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November 18, 1995

The Cumberland Valley Athletic Club

Proudly Presents

The 33rd Annual John F. Kennedy 50 Mile

"America's Ultramarathon"

JFK's Ideal Officer — Epitomizing the diligently-maintained physical fitness that the late President John F. Kennedy hoped to inspire in his military leaders, U.S. Army Reserve Lieutenant Colonel Fred Schumacher has come from locations far and wide to complete the JFK 50 Mile some twenty times. Schumacher's membership in the JFK 50's elite "1,000 Mile Club" is shared with twenty-six time finishers Mike Adams and Kim Byron, twenty-five time consecutive finisher Cal Mahaney as well as Bob Henscheid, who can claim twenty-one straight completions dating back to 1974.

THE CUMBERLAND VALLEY ATHLETIC CLUB
PROUDLY PRESENTS:

THE 33RD ANNUAL JOHN F. KENNEDY 50 MILE

MADE POSSIBLE THROUGH THE SUPPORT OF:

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FREDERICK STEEPLECHASERS
HAGERSTOWN RUN FOR FUN CLUB
ANTIETAM RADIO ASSOCIATION
COUNTY COMMISSIONER RONALD BOWERS

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

THE FOLKS WHO MAKE THE JFK SO SPECIAL

WILLIAMSPORT--Standing in the dark and cold last Saturday evening at the 31st Annual JFK 50 Mile, 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 rewriting the book on what the aging human body and mind is 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 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 folks 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 each November 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 (in actuality simply a thin white line in front of Springfield Middle School) the motivating theme appears to become more central, something along the lines of ...."Because I must".

Most (in recent years as many as 90% of those who start) will accomplish their day's goal. More importantly, they will answer questions of themselves that the average person will never dare ask.

But why do they continue to return year after year? Is 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. The average person isn't capable of understanding the inspiration of this rare breed and after all maybe that's just how it was meant to be

But, whatever their reasons for this yearly migration, I hope they continue to return. For in a world where madness, mayhem and random violence are all too commonplace these days it's refreshing at least once a year to see this type of "Mob" running wild over the country-side.

--Originally written by Mike Spinnler on 11/23/93 for the Hagerstown Herald-Mail Newspaper.

ALL-TIME JFK 50 MILE RECORDS

Overall:	5:56:22	Eric Clifton	1994
Women:	6:50:56	Teri Gerber	1984
High School:	6:16:25	Karsten Schulz	1977
70 & Over:	10:22:21	Bob Boal (70)	1982
60 & Over (Men):	8:18:42	Roland Anspach (65)	1991
60 & Over (Women):	11:50:03	Burnis Hicks (62)	1973
50 & Over (Men):	6:42:48	Frank Bozanich (50)	1994
50 & Over (Women):	8:54:53	Pat Botts (50)	1990
40 & Over (Men):	6:16:20	David Horton (44)	1994
40 & Over (Women):	7:41:13	Sue Medaglia (44)	1979
15 & Under (Boys):	7:46:54	Brad Vaughn (15)	1975
15 & Under (Girls):	9:49:58	Valerie Hardin (11)	1973
Eldest Finisher:	Age 79	Carl Llewellyn	1994
Most Finishes:	26	Mike Adams & Kim Bryon	
Most Finishes (Women):	16	Carolyn Showalter	
Longest Streak:	25	Cal Mahaney	1970-94
Longest Streak (Women):	13	Carolyn Showalter	1982-94
Most Victories (Men):	5	James Ebberts	
Most Victories (Women):	6	Donna Aycoth & Carolyn Showalter	
Washington Co. (Men):	5:53:05	Michael Spinnler	1982
Washington Co. (Women):	7:08:29	Laura Nelson	1992
Frederick Co. (Men):	6:49:51	David Lieb	1993
Frederick Co. (Women):	9:46:07	Barry Salisbury	1990
Canadian (Men):	6:48:04	Chris Kelk	1989
Canadian (Women):	7:51:53	Ashley Evans	1992

JFK 50 MILE STATISTICAL DATELINES

Year	Starters	Finishers	Percentages
1963	11	4	36%
1964	16	7	44%
1965	20	18	90%
1966	59	11	19%
1967	19	12	63% (80 degree temperatures)
1968	36	17	47%
1969	151	40	26%
1970	274	74	27%
1971	589	150	25%
1972	1,075	307	29%
1973	1,724	673	39% (Largest Ultra in U.S. history)
1974	1,355	225	17% (Low 30s and freezing rain)
1975	623	344	55% (Race switches to fall date)
1976	542	369	68%
1977	483	326	67%
1978	379	293	77%
1979	405	312	77%
1980	367	294	80%
1981	322	269	84%
1982	349	276	79%
1983	355	291	82%
1984	272	234	86%
1985	292	243	83% (Canal a quagmire from flood)
1986	247	198	80%
1987	289	221	76% (w.c.f. of -15 degrees at start)
1988	298	230	77%
1989	351	288	82%
1990	364	312	86%
1991	354	310	88%
1992	353	298	85%
1993	373	330	89%
1994	478	432	90%

1995----------------------33rd Annual JFK 50 Mile--------------

JFK 50 MILE CHAMPIONS

1963	Steve Cosition, James Ebberts, Rick Miller, Buzz Sawyer	13:10
1964	Steve Cosition, 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	6:04:02
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
1994	Eric Clifton	5:46:22

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
1993	Jennifer Girouard	8:17:09
1994	Carolyn Showalter	7:58:15

JFK 50 MILE ALL-TIME TOP 20 PERFORMERS

1.	Eric Clifton	5:46:22	1994
2.	Michael Spinnler	5:53:05	1982
3.	Max White	5:55:30	1973
4.	Carl Anderson	5:58:15	1994
5.	Paul Jost	5:59:12	1982
6.	Pat Gill	5:59:28	1976
7.	Bill Lawder	6:03:51	1982
8.	Ed Ayres	6:04:02	1977
9.	Eric Rappold	6:07:52	1994
10.	Michael Morton	6:08:56	1994
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	1979
15.	Elton Horst	6:15:42	1971
16.	Joe Blackmon	6:15:53	1990
17.	David Horton	6:16:00	1985
18.	Karsten Schulz	6:16:25	1977
19.	Chris Gibson	6:16:29	1989
20.	Bruce Nystrom	6:17:44	1979

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.	Teresa Moats	8:14:06	1994
15.	Jennifer Girourard	8:17:09	1993
16.	Mitzi Henscheid	8:19:56	1982
17.	Ingrid Honzak	8:23:30	1994
18.	Gwen Gross	8:23:38	1991
19.	Shelia Burchett	8:25:58	1989
20.	Donna Aycoth	8:26:07	1973

