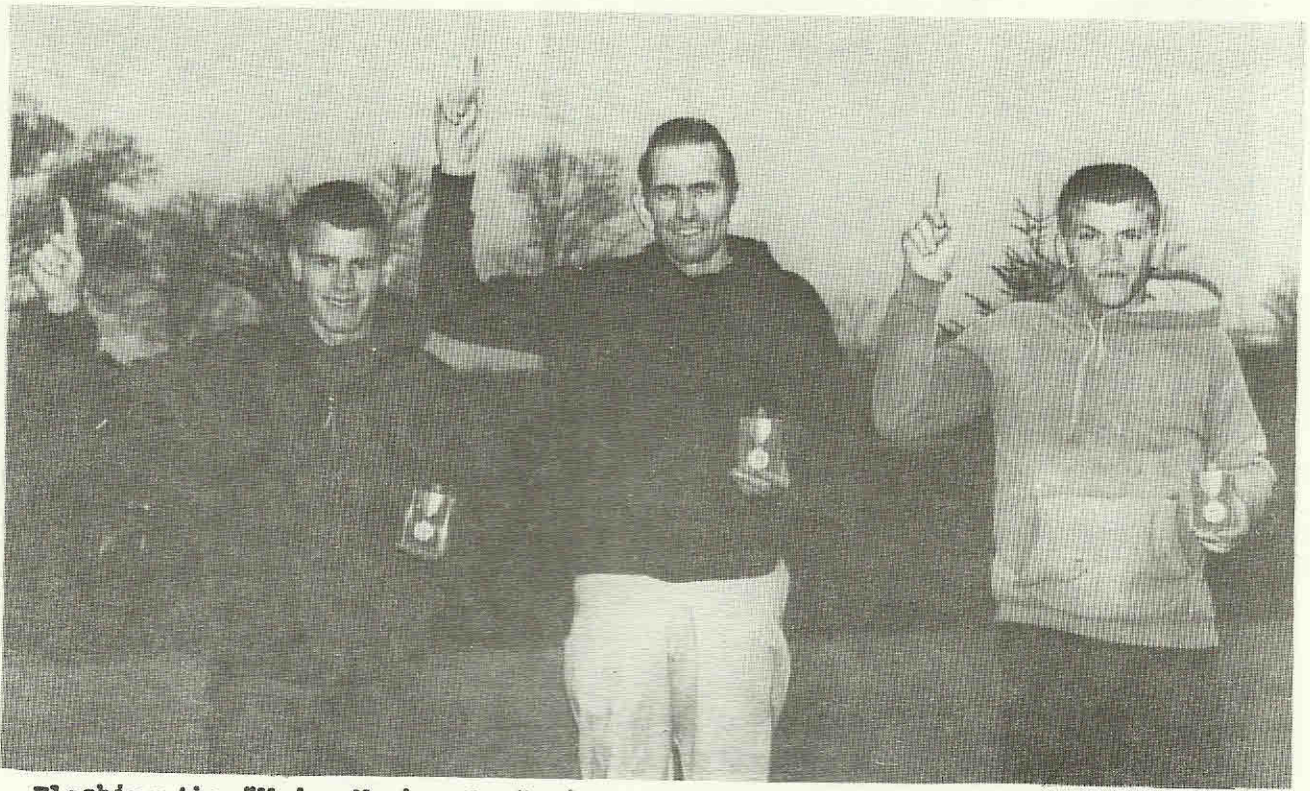
It's March 30, 1963, and six of the eleven starters in the first JFK-50 take a break at the Weverton Cliffs' scenic overlook. Left to right are James "Big E" Ebberts, Russ Putnam, Donnie Poper, Buzz Sawyer, Steve Costion, Dave Henson, and Rick Miller. Ebberts, Sawyer, Costion, and Miller completed the 50.2 mile course together in 13 hours, 10 minutes to become the first conquerors of the rugged course over the Appalachian Trail and C&O Canal Towpath.



The 13:10 course record established last year fell to this trio on April 4, 1964. Left to right, Steve Costion, James "Big E" Ebberts, and Wayne Vaughn pause for a photographer along the Towpath before legging it to St. James in 12:33.



Standing near the finish line in front of the gymnasium at St. James School, left to right, are the 1965 co-winners, Buzz Sawyer, James "Big E" Ebberts, and Elton Horst. They went into the record book with a 10:39 clocking. This date in JFK-50 history was March 27, 1965.



