

1975

CUMBERLAND VALLEY ATHLETIC CLUB
13TH ANNUAL
JOHN F. KENNEDY 50 MILE HIKE-RUN

(Hike or Run - It's Your Choice)

DATE: Saturday, November 15, 1975

STARTING TIME:

The Hike-Run will start promptly at 7:30 A.M. However, all participants must report between 5:30 and 6:30 to pick up their numbers.

START LOCATION:

On the Boonsboro High School Athletic Field located in Boonsboro, Maryland at the junction of Alternate US Route 40 and Maryland Route 66.

FINISH LOCATION:

In front of the gymnasium at St. James School (the gymnasium can be seen on the right, a half mile away, as you turn on to College Road).

AWARDS:

Plaques with inset Kennedy medallion and descriptive plate will be awarded to all participants who complete the full 50.2 mile course within the 14 hours allotted for the Hike-Run (the Hike-Run officially ends at 9:30 P.M.). There will be three plaque sizes with the largest size going to finishers inside 10 hours, the next size to those finishing between 10:00:00 and 11:59:59, and the third size to participants finishing between 12:00:00 and 13:59:59.

Additionally trophies will go to the first 10 finishers, to the first 5 women finishers, and to the first 3 finishers in each of the following age groups; age 15 and under, age 40-49, age 50-59, and age 60 and over.

To be eligible for the above awards, you must reach the check stations listed below in the required times shown:

- 15.9 Miles (Weverton) in 5 hours 15 minutes (by 12:45 P.M.)
- 27.3 Miles (Antietam) in 8 hours (by 3:30 P.M.)
- 34.6 Miles (Snyder's Landing) in 10 hours 20 minutes (by 5:50 P.M.)
- 42.1 Miles (Dam #4) in 12 hours 10 minutes (by 7:40 P.M.)
- 50.2 Miles (Finish) in 14 hours (by 9:30 P.M.)

The checking stations will be closed at the hours shown.

The awards will not be available until after all designated and non-designated check stations have been thoroughly gone over to authenticate the results. You will be notified when the awards are available for pick-up.

NOTE - IN ADDITION TO THE CHECK STATIONS SHOWN ABOVE, NUMEROUS NON-DESIGNATED STATIONS WILL BE MAINTAINED, AND PARTICIPANTS MUST AT ALL TIMES DISPLAY THEIR NUMBERS ON THE FRONT OF THEIR APPAREL TO INSURE CERTIFICATION OF THEIR COMPLETED DISTANCE. SOME OF THE CHECK STATIONS WILL BE DONE BY FILMING.

ELIGIBILITY:

All participants must be at least 13 years of age. Exceptions will be made in the case of those under 13 years of age who have completed the JFK in prior years.

CVAC President William "Buzz" Sawyer will rule on all exceptions and must be contacted personally regarding entries under the age of 13.

ENTRY:

Entries must be postmarked prior to Friday, October 31st. The entry fee is \$5.00 this year.

Although the official closing date is Friday, October 31st those individuals desiring to have their names included in the official JFK Program should have their entries in at least a week in advance of the closing date.

A limited quantity of JFK patches and programs will be available for purchase in the registration area.

In order to enter, you must fill out the attached entry blank and return with entry fee to William "Buzz" Sawyer, 915 Hamilton Blvd., Hagerstown, Maryland 21740. If you pay your entry fee by check, please make the check payable to CVAC Treasurer. No entries will be accepted by telephone. No late entries will be accepted.

DISQUALIFICATION:

When a participant accepts a ride, he is assumed to have withdrawn from the Hike-Run. Anyone attempting to reenter the Hike-Run after accepting a ride will not only be disqualified but may also be denied entry in future JFK's.

Numbers must be displayed on the front at all times in order that the contestants be properly identified at the various check stations, and also to enable members of the news media and photographers to properly identify the contestants at any point in the competition. Failure to comply with this could result in your disqualification. **REMEMBER: YOUR NUMBER MUST BE DISPLAYED ON THE FRONT OF YOUR OUTER GARMENT THROUGHOUT THE COMPETITION.**

DRINKING WATER AND TOILET FACILITIES:

Drinking water and toilets are located at the 10, 23, 28, 33, and 46 mile locations. There will also be a few places along the course where refreshments can be purchased including a well stocked country store, Barron's, at Snyder's Landing (34.6 miles).