TOP 20 PERFORMANCES IN JFK 50 HISTORY

1.	Eric Clifton	5:46:22	1994
2.	Michael Spinnler	5:53:05	1982
3.	Max White	5:55:30	1973
4.	Carl Anderson	5:58:16	1994
5.	Paul Jost	5:59:12	1982
6.	Pat Gill	5:59:30	1976
7.	Bill Lawder	6:03:51	1982
8.	Ed Ayres	6:04:01	1977
9.	Clifton	6:06:09	1991
10.	White	6:06:19	1974
11.	Eric Rappold	6:07:52	1994
12.	Lawder	6:08:54	1979
13.	Michael Morton	6:08:56	1994
14.	Spinnler	6:12:12	1983
15.	Rick Warren	6:12:20	1973
16.	Scott Miller	6:13:56	1981
17.	Dan Brannen	6:14:02	1980
18.	Phil Bishop	6:14:59	1978
19.	Elton Horst	6:15:42	1971
20t.	Bishop	6:15:53	1982
20t.	Joe Blackmon	6:15:53	1990

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.	Ahley Evans	7:51:53	1992
18.	Showalter	7:52:44	1989
19.	Bromka	7:53:06	1989
20.	Medaglia	7:53:37	1978

FINISHERS IN FOUR DECADES

Kim Byron   Mike Adams   Ed Glenn

1960's - 2   1960's - 2   1960's - 1
1970's - 10   1970's - 9   1970's - 6
1980's - 9   1980's - 10   1980's - 4
1990's - 5   1990's - 5   1990's - 2

Shane Hutton   James Ebberts

1960's - 1   1960's - 5
1970's - 7   1970's - 4
1980's - 4   1980's - 1
1990's - 1   1990's - 1

"STREAKERS" (THE BARE FACTS)
Finishers For 10 Or More Consecutive Years

25 Years:	Cal Mahaney	(1970 -)
24 Years:	Mike Adams	(1971 -)
21 Years:	Bob Henscheid	(1974 -)
18 Years:	Byron McNelly	(1977 -)
17 Years:	Everett Marsh	(1975 - 1991)
	Norm Moyer	(1978 -)
	Bill Whitesell	(1978 -)
16 Years:	* Kim Byron	(1968 - 1983)
	Dick Good	(1979 -)
	Stan Holloway	(1979 -)
	Ken Scott	(1979 -)
15 Years:	Fred Schumacher	(1980 -)
14 Years:	Carl Cornett	(1972 - 1985)
	Denny Evans	(1977 - 1990)
	David Holland	(1981 -)
	Randy Howard	(1974 - 1987)
	Duane Rosenberg	(1981 -)
	Lowell Showalter	(1975 - 1988)
13 Years:	Joe Baummer	(1973 - 1985)
	Paul Betker	(1982 -)
	Carolyn Showalter	(1982 -)
	Jim Wahl	(1982 -)
	Don West	(1974 - 1986)
12 Years:	Anstr Davidson	(1983 -)
	Joe Trask	(1980 - 1991)
	Fred Wandel	(1972 - 1983)
11 Years:	Pete Coffin	(1984 -)
	John Gilroy	(1982 - 1992)
	Paul Lewis	(1973 - 1983)
	David Powell	(1982 - 1992)
	Jack Sargent	(1979 - 1989)
	Earl Scott	(1981 - 1991)
	Ernie West	(1974 - 1984)
10 Years:	Jim Caldwell	(1977 - 1986)
	* Kim Byron	(1985 -)
	Gene Cassell	(1985 -)
	George Harrington	(1980 - 1989)
	Paul Keplinger	(1975 - 1984)
	Earl Main	(1979 - 1988)
	Si Reddick	(1969 - 1978)

* First to achieve two separate streaks of 10 or more years

"THREE SCORE AND TEN"
(JFK 50 Official Finishes by athletes age 70-or-over)

John Newdorp	Age 70	1980	11:41:40
Joe Kravinsky	Age 70	1981	12:07:15
	Age 71	1982	13:45:37
	Age 72	1983	13:21:06
Bob Boal	Age 70	1982	10:22:21
Fred Wandel	Age 70	1982	13:22:51
	Age 71	1983	13:25:40
Everett Marsh	Age 70	1985	13:05:30
	Age 71	1986	13:36:49
	Age 72	1987	13:26:56
	Age 73	1988	13:49:08
	Age 74	1989	13:25:48
	Age 75	1990	13:52:11
	Age 76	1991	13:51:50
Don McNelly	Age 70	1990	13:09:03
John Lewis	Age 70	1991	12:21:37
George Cunningham	Age 71	1991	12:38:01
Howard Henry	Age 71	1992	12:15:29
	Age 72	1993	13:12:43
Carl Llewellyn	Age 77	1992	13:24:41
	Age 79	1994	13:56:08
Don West	Age 70	1994	13:49:15

500-MILE CLUB (Continued)

	JFK 50's FINISHED	YEARS	BEST TIME	
Bob Blair	10	79-80-83-87-88-89-90-91-92-93	9:48:17	1987
Bob Blakemore	10	77-79-80-81-83-84-91-92-93-94	8:34:10	1991
Jim Caldwell	10	77-78-79-80-81-82-83-84-85-86	12:38:12	1982
Gene Cassell	10	85-86-87-88-89-90-91-92-93-94	8:11:14	1993
John Casteras	10	83-84-85-86-87-89-90-91-92-94	10:29:41	1985
Doug Day	10	84-85-86-87-89-90-91-92-93-94	7:37:28	1989
Ron Dorn	10	79-80-81-82-83-84-85-86-88-89	10:51:42	1983
Woody Hawkins	10	73-74-75-76-77-78-79-80-82-83	10:40:45	1975
Leo Henry	10	67-68-69-73-74-75-76-77-78-79	8:00:36	1973
Bob Hickey	10	80-81-82-83-84-85-86-88-89-91	12:29:17	1985
Glenn Hightower	10	75-76-77-79-80-81-82-83-84-85	8:33:06	1982
Gene Kline	10	75-76-77-78-79-80-86-87-88-89	8:06:00	1980
Dennis Lewis	10	74-75-78-79-80-83-86-88-89-90	10:15:09	1989
Ling Louie	10	70-71-73-74-75-76-77-78-79-80	12:29:17	1975
Hal Niebel	10	73-78-79-80-81-82-83-84-85-86	10:51:43	1983
Dave Rarity	10	73-74-76-77-81-85-86-91-93-94	9:12:54	1977
Si Reddick	10	69-70-71-72-73-74-75-76-77-78	8:38:12	1974
Joe Robeson	10	80-82-84-85-86-87-88-90-91-92	9:40:46	1991
Greg Seidl	10	84-85-87-88-89-90-91-92-93-94	10:50:33	1993
Mike Spinnler	10	71-72-73-75-77-82-83-85-87-88	5:53:05	1982
Janet Whitesell	10	82-84-86-87-88-89-90-92-93-94	10:27:32	1989