Flashing the "We're Number One" sign after arriving at St. James School on March 26, 1966 are Kenny Baker, Buzz Sawyer, and Elton Horst. The record was again lowered but only to 10:21 as 10 hours began to take on the appearance of "The Barrier".



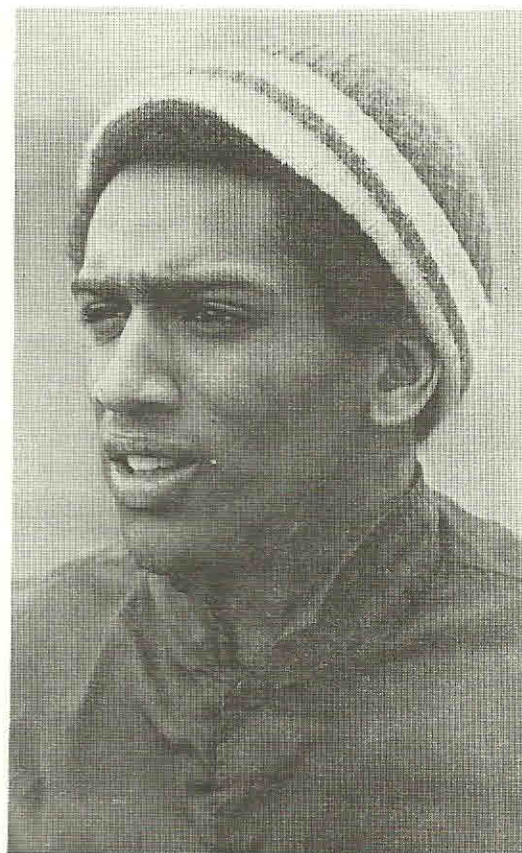
Continuing the trend of three in the winner's circle and displaying victors' medals as well as shapely blisters are, left to right, Buzz Sawyer, Wayne Vaughn, and James "Big E" Ebberts. Their time for the April 1, 1967 event was 10:03:40. A washout along the Towpath forced a detour that pushed the finish line back to the Downsville Pike.



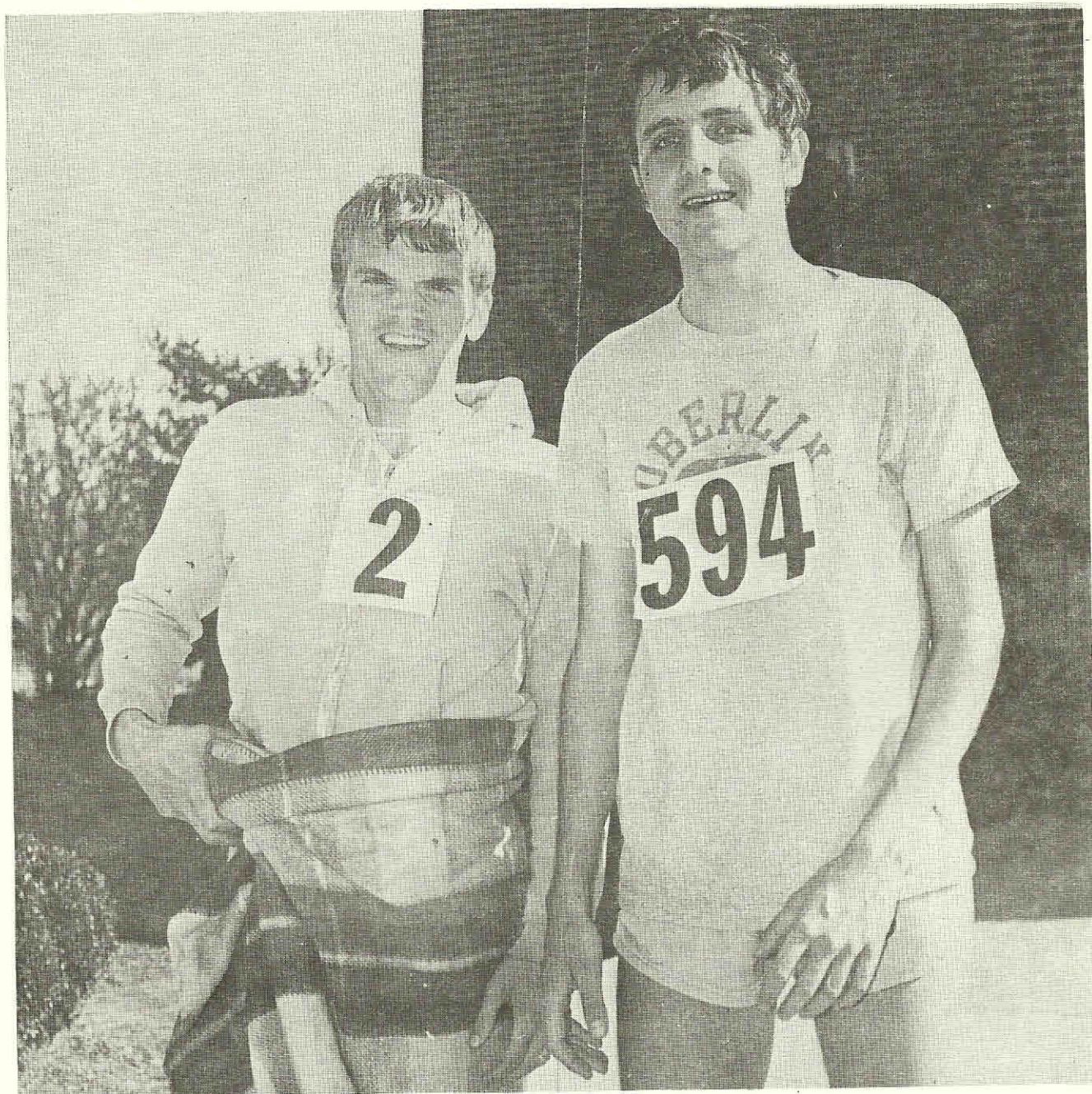
The first solo champion in the JFK-50 was Leo Henry shown awaiting the announcement of his winning time at St. James. Henry trimmed 88 seconds off the mark set by the 1967 victors with a 10:02:12. The March 30, 1968 date was made more memorable when Donna Aycoth finished in a tie for second place to become the first woman in the event's six year history to reach the finish line. Her time was 10:41:15.



