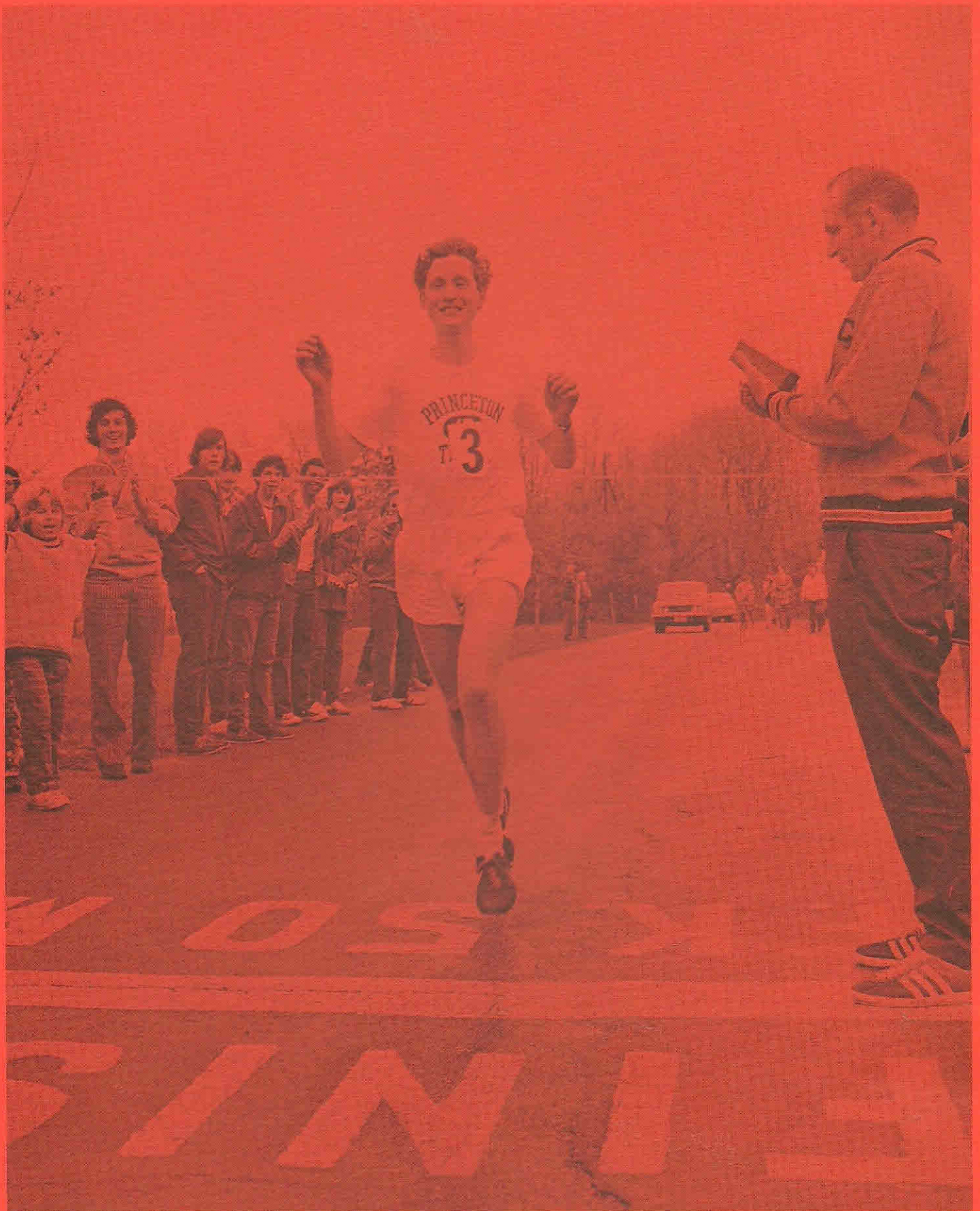




**Fourteenth Annual  
John F. Kennedy 50 Mile Hike/Run**

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

**Sponsored by  
The Cumberland Valley Athletic Club**

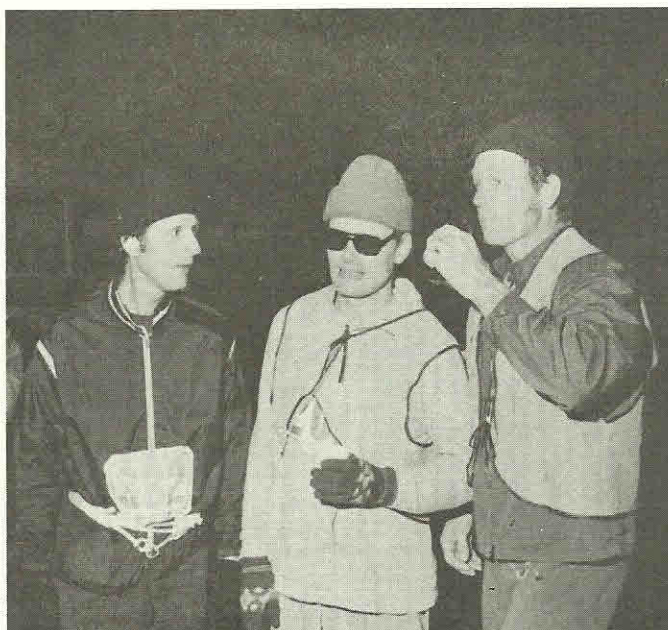


## RECORDS

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