500-MILE CLUB
(67 Members)

	JFK 50's FINISHED	YEARS	BEST TIME	
Mitzi Henscheid	14	78-79-80-81-82-84-87-88-89-90-91-92-93-94	8:19:56	1982
David Holland	14	81-82-83-84-85-86-87-88-89-90-91-92-93-94	8:36:06	1983
Bill Law	14	72-73-74-75-76-78-79-81-82-83-87-89-93-94	8:40:13	1982
Georges Auchet	13	76-77-79-80-81-82-83-84-87-88-89-91-94	10:29:55	1981
Joe Baummer	13	73-74-75-76-77-78-79-80-81-82-83-84-85	9:15:20	1980
Paul Betker	13	82-83-84-85-86-87-88-89-90-91-92-93-94	8:39:31	1991
Eddie Glenn	13	69-70-71-73-74-76-78-81-84-85-87-90-93	10:13:15	1973
Don Heimiller	13	73-75-76-77-78-81-82-83-84-85-86-88-91	7:52:52	1978
Shane Hutton	13	69-70-71-72-73-74-78-79-80-83-87-88-93	10:08:09	1993
Don McNelly	13	75-76-77-78-79-80-82-83-84-85-86-89-90	10:49:12	1982
Paul Robertson	13	75-76-77-78-80-81-82-83-85-86-88-89-90	9:12:13	1977
Earl Scott	13	81-82-83-84-85-86-87-88-89-90-91-93-94	9:18:21	1990
Jim Wahl	13	82-83-84-85-86-87-88-89-90-91-92-93-94	9:47:38	1985
John Walter	13	77-81-82-83-84-85-86-87-88-89-92-93-94	13:29:13	1982
Jon Acton	12	75-76-78-79-80-81-82-83-84-85-88-91	8:56:59	1983
Grant Baxter	12	82-83-84-85-86-87-88-89-91-92-93-94	7:40:53	1986
Frank Boyer	12	75-76-77-78-79-81-82-83-84-85-86-87	9:35:19	1979
Anstr Davidson	12	83-84-85-86-87-88-89-90-91-92-93-94	8:30:48	1989
Bob Greenspun	12	76-77-79-81-82-83-86-89-90-91-92-94	10:37:02	1977
David Horton	12	79-80-82-84-85-88-89-90-91-92-93-94	6:16:00	1985
Dan Knox	12	81-82-84-85-86-87-89-90-91-92-93-94	8:38:58	1994
El Levri	12	78-79-80-81-82-83-84-85-91-92-93-94	7:52:34	1984
Earl Main	12	73-79-80-81-82-83-84-85-86-87-88-90	9:21:03	1987
Jack Sargent	12	79-80-81-82-83-84-85-86-87-88-89-93	10:23:42	1980
Clater Smith	12	69-71-72-73-75-76-77-78-79-82-83-86	10:35:10	1976
Jim Smith	12	76-77-78-80-81-85-86-87-88-89-90-91	11:28:44	1980
Rob Sollenberger	12	76-78-79-80-81-83-84-85-88-89-92-94	8:04:15	1981
Jack Spinnler	12	71-72-73-76-77-88-89-90-91-92-93-94	11:24:28	1989
Joe Trask	12	80-81-82-83-84-85-86-87-88-89-90-91	8:48:17	1982
Albert Tyree	12	82-83-84-86-87-88-89-90-91-92-93-94	11:07:43	1988
Fred Wandel	12	72-73-74-75-76-77-78-79-80-81-82-83	11:32:03	1976
Ernie West	12	72-74-75-76-77-78-79-80-81-82-83-84	10:11:13	1978
Pete Coffin	11	84-85-86-87-88-89-90-91-92-93-94	10:34:49	1984
James Ebberts	11	63-64-65-67-69-73-76-77-78-89-94	7:06:41	1977
Paul French	11	83-84-85-86-87-88-90-91-92-93-94	6:44:43	1992
John Gilroy	11	82-83-84-85-86-87-88-89-90-91-92	9:38:48	1986
George Harrington	11	80-81-82-83-84-85-86-87-88-89-91	10:45:46	1981
Keith Harvey	11	76-78-79-82-83-84-85-86-87-91-94	8:42:28	1982
John Hess	11	74-77-80-81-82-84-86-87-88-89-91	6:22:30	1977
Paul Keplinger	11	73-75-76-77-78-79-80-81-82-83-84	10:37:25	1980
Bob Lemmermann	11	73-77-78-79-80-81-82-83-84-85-87	13:33:23	1982
Al Montgomery	11	80-81-82-83-87-88-89-90-91-92-94	7:22:46	1991
David Powell	11	82-83-84-85-86-87-88-89-90-91-92	7:42:26	1989
Harvey Reisenweber	11	75-76-77-78-79-81-82-83-84-85-89	8:52:34	1981
Frank Schaeffer	11	75-77-78-79-80-81-82-83-84-86-87	8:40:03	1983
Jo Wells	11	83-84-85-87-88-89-90-91-92-93-94	8:57:22	1985

1250-MILE CLUB
(3 Members)

Mike Adams   26 Finishes   Best Time: 6:42:34 1979
1965-69-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94

Kim Byron   26 Finishes   Best Time: 8:29:59 1988
1968-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-85-86-87-88-89-90-91-92-93-94

Cal Mahaney   25 Finishes   Best Time: 9:24:35 1982
1970-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94

1000-MILE CLUB
(2 Members)

Bob Henscheid   21 Finishes   Best Time: 8:02:47 1980
1974-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94

Fred Schumacher   20 Finishes   Best Time: 9:57:14 1984
1974-75-76-77-78-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94

750-MILE CLUB
(18 Members)