"What's this 10-hour barrier nonsense?" says James "Big E" Ebberts (left) and Baxter Berryhill (right) as their 8:32:04 leaps over the 9-hour hurdle as well. The record wreckers toured the horseshoe-shaped course from Boonsboro High School to St. James School in tandem on March 29, 1969.



The smile of victory replaces the agony of "de-feet" for Baxter Berryhill as his 7:21:25 gives the 8-hour barrier only a one year existence. Berryhill was pushed to the new mark by Chambersburg's Arnie Kelly who was also inside the old record. The 1970 JFK-50 chase was held on April 4th.



The hour a year record improvement continued for the third straight year as Elton Horst of Greencastle, Pa. stunned veteran JFK-50 observers with a 6:15:42 clocking on April 3, 1971. Horst, pictured on the left, poses near the finish line with runner-up Sam Holland of Ohio's Oberlin College. Today, 11 years later, Elton's remarkable run has been improved upon by only 20 minutes, 12 seconds, and was considered a quality performance on a national basis for ultras of the day.



Park Barner of Enola, Pa., who has tried every distance challenge in the world except an equatorial lap around the planet Earth, is the March 25, 1972 JFK-50 victor. Barner was clocked in 6:29:27 with Winchester, Va. native Gene Schultz getting a 6:41:11 in second place. Barner and Schultz thus joined Horst as the only runners to beat 7 hours over the JFK-50's first 10 years.



