

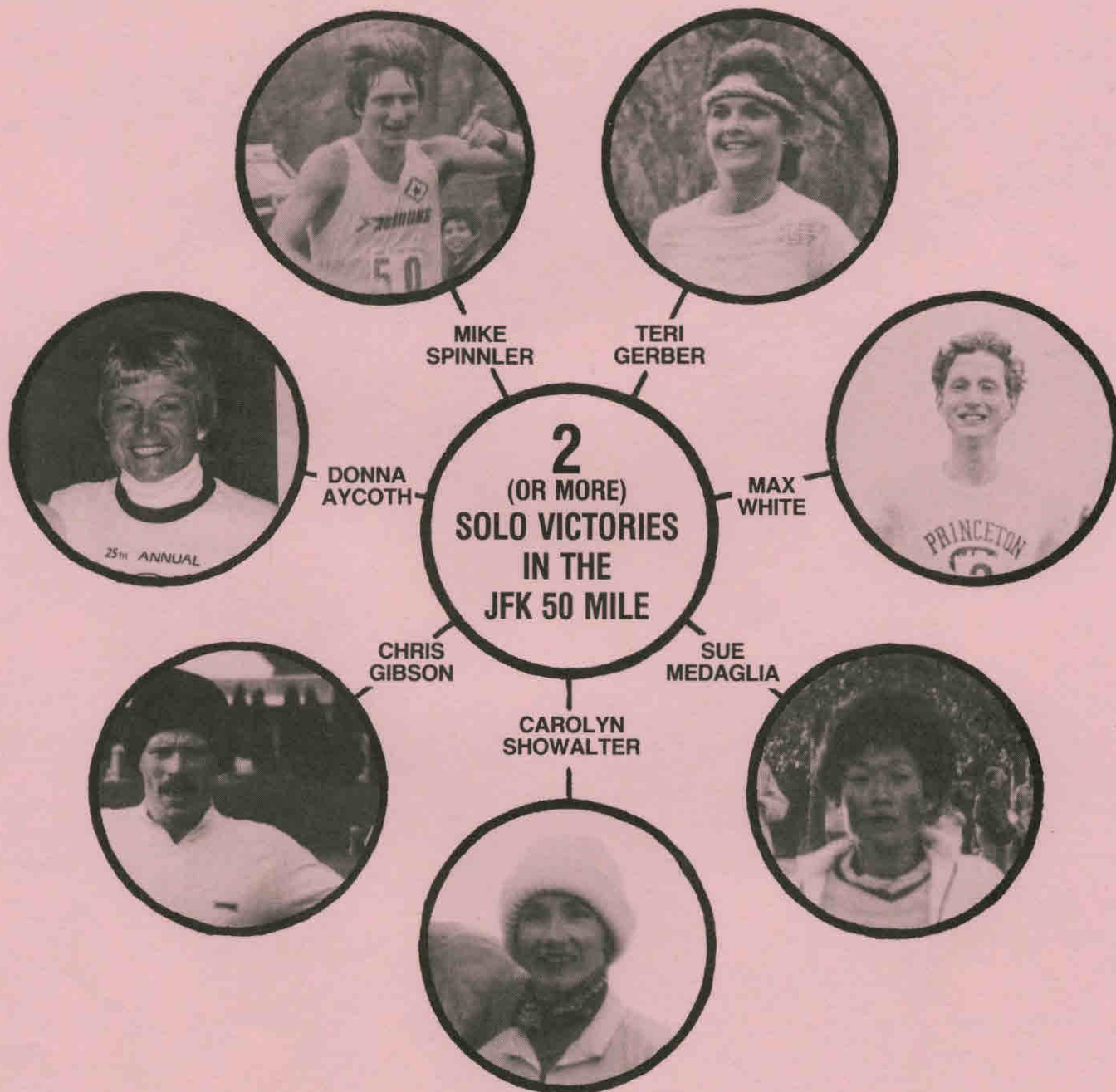
28th Annual

# John F. Kennedy 50 Mile

*America's Oldest Ultramarathon*

Boonsboro to Williamsport, Md.

November 17, 1990



Sponsored by

**Cumberland Valley Athletic Club**

# Competition and camaraderie in 50-mile JFK can warm heart of coldest runner

BOONSBORO

**T**HERE WERE MORE than 350 people standing in the middle of the athletic field gyrating to stay loose or keep the chill off as daylight broke. The race was due to start at 7 a.m., but by 6:58 most gave indication they couldn't wait another two minutes, so race director Buzz Sawyer shrugged his shoulders, fired the gun and sent them packing.

The crowd surged forward, jumped down a little grassy knoll and took a left onto the main drag into town. Rising up on the left came the time/temperature clock out in front of a bank. It said the temperature was an invigorating 33 degrees. Now the JFK 50-mile hike-run was definitely under way.

No. 27 was a classic, but more on that in a bit.

From the starting point at the high school, competitors swoop through town and head up a long winding grade 3 miles where they take leave of Alternate Route 40 and duck into the woods. Welcome to the Appalachian Trail.

For the next 13-plus miles, the going is alternately rugged, relaxing, swift, slow, soft, hard, straight, winding, anything your little heart desires . . . and your feet, legs and lungs can take.