	JFK 50's FINISHED	YEARS	BEST TIME	
Carl Cornett	19	72-73-74-75-76-77-78-79-80-81-82-83-84-85-87-88-89-90-91	8:32:10	1985
Byron McNelly	19	75-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94	9:53:52	1977
Don West	18	74-75-76-77-78-79-80-81-82-83-84-85-86-88-89-91-93-94	12:58:47	1975
Everett Marsh	17	75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91	12:29:16	1981
Sidney Allen	17	75-76-77-78-79-80-82-83-84-85-86-88-90-91-92-93-94	10:46:45	1982
Dick Good	17	77-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94	8:10:37	1982
Norm Moyer	17	78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94	8:52:04	1986
Lowell Showater	17	75-76-77-78-79-80-81-82-83-84-85-86-87-88-92-93-94	8:05:39	1979
Bill Whitesell	17	78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94	8:36:35	1981
Stan Holloway	16	79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94	9:29:23	1980
Duane Rosenberg	16	77-78-81-82-83-84-85-86-87-88-89-90-91-92-93-94	8:21:15	1983
Ken Scott	16	79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94	10:12:38	1981
Carolyn Showalter	16	78-79-80-82-83-84-85-86-87-88-89-90-91-92-93-94	7:38:00	1991
Denny Evans	15	73-77-78-79-80-81-82-83-84-85-86-87-88-89-90	9:17:02	1979
Randy Howard	15	74-75-76-77-78-79-80-81-82-83-84-85-86-87-91	8:33:45	1978
Jim Lewis	15	72-73-74-75-76-77-78-79-81-82-83-84-85-87-88	11:08:35	1977
Paul Lewis	15	73-74-75-76-77-78-79-80-81-82-83-88-89-90-91	11:26:32	1979
Carl Settlemyer	15	79-80-81-82-83-84-85-86-88-89-90-91-92-93-94	9:55:57	1983

250 MILE CLUB
(237 Members)

	JFK 50's FINISHED	YEARS	BEST TIME	
Jim Borgstrom	9	83-87-88-89-90-91-92-93-94	9:35:59	1987
Gene Denton	9	86-87-88-89-90-91-92-93-94	10:37:01	1990
Roy Elder	9	86-87-88-89-90-91-92-93-94	9:24:08	1990
Dave Frye	9	71-72-73-74-75-76-77-78-79	7:34:28	1979
Bob Johnson	9	82-83-84-85-87-88-89-91-92	8:13:54	1982
John Kendall	9	75-76-78-81-82-86-87-93-94	7:24:57	1975
John Kenul	9	72-73-78-79-88-90-91-93-94	9:46:19	1973
Felix LeBlanc	9	80-87-88-89-90-91-92-93-94	9:10:57	1980
Al Marcy	9	77-80-81-82-83-84-85-88-89	6:54:18	1982
Les Smith	9	80-82-85-86-87-88-91-92-93	8:33:52	1988
Tom Smith	9	81-82-83-87-88-89-90-92-93	6:34:11	1992
Mike Stallsmith	9	83-84-86-87-88-89-91-92-94	7:27:16	1992
Dick Allen	8	70-73-74-82-83-84-85-88	10:41:47	1974
Mike Boyer	8	77-78-79-80-81-83-84-85	7:59:46	1978
Dick Burgee	8	72-73-74-75-76-77-78-82	8:48:55	1977
Mel Cowgill	8	81-82-83-84-85-87-92-93	7:52:59	1982
Dave Downin	8	87-88-89-90-91-92-93-94	8:30:43	1994
Chuck Fitz	8	69-71-73-74-75-76-78-79	8:25:29	1976
Barbara Garner	8	77-78-79-80-81-84-85-91	11:48:22	1984
Bob Gralley	8	74-75-76-77-78-79-81-83	8:27:24	1983
Jess Héroux	8	86-87-88-89-90-91-92-94	8:30:23	1986
Dennis Herr	8	82-83-84-85-86-87-89-90	6:38:43	1986
Pat High	8	77-78-80-81-82-83-84-85	6:41:33	1982
David Janosko	8	83-85-86-89-90-91-92-94	9:13:15	1986
Al Kossow	8	73-75-76-77-78-80-81-82	8:28:00	1981
Joe Kravinsky	8	75-76-77-78-79-81-82-83	11:28:14	1978
Rich Lorey	8	77-78-79-80-82-84-85-86	8:50:59	1980
Norman Marquess	8	75-76-77-78-79-80-81-85	11:28:49	1981
Peter Monahan	8	75-76-77-79-84-85-89-91	6:28:59	1977
Mark Parkhurst	8	77-78-81-82-83-89-92-94	8:33:26	1982
Jean Phillips	8	76-77-78-79-80-81-82-83	11:27:37	1979
Bobby Redmon	8	77-78-83-85-87-88-92-93	8:33:05	1978
Dale Rhoderick	8	83-84-85-86-87-92-93-94	8:50:57	1986
Mike Robertson	8	84-85-86-88-89-91-93-94	7:35:50	1991
Chuck Terwoord	8	80-81-84-86-87-89-90-91	7:41:44	1984
Roy Thompson, Jr.	8	76-77-79-80-81-82-83-85	8:06:21	1982
Buzz Sawyer	8	63-65-66-67-68-70-93-94	8:53:15	1970
Frank Verdi	8	78-79-80-81-82-83-84-85	11:43:28	1985
Tom Winter, Jr.	8	74-76-77-78-79-81-82-83	9:10:03	1982
Ron Young	8	70-71-72-73-74-75-76-77	10:28:30	1973

