



\$2.00

November 20, 1993

The Cumberland Valley Athletic Club

Proudly Presents

The 31st Annual John F. Kennedy 50 Mile

America's Oldest Ultramarathon Since 1963

The Tradition Continues



April 4, 1970 — Buzz Sawyer having just finished 5th in a personal best 8:53:15, reacts to hearing that Baxter Berryhill (left) established a then course record 7:21:25 in winning the 8th Annual JFK 50 Mile. The 65 year-old Sawyer who established the JFK and directed it's first 30 years is a possible participant in today's field after a 23 year hiatus.

PowerBar[®]
ATHLETIC ENERGY FOOD
Fuel for Optimum Performance[®]

THE CUMBERLAND VALLEY ATHLETIC CLUB
PROUDLY PRESENTS:

THE 31ST ANNUAL JOHN F. KENNEDY 50 MILE

MADE POSSIBLE BY THE SUPPORT OF:

WANTZ, DISTRIBUTORS
POWERBAR
HAMILTON PONTIAC, INC.
BRETHERN MUTUAL INSURANCE
TISCHER ASSOCIATES
CAVETOWN LIQUORS

AND THE ASSISTANCE OF:

THE NATIONAL PARK SERVICE
MARYLAND STATE PARKS
MARYLAND NATIONAL GUARD
THE APPALACHIAN TRAIL CONFERENCE
CHAMBERSBURG ROAD RUNNERS CLUB
ANTIETAM RADIO ASSOCIATION
BOONSBORO HIGH SCHOOL
SPRINGFIELD MIDDLE SCHOOL

AS WELL AS ALL THE MANY UNSELFISH PRIVATE CITIZENS WHO
VOLUNTEER THEIR TIME TO MAKE THE GREAT TRADITION OF
"AMERICA'S OLDEST ULTRAMARATHON" POSSIBLE

JFK 50 MILE STATISTICAL DATELINES

	Starters	Finishers	Percentages
March 30, 1963	11	4	36%
April 4, 1964	16	7	44%
March 27, 1965	20	18	90%
March 26, 1966	59	11	19%
April 1, 1967	19	12	63% (80 degree temperatures)
March 30, 1968	36	17	47%
March 29, 1969	151	40	26%
April 4, 1970	274	74	27%
April 3, 1971	589	150	25%
March 25, 1972	1,075	307	29%
March 31, 1973	1,724	673	39% (Largest Ultra in U.S. history)
March 30, 1974	1,355	225	17% (Low 30's and freezing rain)
Nov. 15, 1975	623	344	55%
Nov. 20, 1976	542	369	68%
Nov. 19, 1977	483	326	67%
Nov. 18, 1978	379	293	77%
Nov. 17, 1979	405	312	77%
Nov. 22, 1980	367	294	80%
Nov. 21, 1981	322	269	84%
Nov. 20, 1982	349	276	79%
Nov. 19, 1983	355	291	82%
Nov. 17, 1984	272	234	86%
Nov. 23, 1985	292	243	83% (Canal a quagmire from flood)
Nov. 22, 1986	247	198	80%
Nov. 21, 1987	289	221	76% (w.c.f. of -15 degrees at start)
Nov. 19, 1988	298	230	77%
Nov. 18, 1989	351	288	82%
Nov. 17, 1990	364	312	86%
Nov. 23, 1991	354	310	88%
Nov. 22, 1992	353	298	85%
Nov. 20 1993	----- 31st Annual JFK 50 -----		

JFK 50 MILE HISTORY MAKING FIRSTS

First JFK 50 Starting Field:	Steve Costion James Ebberts Gary Eyer Doug Fryer Dave Henson Rick Kephart Rick Miller Donnie Poper Russ Putnam Buzz Sawyer Wayne Vaughn	1963
First Women To Start In The JFK 50:	Mary Chafey Laura Cyr Diane Detering Linda DeLauder Sally Keadle Jennifer Moser Jackie Teague	1966
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 Blind Runner To Finish The JFK 50:	Tom Rothrock	1975
First U.S. Congressman To Finish The JFK 50:	Goodloe Byron	1971
First Canadian To Finish The JFK 50:	Dr. John Kendall	1975
First Member Of The "250 Mile" Club:	Buzz Sawyer	1968
First Woman Member Of The "250 Mile" Club:	Donna Aycoth	1972
First Member Of The "500 Mile" Club:	Kim Byron	1977
First Woman Member Of The "500 Mile" Club:	Carolyn Showalter	1988
First Member Of The "750 Mile" Club:	Kim Byron	1982
First Members Of The "1000 Mile" Club:	Mike Adams Kim Byron	1988 1988
First With Finishes in Four Decades: (1960's, 1970's, 1980's, & 1990)	Mike Adams Kim Byron Ed Glenn	