Photo by Richard Darcey

"A MAGIC MOMENT TO REMEMBER" -- MARCH 31, 1973

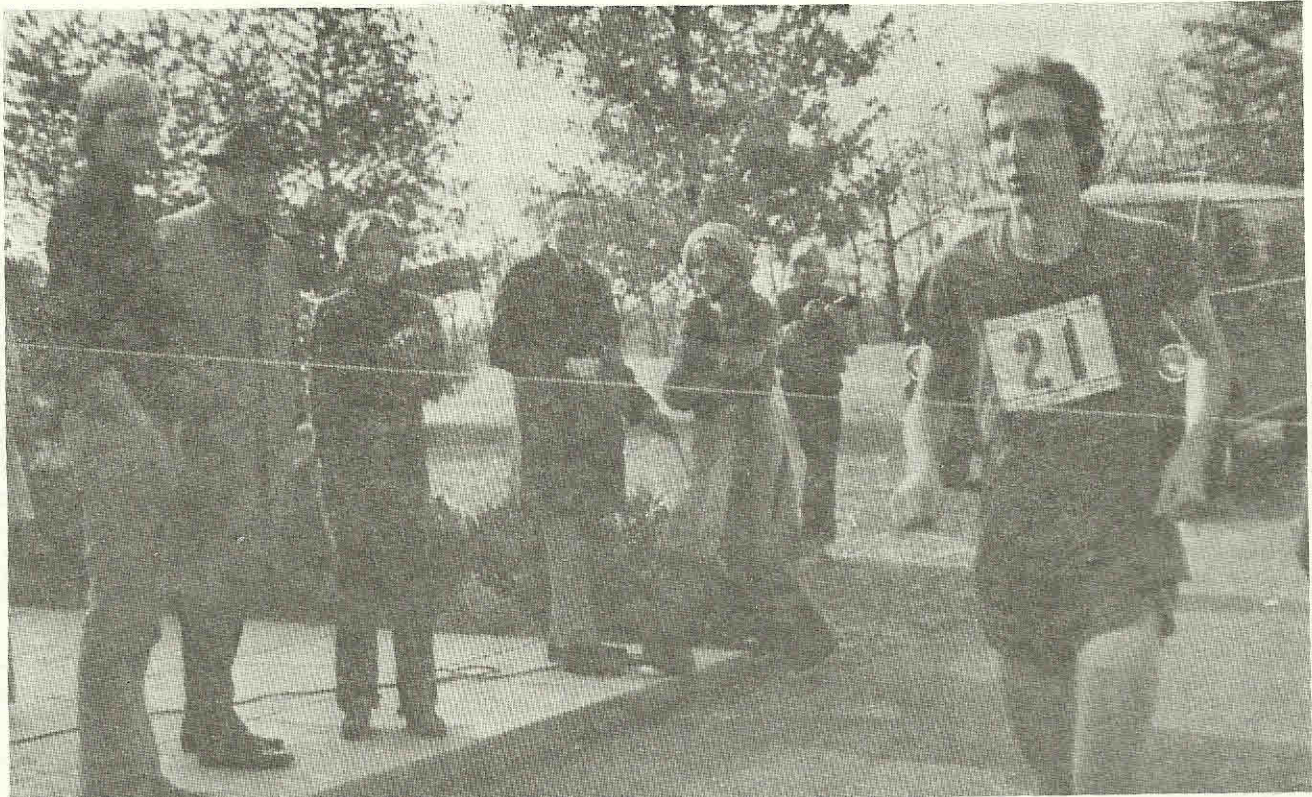
A young University of Virginia law student named Max White steps into the tape and into the JFK-50 record book. Leading a record field of 1,724 starters, the native of Boston, Mass., dipped under 6 hours with a 5:55:30 record-shattering run that still stands some 9 years later. With White showing them how, 672 others followed him across the finish line that day. Among them was Donna Aycoth winning the women's division for the 6th straight year with a record 8:26:07 performance. Donna's mark remained intact until the Sue Medaglia era began in 1977.