250 MILE CLUB (continued)

	JFK 50's FINISHED	YEARS	BEST TIME	
Sam Alspach	7	81-82-83-85-91-93-94	9:14:32	1985
Phil Anderson	7	87-88-89-90-91-92-94	8:20:35	1989
Donna Aycoth	7	68-69-70-71-72-73-87	8:26:07	1973
Bill Behnen	7	88-89-90-91-92-93-94	12:32:22	1989
Dave Benford	7	79-80-81-86-87-89-93	6:28:06	1981
Ron Bowman	7	84-88-89-90-91-92-94	9:07:26	1989
Bruce Boyd	7	79-80-81-82-83-84-85	8:12:58	1982
Steve Bozeman	7	83-88-89-91-92-93-94	8:18:21	1983
Bob Bridges	7	81-82-83-84-85-86-87	9:38:11	1987
Sue Briers	7	87-88-90-91-92-93-94	8:37:34	1991
Goodloe Byron	7	67-69-70-71-72-73-75	10:13:10	1971
Larry Clement	7	80-81-82-84-85-86-87	8:14:53	1982
Andrew Convery	7	81-82-83-85-86-87-88	9:59:14	1983
Des Crow	7	87-88-89-90-91-92-93	9:33:14	1989
Roger Davis	7	77-85-86-87-89-90-91	9:08:12	1986
Frank Dolen	7	83-85-87-88-89-90-94	9:46:43	1985
Alec Evans	7	73-75-77-78-79-81-82	10:41:03	1978
Tom Fahey	7	88-89-90-91-92-93-94	12:04:02	1989
Jay Frantz	7	75-76-77-78-79-80-83	8:41:50	1977
Tom Green	7	85-86-88-89-90-91-92	7:33:49	1988
Howard Henry	7	78-79-88-89-90-92-93	9:55:41	1978
Randy Herbert	7	84-85-86-89-90-92-93	11:20:48	1989
Jeff Hinte	7	87-88-90-91-92-93-94	6:48:50	1991
Ted Hurley	7	83-84-85-86-87-88-89	11:06:41	1985
Lanny Knight	7	72-73-75-76-77-81-87	7:31:36	1977
Bill Lawder	7	77-78-79-80-81-82-87	6:03:51	1982
Ernie Medaglia	7	75-76-77-78-79-80-81	8:06:56	1978
Art Moore	7	85-86-87-88-90-92-94	7:40:46	1985
Jim Moore	7	88-89-90-91-92-93-94	9:42:21	1989
Frank Probst	7	88-89-90-91-92-93-94	7:51:58	1993
Nick Rosato	7	77-78-79-80-81-89-90	9:49:42	1980
Carroll Scott	7	78-80-81-82-83-84-86	8:16:38	1982
Dennis Simmons	7	80-85-87-91-92-93-94	9:58:59	1993
Dan Wagner	7	72-74-78-80-81-82-83	9:24:54	1980
Bill Wandel	7	84-85-86-89-90-93-94	9:49:34	1986
Guy Whidden	7	65-66-67-68-69-70-71	10:46:35	1970
Tom Whitesell	7	69-70-72-75-76-77-83	10:27:27	1970
Howard Williams	7	75-76-77-78-80-83-84	11:35:09	1978
Martin Yecies	7	86-87-88-90-92-93-94	8:37:18	1986

<u>250 MILE CLUB</u> (continued)

	JFK 50's FINISHED	YEARS		BEST TIME	
David Balfour	6	79-81-82-83-84-88		8:09:21	1981
Tim Beaty	6	88-89-90-91-93-94		9:19:15	1989
Bill Beydler	6	76-80-82-84-85-91		10:01:24	1980
Leon Bierbower	6	75-78-81-85-91-94		8:36:05	1981
Pat Botts	6	88-89-90-91-92-93		8:39:11	1989
Steve Boutilier	6	88-89-90-91-92-94		7:51:16	1989
Joe Butchko	6	73-75-76-77-78-82		7:48:43	1977
Augie Cortez	6	86-88-89-90-91-94		8:47:21	1988
Jeff Denius	6	85-86-87-88-89-90		9:37:03	1989
Larry Dickerson	6	72-73-76-77-78-79		8:57:32	1979
Jon Eckardt	6	85-87-88-90-91-94		7:59:51	1991
Tom Ficklin	6	89-90-91-92-93-94		7:58:33	1991
Everett Frizzell	6	89-90-91-92-93-94		11:04:13	1992
Jeff Gaft	6	86-87-88-89-91-92		7:15:07	1987
Chris Gibson	6	84-88-89-90-92-93		6:16:29	1989
Larry Grossman	6	83-85-87-90-91-93		8:51:43	1991
Gary Guardia	6	77-78-79-80-81-82		9:00:52	1981
Gary Hastings	6	80-81-82-83-84-85		7:26:16	1982
Ingrid Honzak	6	88-89-90-91-92-94		8:23:30	1994
Ed Hruneni	6	73-74-75-76-77-83		8:24:11	1983
Brock Hutton	6	70-71-72-73-83-88		10:13:21	1972
King Jordan	6	87-88-89-91-92-94		7:43:36	1991
Chris Kelk	6	85-86-87-89-91-92		6:48:04	1989
Paul Kelly	6	88-89-90-91-93-94		8:42:36	1991
Stan Krueger	6	80-83-84-85-86-87		11:57:05	1986
John Kurt	6	73-74-75-76-77-78		9:51:23	1976
Ken Laverick	6	82-83-84-85-86-87		7:31:11	1984
John Lewis	6	77-80-86-89-90-91		10:35:47	1986
Carl Llewellyn	6	70-71-72-73-92-94		9:20:41	1973
John Malach	6	74-80-81-82-83-84		9:25:10	1984
Delma Miller	6	82-83-84-87-92-93		10:55:57	1993
Bill Murray	6	76-80-81-84-85-86		9:11:43	1984
Terry Murray	6	84-88-89-90-91-94		9:31:04	1990
Jim Myerjack	6	79-80-81-83-84-85		9:21:35	1981
Denny Myers	6	73-75-76-81-82-83		7:57:00	1983
Tom Newnam	6	82-90-91-92-93-94		8:24:09	1982
Robert Pastrana	6	79-80-82-83-85-87		10:04:55	1985
Larry Pereschuk	6	73-77-78-79-80-83		11:47:24	1980
Ed Poling	6	84-85-86-87-92-94		8:55:01	1994
Cor Potma	6	84-85-86-88-93-94		7:32:09	1986
Mike Price	6	81-82-83-84-85-86		7:26:59	1983
John Price	6	87-88-89-90-91-93		7:32:10	1990
Bruce Purdy	6	88-90-91-92-93-94		8:27:53	1988
Zane Reddick	6	72-73-75-76-77-78		11:13:02	1976
Bob Schlosser	6	88-89-90-91-92-94		8:30:57	1991
Rick Schneider	6	88-89-91-92-93-94		7:02:23	1992
Sam Seibert	6	82-83-84-87-93-94		7:51:56	1984
Dennis Shackley	6	82-83-87-89-92-93		9:04:03	1983
Carter Sherline	6	89-90-91-92-93-94		9:03:25	1990
Lloyd Storm	6	84-85-86-88-91-93		9:07:14	1991