JFK 50 MILE RECORDS

JFK 50 MILE RECORD:	5:53:05	Michael Spinnler	1982
JFK 50 MILE WOMEN'S RECORD:	6:50:56	Teri Gerber	1984
HIGH SCHOOL RECORD:	6:16:25	Karsten Schulz	1977
AGE 70 & OVER RECORD:	10:22:21	Bob Boal (70)	1982
AGE 60 & OVER RECORD:	8:18:42	Roland Anspach (65)	1991
AGE 60 & OVER WOMEN'S RECORD:	11:50:03	Burnis Hicks (62)	1973
AGE 50 & OVER RECORD:	7:07:59	Bill Jackson (50)	1977
AGE 50 & OVER WOMEN'S RECORD:	8:54:53	Pat Botts (50)	1990
AGE 40 & OVER RECORD:	6:16:39	David Horton (40)	1990
AGE 40 & OVER WOMEN'S RECORD:	7:41:13	Sue Medaglia (44)	1979
AGE 15 & UNDER RECORD	7:46:54	Brad Vaughn (15)	1975
AGE 15 & UNDER WOMEN'S RECORD:	9:49:58	Valerie Hardin (11)	1973
ELDEST FINISHER:	AGE 77	Carl Llewellyn	1992
MOST FINISHES:	24	Mike Adams & Kim Byron	
MOST FINISHES BY A WOMAN:	14	Carolyn Showalter	
LONGEST FINISHER STREAK:	23	Cal Mahaney	1970-92
LONGEST WOMAN'S FINISHER STREAK:	11	Carolyn Showalter	1982-92
MOST VICTORIES	5	James Ebberts	
MOST WOMEN'S VICTORIES	6	Donna Aycoth	
WASHINGTON COUNTY RECORD:	5:53:05	Michael Spinnler	1982
WASHINGTON COUNTY WOMEN'S RECORD:	7:08:29	Laura Nelson	1992
FREDERICK COUNTY RECORD:	7:13:01	Ron Pace	1977
FREDERICK COUNTY WOMEN'S RECORD:	9:46:06	Barry Salisbury	1990
CANADIAN RECORD:	6:48:04	Chris Kelk	1989
CANADIAN WOMAN'S RECORD:	7:51:53	Ashley Evans	1992

JFK 50 MILE CHAMPIONS

1963	Steve Costion, James Ebberts, Rick Miller, Buzz Sawyer	13:10:-
1964	Steve Costion, 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	6:04:01
1978	Phil Bishop	6:14:59
1979	Bill Lawder	6:08:54
1980	Dan Brannen	6:14:02
1981	Scott Miller	6:13:56
1982	Mike Spinnler	5:53:05
1983	Mike Spinnler	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

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

TOP 20 PERFORMANCES IN JFK 50 HISTORY

1.	Michael Spinnler	5:53:05	1982
2.	Max White	5:55:30	1973
3.	Paul Jost	5:59:12	1982
4.	Pat Gill	5:59:30	1976
5.	Bill Lawder	6:03:51	1982
6.	Ed Ayres	6:04:01	1977
7.	Eric Clifton	6:06:09	1991
8.	White	6:06:19	1974
9.	Lawder	6:08:54	1979
10.	Spinnler	6:12:12	1983
11.	Rick Warren	6:12:20	1973
12.	Scott Miller	6:13:56	1981
13.	Dan Brannen	6:14:02	1980
14.	Phil Bishop	6:14:59	1978
15.	Elton Horst	6:15:42	1971
16t.	Bishop	6:15:53	1982
16t.	Joe Blackmon	6:15:53	1990
18.	David Horton	6:16:00	1985
19.	Karsten Schulz	6:16:25	1977
20.	Chris Gibson	6:16:29	1989

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.	Nelson	7:23:19	1991
6.	Carole Williams	7:28:39	1982
7.	Randi Bromka	7:30:30	1990
8.	Lorraine Gersitz	7:36:17	1991
9.	Carolyn Showalter	7:38:00	1991
10.	Nelson	7:39:36	1990
11.	Mary Hanudel	7:40:36	1983
12.	Sue Medaglia	7:41:13	1979
13.	Showalter	7:44:13	1990
14.	Showalter	7:46:04	1992
15.	Pat O'Brien	7:47:34	1984
16.	Showalter	7:48:13	1986
17.	Ashley Evans	7:51:53	1992
18.	Showalter	7:52:44	1989
19.	Bromka	7:53:06	1989
20.	Medaglia	7:53:37	1979

JFK 50 MILE ALL-TIME TOP 20 PERFORMERS

1.	Michael Spinnler	5:53:05	1982
2.	Max White	5:55:30	1973
3.	Paul Jost	5:59:12	1982
4.	Pat Gill	5:59:28	1976
5.	Bill Lawder	6:03:51	1982
6.	Ed Ayres	6:04:01	1977
7.	Eric Clifton	6:06:09	1991
8.	Rick Warren	6:12:20	1973
9.	Scott Miller	6:13:56	1981
10.	Dan Brannen	6:14:02	1980
11.	Phil Bishop	6:14:59	1979
12.	Elton Horst	6:15:42	1971
13.	Joe Blackmon	6:15:53	1990
14.	David Horton	6:16:00	1985
15.	Karsten Schulz	6:16:25	1977
16.	Chris Gibson	6:16:29	1989
17.	Bruce Nystrom	6:17:44	1979
18.	Jim Pellon	6:18:56	1984
19.	Wes Kessenich	6:19:08	1987
20.	Neil Wygandt	6:20:20	1982

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.	Carole Williams	7:28:39	1982
5.	Randi Bromka	7:30:30	1990
6.	Lorraine Gersitz	7:36:17	1991
7.	Carolyn Showalter	7:38:00	1991
8.	Mary Hanudel	7:40:36	1983
9.	Sue Medaglia	7:41:13	1979
10.	Pat O'Brien	7:47:34	1984
11.	Ashley Evans	7:51:53	1992
12.	Laura Perry	8:05:29	1986
13.	Margarete Deckert	8:11:29	1982
14.	Mitzi Henscheid	8:19:56	1982
15.	Gwen Goss	8:23:38	1991
16.	Shelia Burchett	8:25:58	1989
17.	Donna Aycoth	8:26:07	1973
18.	Sandy James	8:33:25	1991
19.	Noel Relyea	8:35:12	1990
20.	Susan Briers	8:37:34	1991