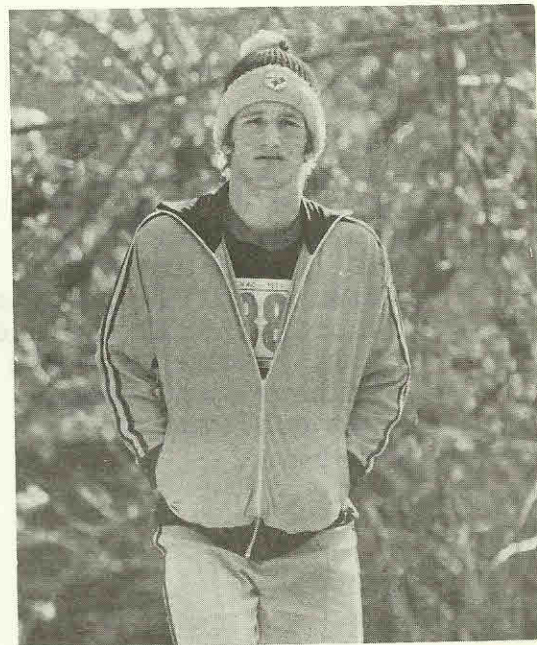
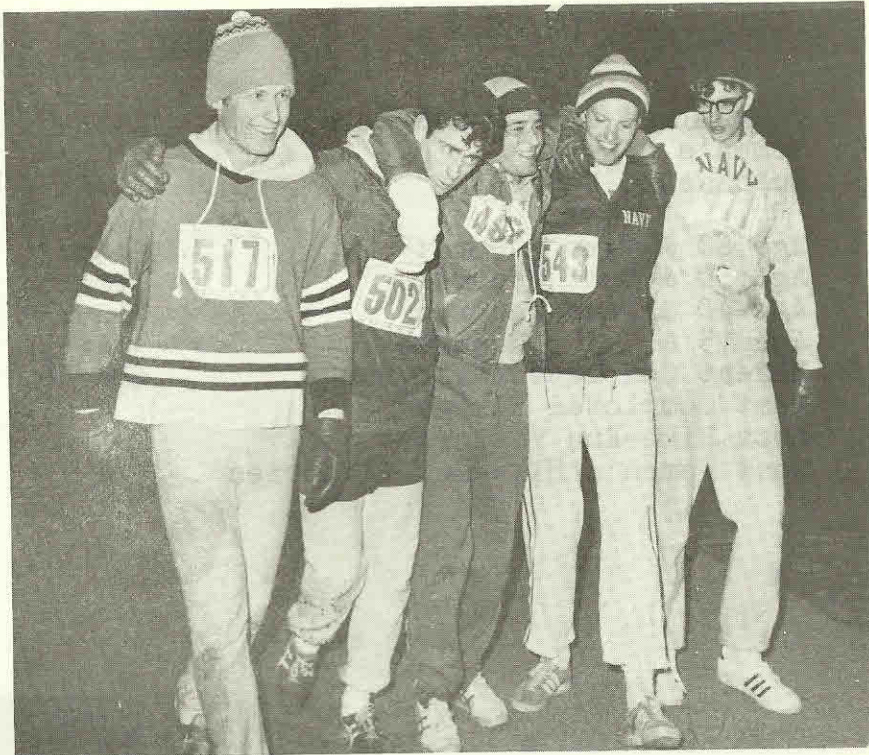
Washington Post  
photographer Richard  
Darcey captures Max  
White's expression at  
the exact moment of  
his record breaking  
triumph in 1973. White's  
record 5:55:30 was and  
still is the only sub  
six hour performance  
ever achieved in the  
JFK-50.