250 MILE CLUB (continued)

	JFK 50's FINISHED	YEARS		BEST TIME	
Roy Taylor	6	76-77-78-79-80-81		10:30:35	1981
Steve Vaughan	6	78-79-80-81-82-83		8:42:28	1979
Wayne Vaughn	6	64-65-67-68-69-72		7:12:02	1972
Don Waddington	6	80-81-82-83-84-86		8:23:17	1982
Nancy Waddington	6	81-82-83-88-90-93		11:04:29	1988
Larry Whiting	6	89-90-91-92-93-94		9:27:32	1992
Jerry Agin	5	89-90-91-92-93		8:13:28	1992
Roland Anspach	5	89-90-91-92-93		8:18:42	1991
Park Barner	5	72-73-74-75-76		6:23:53	1973
Dave Bergman	5	71-72-73-74-77		9:11:34	1972
Phil Bishop	5	77-78-79-81-82		6:14:59	1978
Ed Boggess	5	89-90-91-92-94		6:25:58	1989
Doug Bryce	5	90-91-92-93-94		9:46:56	1994
Mike Burke	5	73-74-75-76-80		9:18:47	1980
Roger Burkhart	5	78-79-81-89-92		10:40:39	1981
Bruce Burnside	5	71-72-73-75-76		10:44:15	1973
Rick Busch	5	70-71-73-75-76		10:24:07	1975
Paul Butchko	5	74-75-76-77-81		7:20:44	1977
Tim Caldwell	5	79-80-81-82-83		11:33:06	1983
Larry Campbell	5	73-77-78-79-80		13:11:03	1977
Art Carey	5	71-72-73-74-76		9:04:20	1971
Mike Carrier	5	82-83-84-87-89		8:42:40	1984
Sam Case	5	81-82-83-91-92		10:53:47	1981
Norm Christensen	5	73-75-76-77-78		9:21:52	1977
Roger Clark	5	80-81-84-89-91		9:24:23	1984
Jerry Crump	5	88-89-90-93-94		11:23:40	1988
George Cunningham	5	84-85-86-89-91		10:36:31	1985
Doug Davis	5	90-91-92-93-94		10:06:09	1994
Bob Detrow	5	76-77-78-80-85		10:30:40	1985
Jerry Dudeck	5	90-91-92-93-94		8:02:57	1992
Tom Ebberts	5	89-91-92-93-94		11:15:31	1994
Alan Firth	5	84-85-86-91-92		11:58:03	1986
Ed Foley	5	78-79-81-82-83		6:31:36	1982
Jim Godville	5	88-89-90-91-92		7:39:51	1990
Paul Goldenberg	5	90-91-92-93-94		10:46:37	1992
John Gonzales	5	85-86-87-91-92		8:41:33	1986
Howell Griswold	5	73-74-75-76-77		12:43:56	1977
Joe Hall	5	75-76-82-83-84		9:56:19	1984
Allen Hansen	5	86-87-91-92-93		9:28:19	1993
Bob Harris	5	90-91-92-93-94		7:46:31	1992
Ed Hart	5	87-89-90-91-92		10:09:26	1990
Martha Hauver	5	69-71-72-73-75		10:27:26	1975
Eddie Hayden	5	75-76-77-78-79		7:31:23	1977
Mike High	5	77-78-79-80-85		7:55:31	1980
John Hoover	5	76-78-79-80-81		9:36:09	1981
Forden Hughes	5	71-72-73-75-76		11:21:17	1976

250 MILE CLUB (continued)

Name	JFK 50's FINISHED	YEARS		BEST TIME	
Cliff Izer	5	77-78-80-82-89		9:11:55	1982
John "J.J."Jackson	5	85-86-89-90-94		10:49:10	1989
Evan James	5	90-91-92-93-94		8:58:12	1992
Dale Jordan	5	89-90-91-92-94		8:22:38	1994
Nancy Keplinger	5	73-74-75-77-78		11:48:20	1975
Dave Knode	5	70-71-75-76-77		8:56:43	1977
Bob Koehl	5	83-89-92-93-94		9:25:59	1983
Joe Lancaster	5	80-82-83-86-89		7:18:30	1982
Ron Lariviere	5	84-85-87-88-89		8:06:00	1984
Joe Lederle	5	76-77-79-85-90		9:06:50	1977
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
Sue Medaglia	5	77-78-79-80-81		7:41:13	1979
Dan Merrick	5	88-89-90-93-94		10:43:07	1988
Joe Milancewich	5	88-90-91-92-93		10:17:14	1990
Jim Moe	5	73-74-79-83-84		9:26:41	1983
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
Gary Naugle	5	71-72-73-74-75		7:40:48	1975
John Narramore	5	89-90-91-92-94		9:44:47	1991
Laura Nelson	5	88-89-90-91-92		7:08:29	1992
John Newdorp	5	76-77-78-79-80		10:33:38	1977
Andy Niebel	5	79-80-81-82-84		11:26:10	1982
Blake Norwood	5	90-91-92-93-94		9:23:13	1990
Bruce Nystrom	5	75-76-77-78-79		6:17:44	1979
Ray Olfky	5	78-79-81-82-84		7:40:01	1982
Andy Oliver	5	82-83-84-88-90		7:54:51	1984
Galen Pryor	5	69-70-71-72-73		9:38:44	1973
Connie Reddick	5	73-75-76-77-78		11:07:16	1976
Eddie Reddick	5	72-73-74-75-76		8:42:36	1976
Jim Reeve	5	87-88-89-90-91		12:12:07	1988
Andrew Reisenweber	5	88-89-90-91-92		8:39:58	1992
Roy Rengstorff	5	80-82-87-92-93		10:46:05	1982
Howard Reynolds	5	75-76-79-80-89		12:21:42	1979
Ray Rickett	5	72-73-75-76-77		11:44:13	1977
Howard Ridenour	5	70-71-72-73-74		10:09:04	1974
Marvin Rosenstein	5	81-82-84-87-90		10:56:10	1982
Rod Runacres	5	82-83-84-91-93		8:42:29	1984
Jim Russell	5	77-78-79-81-82		8:45:51	1982
Carl Schneider	5	76-77-78-80-81		9:06:35	1981
Chris Scott	5	80-85-87-92-93		8:30:13	1987
Ron Shaw	5	89-90-91-92-93		6:52:10	1990
Howie Simpson	5	82-83-84-85-86		7:43:31	1984
Tim Smith	5	85-86-87-88-89		7:33:12	1989
Jerry Snyder	5	75-76-78-79-81		11:52:04	1979
Edson Sower	5	80-81-82-83-84		9:15:01	1981
Nelson Spangler	5	72-73-75-76-77		11:35:57	1975
Jack Sparks	5	80-85-86-87-90		10:59:52	1986

<u>250 MILE CLUB</u> (continued)

	JFK 50's FINISHED	YEARS		BEST TIME	
Joe Spence	5	72-73-75-76-77		9:56:25	1973
Jim Starrs	5	72-73-74-75-76		12:10:33	1975
Michael Taylor	5	76-77-78-79-80		11:11:54	1979
Bill Turrentine	5	87-89-90-93-94		8:03:44	1990
Brad Vaughn	5	71-72-73-74-75		7:46:54	1975
Kathy Watern	5	89-90-91-92-93		9:45:19	1990
Hugh Williams	5	69-71-73-75-82		12:19:28	1973
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
Tim Youngs	5	80-83-86-87-89		8:14:40	1980
Jim Zucco	5	76-77-78-80-81		9:11:50	1976

At the Races

MID-ATLANTIC
JFK 50-MILER
Boonsboro, MD (November 19)

While rooting around in archival records, President John F. Kennedy discovered that President Theodore Roosevelt had required military officers to be able to cover 50 miles on foot within 20 hours. Kennedy challenged his officers to reach the same standard, and soon 50-mile hikes were all the rage. After Kennedy's assassination, most disappeared, but one that went from Boonsboro to Hagerstown, MD, via the Appalachian Trail and C&O Canal survived, was renamed for Kennedy and, in 1968, became a race. Today, the JFK 50-Miler is the nation's oldest ultra and one of the biggest, with 432 finishers in 1994.