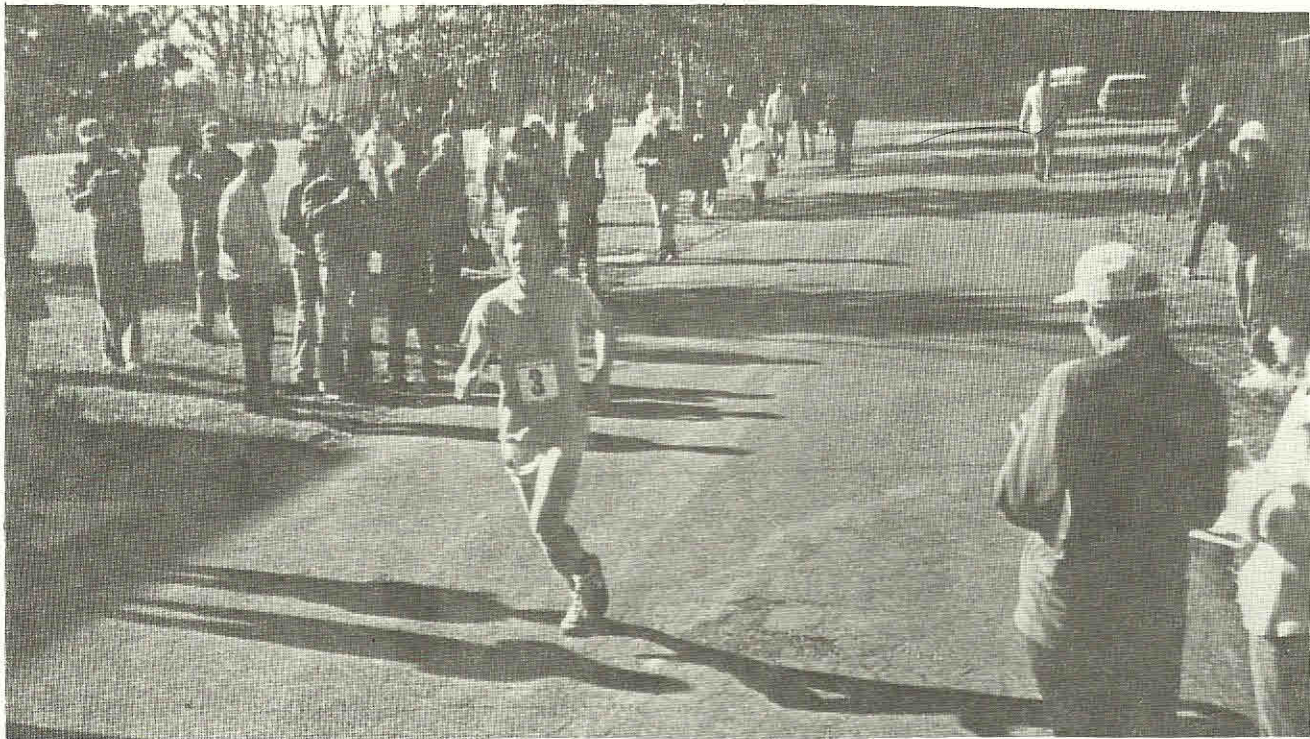
Any Almanac will show March 30, 1974 as occurring in the Spring which will get a heated argument from at least 1,355 people scattered around the U.S.A. They were the ones that showed up on that date at Boonsboro High School for the start of the 12th Annual JFK-50. Amidst freezing rain, cold, and a sea of mud, 225 of them battled hypothermia to record official finishes. The victor was again Max White shown here framed through a fence on the Downsville Pike by photographer Steve Sagi. His 6:06:19 under the horrible conditions is regarded by every knowledgeable follower of the JFK as vastly superior to his record 5:55:30 in 1973. White's back-to-back victories were the last repeat triumph in the JFK-50.



After getting a surprise from the weatherman in the spring of 1974, the JFK-50 shifted to the fall in 1975. This time a surprise was provided by the winner, an unheralded school teacher from Altoona, Pa. who proved you don't have to impress the seeding committee to win the race (note his unseeded 623 number). His name was Angelo Gioiosa, and his surprise triumph that November 15th afternoon was logged in the JFK-50's list of champions alongside a 6:27:58 clocking. A Virginia Tech. senior named Pat Gill closed fast for second in 6:31:39, but much more was to be heard from him a year later.



It was one minute before high noon on November 20, 1976 when 22-year-old Pat Gill, a high school teacher from Richmond, Va. checked into Dam #4. His 4 hour 59 minute time at that 42-mile juncture was a record and opened the door for an assault on Max White's 5:55:30 mark. Battling all alone against the clock over the final 8 miles, Gill fell a trifle short but did record 5:59:28 that remains today as only the second tour of the JFK-50 course in less than 6 hours. Bruce Nystrom, also a teacher and also from Richmond, Va. was the second place finisher with a 6:28:52.