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



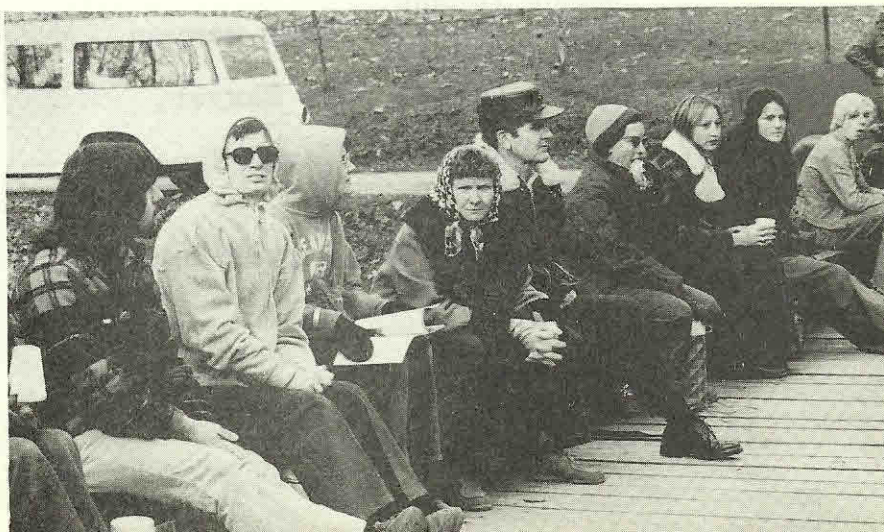
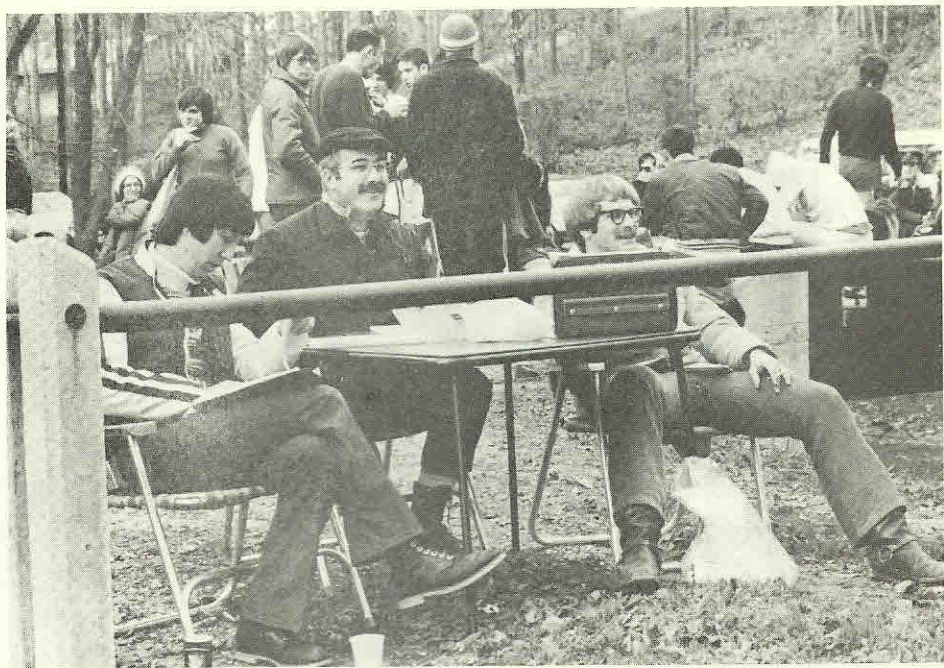
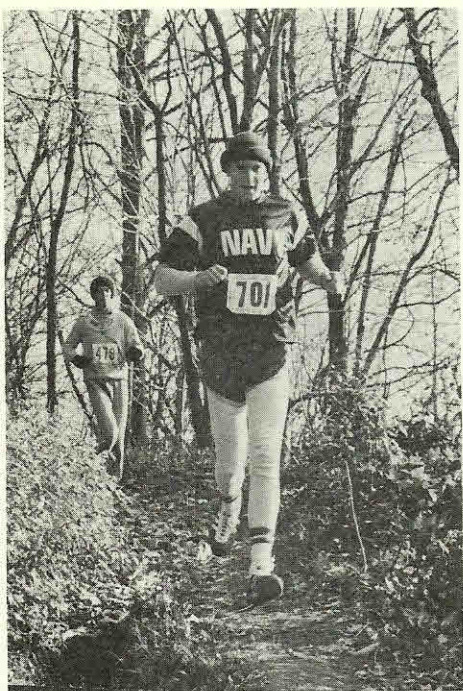
Faint, illegible text in the bottom right corner of the page.