It was a day for ultra-great performances. Race director Mike Spinnler saw the course record he set in 1982 broken by North Carolina's Eric Clifton, whose 5:46:22 took more than 6 minutes off the old mark. Clifton led coming off the Appalachian Trail in the 16th mile and wasn't challenged thereafter en route to a nearly 12-minute victory. Second-place finisher Carl Anderson's 5:58:16 was the fastest non-winning time ever on the course.

The masters course record also fell. David Horton (44) ran 6:16:20, only 20 seconds slower than his winning time in the open race in 1985. He finished fifth. Frank Bozanich, who used to hold the American record for 50 miles, set a 50-plus course record (6:42:48) and was eighth overall. Carolyn Showalter was first woman (7:58:15), first female master and 35th overall, and she became the second six-time female champion.

Behind them were more great stories. Three generations of the Boal family from North Carolina ran together. The oldest official finisher was local Carl Llewellyn, who, at 79 years, 5 months, 8 days, is believed to be the oldest 50-mile trail-race finisher in the U.S. He ran 13:56:08. Summed up second-placer Anderson, "If you're a marathoner, you want to run Boston, and if you're an ultramarathoner, you want to run the JFK."

MEN
1 Eric Clifton, 36 (NC) 5:46:22
2 Carl Anderson, 34 (CA) 5:58:16
3 Eric Rappold, 32 (GA) 6:07:52
4 Michael Morton, 23 (MI) 6:08:56
5 David Horton, 44 (VA) 6:16:20
40 to 49—1. David Horton, 6:16:20; 2. Les Michalak, 7:11:33; 3. Bruce Marvonek, 7:44:14
50+—1. Frank Bozanich, 6:42:48; 2. Bob Anderson, 8:07:31; 3. David McCaldon, 8:14:24
WOMEN
1 Carolyn Showalter, 40 (MD) 7:58.15
2 Teresa Moats, 27 (MD) 8:14:06
3 Ingrid Honzak, 46 (OH) 8:23:30
4 Jennifer Girouard, 32 (CT) 8:37:03
5 Nina Wendling, 32 (MD) 8:46:08
40 to 49—1. Carolyn Showalter, 7:58:15; 2. Ingrid Honzak, 8:23:30; 3. Meredith Bonta, 9:28:00
50+—Mitzi Henscheid, 10:59:36

Clifton Crushes JFK 50 Field With Record 5:46:22

In arguably one of the greatest ultra-marathon performances in U.S. history, Greensboro, North Carolina's Eric Clifton crushed a field of 478 starters in a sterling course record 5:46:22 at the 32nd annual JFK 50 Mile.

Blowing through an opening uphill two miles in a Kenyan-like 11:20, the 36-year-old made it immediately apparent that if anyone was going to beat him this day they'd have to do it by coming from behind, way behind. By the time the 1991 JFK winner had left the difficult Appalachian Trail section of the course at 15.7 miles his lead was a massive nine minutes.

Clifton's 1:52 split at that juncture was three minutes faster than anyone had ever traversed the "mountain" section of the JFK course before. The spectating and speculating JFK aficionados reached a quick conclusion that, "This guy is going to die a big death on the canal."

The predicted demise never occurred. Totally focused in a near trance-like state, the 1992 USATF "Ultrarunner of the Year" blurred the 26.2-mile towpath portion of the traditional course in a flawless 2:52. Climbing back on macadam for the 8.3-mile run in to the Williamsport finish line, Clifton's split was 4:44, a ridiculous 13 minutes faster than any previous JFK winner had ever reached that point.

Showing only a slight bit of mortality "the man on a mission" hit a bad patch between 44 and 46.5 miles, but recovered well enough in the last 3.7 miles to take the tape six minutes and 43 seconds faster than anyone else had covered the JFK course in its storied 32-year history.

When trying to put into perspective the worth of Clifton's effort one may want to compare his 5:46:33 to the standard created by the legendary Max White two decades earlier over a nearly identical JFK layout. White, for the uninformed, was the 1973 and '74 JFK champ who possessed 2:20 marathon speed and was America's best ultra man in the early 1970s.

White's 1973 winning performance (and then course record) of 5:55:30 was only improved upon by a narrow two minutes and 25 seconds in the following 21 years. Clifton's incredible mark would leave White nearly a mile and a half back in a hypothetical comparison.

Clifton explained his strategy after his record run to Assistant JFK Race Director Wayne Kretzer, "I originally planned to take it easy across the mountains, then run hard on the towpath and the road. But I felt good early on so I decided to run hard on the mountains, hard on the towpath, and hard on the road. It worked out until I got to the road, then I was just trying to hold on."

Californian Carl Anderson became only the sixth man in JFK history to crack the six-hour barrier as he stepped home in 5:58:16 for second place. His clocking was the second fastest all-time "rookie" effort over the point-to-point route, standing behind only White's '73 winning effort. Anderson's mark is also the fastest ever non-winning performance in the event's history supplanting one-time Washington, Pennsylvania, elite Paul Jost's 5:59:12 that collected a silver in the 1982 affair.

Eric Rappold of Marietta, Georgia, finished third in 6:07:52 (a time that would have won ten of the 11 previous JFKs), just 64 seconds clear of Cheboygan, Michigan's, most promising 23-year-old Michael Morton.

Rounding out the top five was the 1985 JFK champ David Horton who at age 44 lowered his own 6:16:39 JFK masters mark (1990) by 19 seconds.

Also blasting a JFK age standard was former American 50-mile record holder Frank Bozanich. The 50-year-old Barrow, Alaska, resident spanked Bill Jackson's 7:07:59 50-and-over record (which had stood unscathed since 1977) by over 25 minutes with his 6:42:48 tour that found him in the number eight overall finishing position.