NOTES:

- (1) The Cumberland Valley Athletic Club reserves the right to reject any entry that the CVAC considers not in the best interest of the JFK 50 Mile Hike-Run.
- (2) Participants should remove their numbers when they finish or retire from the Hike-Run.
- (3) Contestants should mark their names on clothing, eyeglasses, etc., that they might discard at check stations along the way.

RECORDS:

Course and Hike-Run Record:	5:55:30	Max White	1973
Women's Record:	8:26:07	Donna Aycoth	1973
Scholastic Record:	8:28:40	John Devlin	1972
Age 60 & Over Record:	9:48:16	Walt Stack (66)	1974
Age 50 & Over Record:	8:24:14	Everitt Newall (52)	1973
Age 40 & Over Record:	7:16:56	Bill Jackson (45)	1973
Age 15 & Under Record:	8:42:27	George "Jody" Miller (15)	1972
Age 10 Record:	11:24:57	Howard Ridenhour III	1973
Eldest Completed Hike-Run	Age 66	Walt Stack (9-28-07)	1974
Most Completed Hike-Runs:	7	Guy Whidden, Kim Byron	
"250 Mile" Club (5 or More Completed JFK's):		James Ebberts, Wayne Vaughn, Kim Byron, Goodloe Byron, Guy Whidden, Mike Adams, Buzz Sawyer, Donna Aycoth, Galen Pryor, Leonard "Si" Reddick, Kelvin Mahaney, Howard Ridenhour III, Shane Hutton, Leo Henry, Ronald Young, Eddie Glenn	

Interested individuals in the Washington, D.C. area may obtain further information from Bill Draper, 821 Snider Lane, Silver Spring, Maryland, Phone 301-384-4614.

	ROUTE	MILES	TOTAL MILES
Boonsboro High School to top of South Mountain at Turner's Gap	U.S. 40A	3.0	3.0
Turner's Gap to Crampton's Gap where paved Gapland Road crosses mountain	Appalachian Trail	6.7	9.7
Crampton's Gap to intersection of Appalachian Trail with C & O Canal Towpath at Potomac River below Weverton Cliffs	Appalachian Trail	6.2	15.9
Weverton Cliffs to Sandy Hook Bridge (U.S. 340)	C & O Canal Towpath	1.6	17.5
Sandy Hook Bridge to railroad trestle at Harpers Ferry	C & O Canal Towpath	1.1	18.6
Harpers Ferry to Lock # 36 at Dam # 3	C & O Canal Towpath	1.7	20.3
Lock # 36 to Lock # 37	C & O Canal Towpath	4.6	24.9
Lock # 37 to Antietam Aqueduct (Village of Antietam)	C & O Canal Towpath	2.4	27.3
Antietam Aqueduct to Miller's Sawmill (Residential Area)	C & O Canal Towpath	1.4	28.7
Miller's Sawmill to Shepherdstown Bridge (Md. 34)	C & O Canal Towpath	2.0	30.7
Shepherdstown Bridge to Lock # 39	C & O Canal Towpath	1.2	31.9
Lock # 39 to Snyder's Landing	C & O Canal Towpath	2.7	34.6
Snyder's Landing to Lock # 40	C & O Canal Towpath	2.6	37.2
Lock # 40 to Village of Mondell	C & O Canal Towpath	1.0	38.2
Village of Mondell to Dam # 4	C & O Canal Towpath	3.9	42.1
Dam # 4 to Downsville	Dam # 4 Road	4.3	46.4
Downsville to intersection with Lappans Road (Md. 68)	Downsville Pike (Md. 632)	2.3	48.7
Intersection to College Road	Lappans Road (Md. 68)	1.0	49.7
College Road to finish at St. James School in front of the gymnasium	College Road	.5	50.2

NOTES

1. White rectangles painted on trees mark the Appalachian Trail. Do Not Take the blue marked trails.
2. The Appalachian Trail crosses U.S. 40A about 100 yards past the crest of South Mountain on the eastern slope.
3. As you come out of the woods from climbing down from the Weverton Cliffs, you must turn left onto a dead ending paved road, proceed up an embankment at the dead end, cross over four lane U.S. 340, and pick up the towpath on the other side of the railroad tracks that parallel the towpath and the Potomac River.
4. Wooden posts near the towpath locks have the lock numbers on them.
5. As you approach Dam # 4 (20 foot waterfall), a paved road can be seen on your right coming downhill and turning to parallel the towpath. You get on this road (Dam # 4 Road), proceed up the hill and on to Downsville.