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



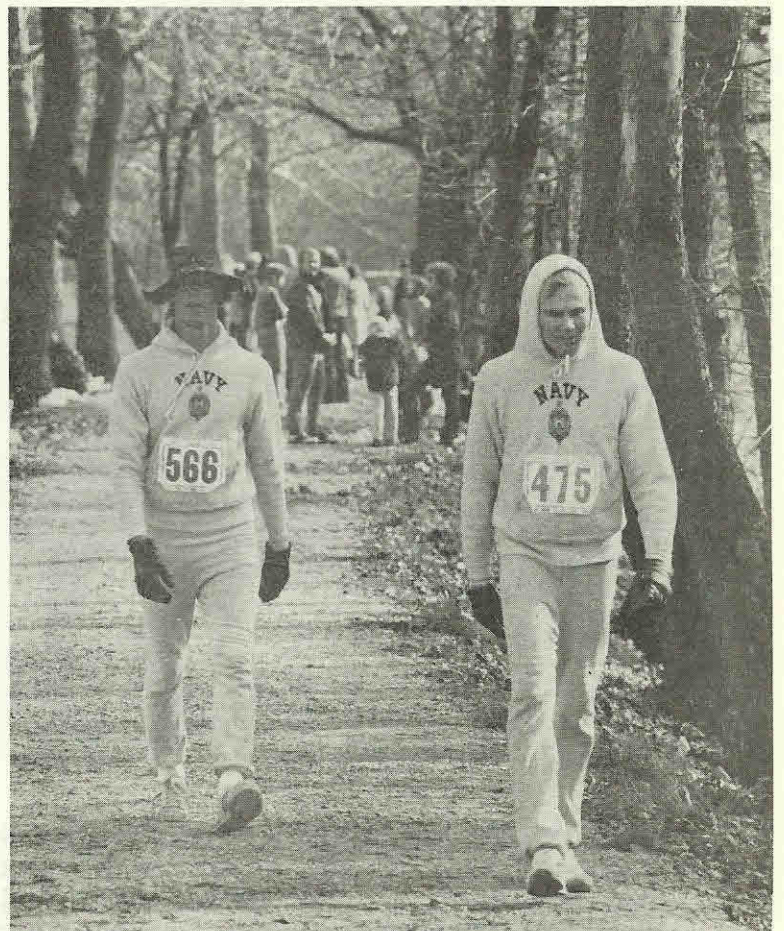
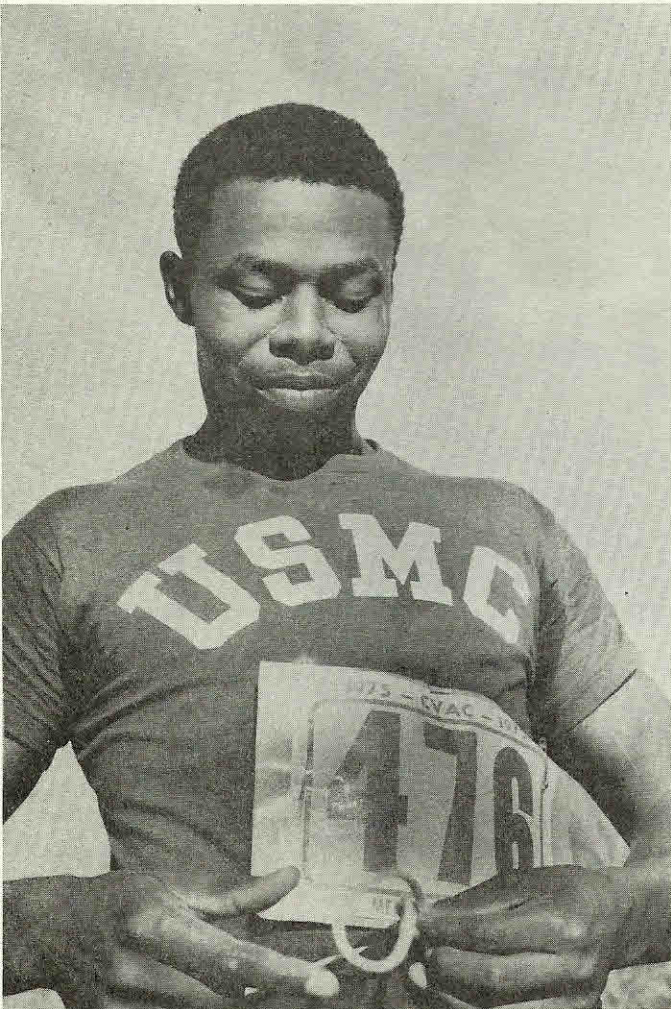
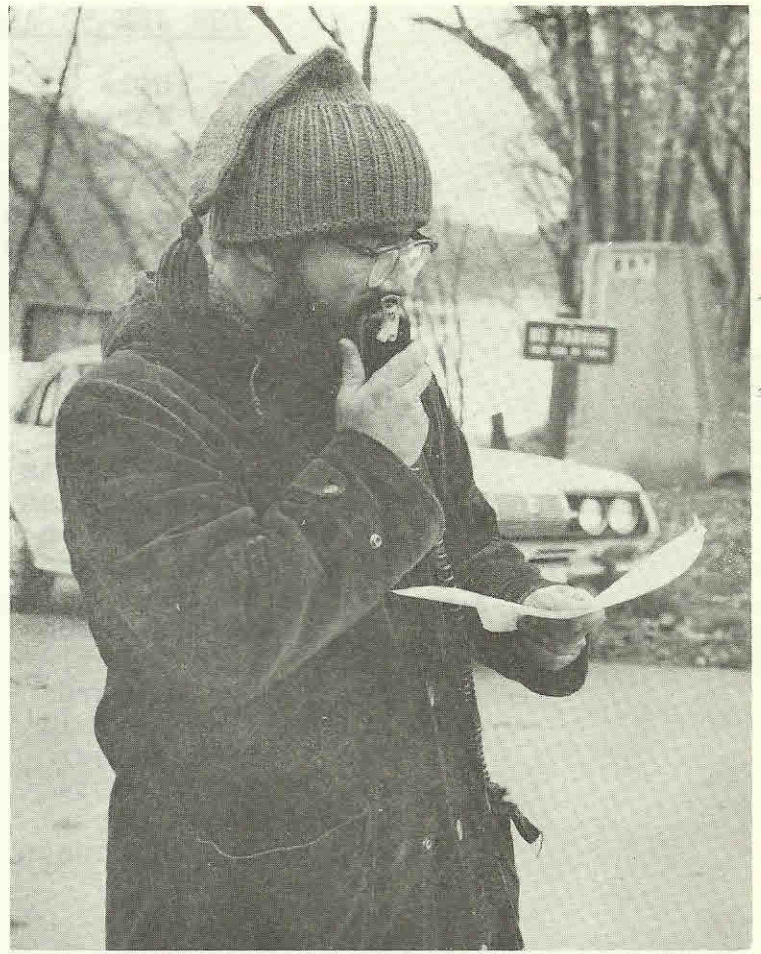
THE JFK-50 ALL-TIME TOP 25

