

# BROOKS®

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November 19, 1994

## The Cumberland Valley Athletic Club

*Proudly Presents*

### The 32st Annual John F. Kennedy 50 Mile

*America's Oldest Ultramarathon Since 1963*

The Tradition Continues



**March 30, 1974** — The lead pack passes through Boonsboro. Brutal weather (freezing rain and temperatures that never climbed out of the 30's) would allow only 225 of the 1,355 starters to finish this day. Amongst the leaders are pictured (from right to left) 1972 Champ Park Barner, 1976 Winner Pat Gill, the legendary Max White—the 1973 & '74 victor who's 5:55:30 is still number two on the All-time JFK 50 list—and Bill Jackson (CVAC Jacket) who's 7:07:59 50-and-over record has stood since 1977.

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THE CUMBERLAND VALLEY ATHLETIC CLUB  
PROUDLY PRESENTS:

THE 32ND ANNUAL JOHN F. KENNEDY 50 MILE

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

## "AVERAGE JOE" MAKES THE JFK A SPECIAL ANNUAL

WILLIAMSPORT--Standing in the dark and cold last Saturday evening at the 31st Annual JFK 50 Mile Ultramarathon, I had the pleasure to witness the amazing feats of your basic "Average Joe's" (and Jolina's) covering their final steps to the finish line of the traditional local endurance contest.

Traveling 50.2 miles of difficult terrain on foot in a 14 hour time limit is something less than .1 of 1% of the human population will ever accomplish. You'd expect the profile of these elite human beings to in the very-least include youth, "oodles" of God-Given physical abilities as well as the assistance of the latest technological innovations that have been applied to sports performance footwear.

Logically, that's what you'd expect. But what you get in reality are just ordinary folks who, for whatever their particular reason may be, accept the offered annual challenge and try to do something that has to be considered extraordinary by normal human standards.

There are the old, but don't be fooled by the gray, because these individuals are living proof of what the aging human body is actually capable of. Then there are the physiques, frames less than statuesque that you'd more often than not expect to find in the bleachers of an athletic gathering instead of in the arena itself. And the footwear of choice on some isn't exactly the what I'd describe as spaceage, that is unless you consider your basic Converse "Chucks" the latest in high-tech.

For sure they do not exactly fit the image that would form in most peoples minds if asked to imagine the type of human species members capable of traversing nearly double the standard marathon distance in a period of time around or just over half-a-day.

What makes these "Ordinary, Average Guys" (and Gals) unique is something that is undetectable to the eye. My theory is that it comes from in their souls, something from deep inside that makes the "impossible" possible. Something that makes the ridiculous necessary. Something that makes the challenge created by a 50 mile foot race too irresistible to ignore.

Whatever these individuals have as their motives for returning to the starting line in Boonsboro on the morning of the third Saturday in November each year is probably as varied as the colors of the rainbow. But as the annual JFK day progresses and eventually turns to night those still in search of Mecca (actually Springfield M.S. in Williamsport) the motivating theme appears to become more central, something along the lines of..."Because I must".

Most will accomplish their day's goal (this year 89% of the 373 starters -hailing from 27 different states, Washington, D.C. as well as Canada- finished within the 14 hour required time limit). Many will answer questions of themselves that the average person will never dare ask.

But why do they continue year after year to do it? The competition, the challenge, a love of the outdoors and simply moving through it? For some yes, but for others we will never truly know. Maybe we aren't capable of understanding it in the first place and in a way it's probably better left unknown.

Whatever the reasoning for this flocking to the area of these annual JFK'ers I hope they continue the yearly migration. For in a society where madness, mayhem and random violence are unfortunately almost daily occurrences it's refreshing at least one day a year to see on the front page news, a large mob of people "running wild" through our County's streets with feet -not bullets or bricks- a flyin' and our local men in blue on hand to control traffic instead of making arrests.

--Written by Mike Spinnler 11/23/93 (Reprinted by permission of the Herald-Mail Company)

## 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)	1991
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:	25	Mike Adams & Kim Byron	
MOST FINISHES BY WOMAN:	15	Carolyn Showalter	
LONGEST FINISHER STREAK:	24	Cal Mahaney	1970-93
LONGEST WOMAN'S FINISHER STREAK:	12	Carolyn Showalter	1982-93
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:	6:49:51	David Lieb	1993
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 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	373	330	89%
Nov. 19, 1994	----- 32nd Annual JFK 50 -----		

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 Ebbert, Elton Horst, Buss Sawyer	10:21:-
1966	Kenny Baker, Elton Horst, Buzz Sawyer	10:21:-
1967	James Ebbert, 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	Michael Spinnler	5:53:05
1983	Michael 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
1993	Chris Gibson	6:35:51

### 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	7:23:19
1993	Jennifer Girouard	8:17:09

### 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