Teri Gerber's 6:50:56 (1984) women's course record was never in danger, but distaff winner Carolyn Showalter of Maugansville, Maryland, entered the JFK record books as only the second six-time winner (matching Donna Aycoth's tally) with her 7:58:15 triumph.

Annapolis, Maryland's, Teresa Moats was second in 8:14:06 with Dayton, Ohio's, Ingrid Honzak following in third at 8:23:30. Filling out the top five were 1993 champ Jennifer Girouard of Farmington, Connecticut, and Darnestown, Maryland's, Nina Wendling in 8:37:03 and 8:46:08 respectively.

Other performances of note included 79-year-old Carl Llewellyn's 13:58:08 finish, which made him the oldest official finisher to ever complete the JFK, and Cal Mahaney, 65, whose 12:19:01 clocking was his 25th consecutive finish of "America's Oldest Ultramarathon."

Statistically speaking: The 478 starters made the starting field the largest since 1977. The 431 managing to beat the official 14-hour cut-off ranked as the second largest in JFK history, trailing only the 673 (of 1,724 starters) who finished the 1973 JFK, which is still the largest ultra field in U.S. history. The 1994 finisher rate of 90.16 percent was the highest ever in a JFK 50 and is a testament to the efforts of the over 200 unselfish volunteers who worked the JFK 50 course throughout the day and long into the night.

Mike Spinnler (R.D.)

JFK 50 Mile

Boonsboro to Williamsport, Md.

Nov. 19, 1994

50.2 mi; dirt towpath (26 mi), paved (12 mi), and trails (12 mi)

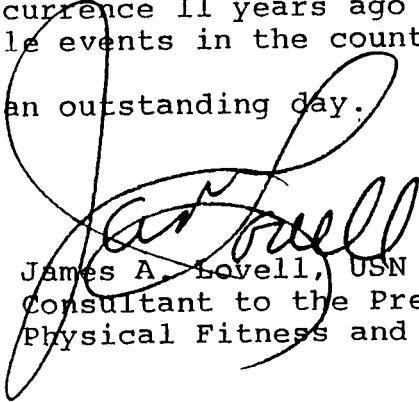|		
1.	Eric Clifton,36,NC	5:46:22 !
2.	Carl Anderson,34,CA	5:58:16
3.	Eric Rappold,32,GA	6:07:52
4.	Michael Morton,23,MI	6:08:56
5.	David Horton,44,VA	6:16:20
6.	Tom Rogozinski,26,PA	6:24:13
7.	Courtney Campbell,29,VA	6:34:05
8.	Frank Bozanich,50,AK	6:42:48
9.	Paul French,34	6:47:59
10.	Adam Morrison,21,CT	6:53:59
11.	Barry Lewis,35,PA	6:54:33
12.	Ian Torrence,22	6:57:17
13.	Jeff Hinte,39	6:57:44
14.	David Lieb,34	7:03:16
15.	Dave Drach,38,FL	7:08:25
16.	Steve Peckiconis,35,MA	7:09:41
17.	Les Michalak,44,ONT	7:11:33
18.	Jon Alger,27,NC	7:16:54
19.	Harvey Hall,28,NC	7:17:49
20.	Rick Schneider,38	7:28:40
21.	Steven Schiller,38,CT	7:31:24
22.	Brad Kahrs,35,MI	7:35:50
23.	Andy Peterson,38,VA	7:38:12
24.	Greg Zaruba,28	7:42:58
25.	Kevin Shilling,26,DC	7:43:31
	Joseph McQuade,33,DC	7:43:31
	Michael Karch,25,DC	7:43:31
28.	Edward Boggess,36,CO	7:44:13
29.	Bruce Marvonek,41,CT	7:44:14
30.	James Lauck,29,GA	7:46:51
31.	Moe Pratt,32,MA	7:51:34
32.	Shawn Jyawook,20,ME	7:56:06
33.	Daniel Petley,31,PA	7:57:03
34.	Michael Adams,45,PA	7:57:40
35.	Carolyn Showalter,40	7:58:15
36.	Joseph Donahue,48,PA	7:59:15
37.	Guido Ferrari,33,NC	8:03:46
38.	Jim Robinson,36,NH	8:05:09
39.	Mike Robertson,43,VA	8:05:25
40.	Rick Hassett,45	8:05:36
41.	Larry Hillman,28	8:06:52
42.	Bob Anderson,51,VA	8:07:31
43.	Robert Harris,47	8:07:57
44.	Lafe Pattala,31,VA	8:09:57
45.	Joe Hildebrand,37,IL	8:10:32
46.	Keith Brophy,32,MI	8:12:03
47.	Teresa Moats,27	8:14:06
48.	David McCaldon,52,ONT	8:14:24
49.	Paul Leahan,34,PA	8:15:21
50.	Gerald Dudeck,44,NC	8:16:07
51.	Bill Gentry,33,VA	8:16:17
52.	Tor Lokrheim,42,TN	8:18:24
53.	Sam Seibert,42	8:18:45
54.	Michael Fenzel,27,GA	8:19:10
55.	Mike Rogalski,27,NJ	8:19:47
56.	Frank Probst,51,VA	8:21:58
57.	Jerry Bartram,48,OH	8:22:09
58.	Murray Wood,41,ONT	8:22:12
59.	Peter Stackpole,23	8:22:25
60.	Dale Jordan,41	8:22:38
61.	Tom Quade,43,OH	8:22:48
62.	Ingrid Honzak,46,OH	8:23:30
63.	Richard Kelly,31,SC	8:23:53
64.	Jerry Little,27	8:23:59
65.	Ray Kitchen,49,WV	8:25:29

THE WHITE HOUSE

WASHINGTON

March 31, 1973

I am pleased to have the opportunity to greet the
participants and spectators of the Eleventh Annual
John F. Kennedy 50-Mile Hike/Run on March 31.

Whether you are here to run, jog, hike, walk or to
enjoy the scenery, we hope this unique event will
contribute to an appreciation of this beautiful as
well as historic countryside and your own state of
health.

Congratulations are in order for the Cumberland
Valley Athletic Club which has nursed this event
from a very small occurrence 11 years ago to one
of the largest 50-mile events in the country.

Our best wishes for an outstanding day.

James A. Lovell, USN (Ret.)
Consultant to the President on
Physical Fitness and Sports

Jim Lovell, one of the NASA Astronaut heroes on the near tragic 1970 Apollo 13 mission,
penned this greeting to the JFK 50 participants and spectators in 1973. Lovell, still a proponent
of physical fitness, was thrust back into the media limelight this past year by the immensely
successful motion picture "Apollo 13" that was based on the inspirational book he wrote of the
harrowing experience.