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

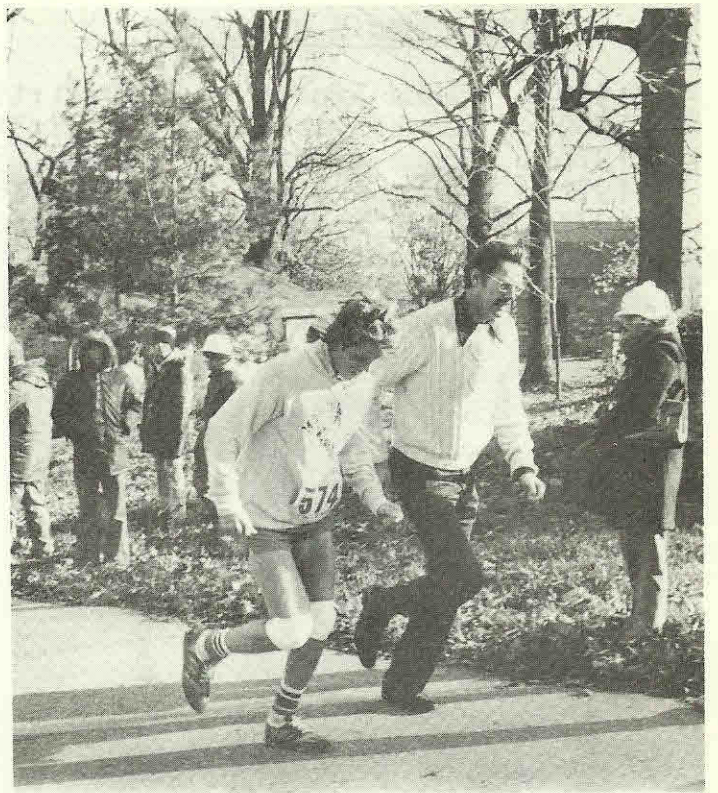
DONNA AYCOTH  
1968-69-70-71-72-73 Champion



MARTHA HAUVER  
1975 Victor

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



"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.