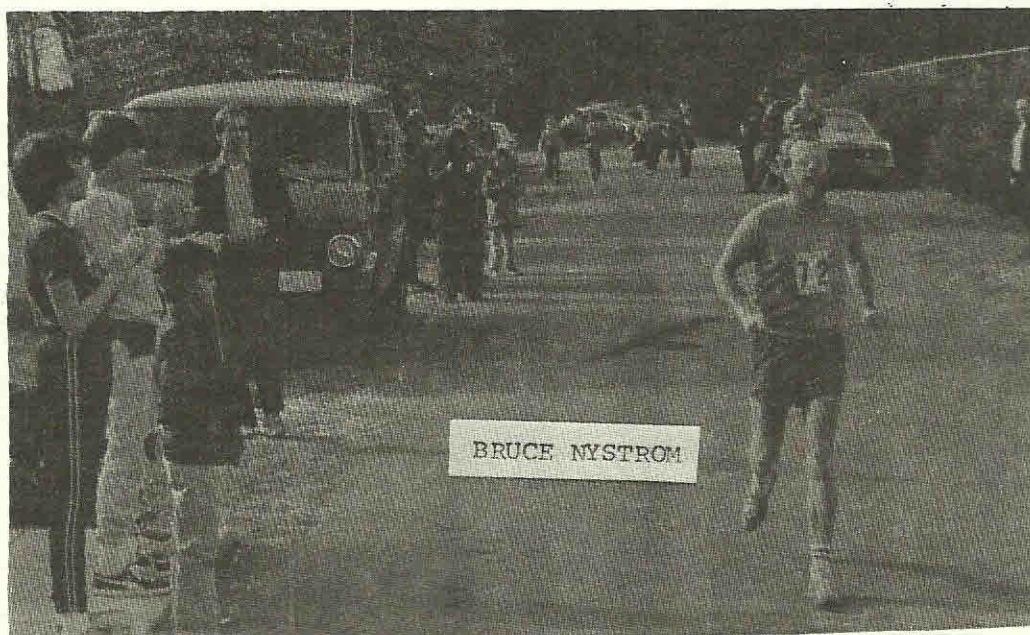
Ed Ayres had a problem the day after the November 19, 1977 edition of the JFK-50. As editor of Running Times magazine, Ayres was fully aware that his responsibility as a journalist was to focus most of his ink on the winner of the race. His problem was twofold. First, Ed Ayres is a very modest man, and second, the victor in the JFK-50 was a chap named Ed Ayres. For Ayres, the JFK-50 course was no problem at all as he is shown gliding to the finish line in 6:04:01, which stands today in the number 3 spot on the all-time list. 1977 also saw the beginning of the Sue Medaglia era. Arriving from The Bronx, N.Y., Sue's 8:19:07 Women's record was the first of her three straight record-breaking JFK-50 runs.



Phil Bishop, an ROTC instructor at Virginia Military Institute, is shown accepting the first Goodloe E. Byron Memorial trophy from the late Congressman's wife, Beverly. The JFK-50 championship trophy was named in Byron's honor after his death only 38 days prior to the November 18, 1978 running of the 16th Annual JFK. Byron completed the JFK-50 on six occasions while his son, Kim, is the current Dean of the "500 Mile" Club with 14 completions. Bishop, 8th in 1977, held off Bill Lawder of Hopewell, N.J. with a 6:14:59 performance to the 6:20:51 recorded by Lawder in his JFK debut. Bishop is one of two former champions entered today.



Bill Lawder trails defending champion Phil Bishop as they duel along the towpath on November 17, 1979. However, Lawder went by Bishop and on to the fourth fastest time in JFK-50 history with a 6:08:54 triumph. Lawder thus matched Gill's one-year ascension from runner-up to champion. Lawder joins Bishop today to give the 1982 field two former champions in their fifth rematch. Bruce Nystrom gained 2nd place to complete a spectacular 5-year JFK-50 career that saw him twice finish 2nd, twice gain 3rd place, and have his lowest finish, a 4th place effort. His 6:17:44 behind Lawder remains today the record for Age 40 and over.





Mary Brannen aids her brother, Dan, with whistle wetting enroute to the Philadelphian's triumph on November 22, 1980. The University of Pennsylvania employee was the trail blazer to a new finish line at Springfield Middle School in Williamsport. Brannen was timed in 6:14:02 over the course that was subjected to it's first major change in the JFK-50's 18-year history. The change affected only the last four miles with the new route turning left at Downsville and on to Williamsport instead of proceeding straight ahead to St. James from Downsville. After a see-saw duel with Bill Lawder on the Towpath, Brannen charged up the hill from Dam #4 and on to victory.



Scott Miller strides into Williamsport a winner on November 21, 1981 after surviving the only duel along Dam #4 Road in the 19 JFK-50's. The Cincinnati, Ohio entry reached Dam #4 (42 miles) with a minute to spare over perennial JFK contender Bill Lawder. However, at Shaffer Road (44½ miles), Lawder had forged ahead and was widening his narrow advantage. But Miller fought back and on reaching Downsville (46 miles) he had wrestled the lead from Lawder, this time for keeps. Miller was clocked in 6:13:56 with Lawder's 6:19:59 gaining him his third runner-up award to go along with a victory and a 9th place finish in a sparkling 5 years in the JFK-50.