The JFK is a marvelous undertaking, but only to the people who know about it, an extremely faithful bunch.

Mike Adams, for instance. He finished the "Walk in the Woods" in 7:26:49 and that's the 21st time he's stayed the course, same as Kim Byron. Meanwhile, Cal Mahaney held onto the record for consecutive finishes with 20.

About halfway along the trail and after a sudden elevation drop of about 200 feet, there's a clearing and a chance at some water. That's usually the first time the leaders look around and take stock of the situation. The man setting the pace is rarely more than a couple of body widths ahead. The long panting line moves on.

The jumps over rocks, over fallen trees and quick moves ahead when the terrain permits are the preliminaries. The racing and jockeying for position starts when the adventurers alight from the woods and enter the towpath along the Potomac River.

For the next 25 miles, there's the silent river on the left, the rustle of leaves on the right and the gray crushed stone underfoot. There's lots of time to monitor the body, take on water at the check points and feel the rush of adrenaline at the sight of fellow humans every so often.

Chris Gibson, bidding to become only the third man to post repeat victories in the event started in the early '60s when President John F. Kennedy pleaded with America to get in shape, pushed ahead to a substantial lead along the path.

During the last few miles along the river and before the course turned up at Dam No. 4 and onto a country road, however, Ed Boggess came on strong. With less than 4 miles to go to the finish in Williamsport, Gibson led by just 25 yards.

He assessed his situation, questioned his resolve and pulled away smartly, winning by nine minutes. Boggess and 37 others arrived at the finish line in under eight hours. In the group were two women, defending champion Carolyn Showalter and a challenger all the way from Colorado, Randi Bromka.

Their effort was the story of this race and, undoubtedly, takes over as the showpiece for the long and storied history of the race.

Bromka, a strong runner who had run a 50-miler out west this summer in 6:52, had a substantial lead with about 5 miles to go. Still, Showalter was closing the gap ever so slightly with every step.

As the women came into sight of the finish line with about a quarter-mile to go, Bromka appeared to have enough to see her task through. But she was dog-tired and spent, every step painful and slower and slower in coming. Showalter, seeing a weakness in her rival for the first time all day, pushed harder.



**Phil Jackman**

About 150 yards from the finish, Bromka lost first place for the first time since 7 o'clock in the morning. It was nearly 3 o'clock in the afternoon. Showalter won in 7:52:44, her sixth victory tying the women's record for the event formerly held by Donna Aycoth.

Bromka struggled to 7:53:06. She collapsed in total exhaustion one step beyond the wire. A little later, she thought of coming all the way from Aspen, Colo., only to be turned back 150 yards from success. Could anyone ever have more motivation to return in 1990 to put things right?

A total of 289 competitors were able to beat the 14-hour cutoff time. Among them was Everett Marsh. Ev is an outdoor guy who retired about 15 years ago and moved from the Baltimore area to Frederick to be closer to the Appalachian Trail. He ran his first JFK at age 60 and, this weekend at age 74, completed the course for the 15th straight time. It is assumed this is what Kennedy had in mind when he issued his challenge.

Race director Sawyer considered it Valhalla when two dozen runners completed the course in under eight hours last November. "This year's total of 39 is just, just," he gasped, unable to come by the word.

## BARRIER BEATERS SINCE 1973

	89	88	87	86	85	84	83	82	81	80	79	78	77	76	75	74	73
UNDER 6:00	0	0	0	0	0	0	0	2	0	0	0	0	0	1	0	0	1
UNDER 7:00	9	5	2	7	4	7	7	15	9	7	9	6	10	4	3	3	5
UNDER 8:00	39	24	21	28	29	29	33	38	37	40	31	21	33	17	17	6	16
UNDER 9:00	91	52	54	54	66	68	88	100	87	91	88	56	78	57	41	14	47
UNDER 10:00	145	117	105	89	120	115	150	143	141	147	134	109	120	123	92	41	106

JFK 50 MILE HISTORY MAKING FIRSTS

First JFK 50 Starting Field:	Steve Costion James Ebberts Gary Eyler 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

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

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

JFK 50 MILE All-TIME TOP 25 PERFORMERS

1.	Mike 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.	Rick Warren	6:12:20	1973
8.	Scott Miller	6:13:56	1981
9.	Dan Brannen	6:14:02	1980
10.	Phil Bishop	6:14:59	1978
11.	Elton Horst	6:15:42	1971
12.	David Horton	6:16:00	1985
13.	Karsten Schulz	6:16:25	1977
14.	Chris Gibson	6:16:29	1989
15.	Bruce Nystrom	6:17:44	1979
16.	Jim Pellon	6:18:56	1984
17.	Wes Kessenich	6:19:08	1987
18.	Neil Weygandt	6:20:20	1982
19.	Don Marvel	6:22:04	1981
20.	John Hess	6:22:28	1979
21.	Kerry Green	6:22:30	1977
22.	Park Barner	6:23:53	1973
23.	Ed Boggess	6:25:58	1989
24.	Tom Kirk	6:26:48	1977
25.	Angelo Gioiosa	6:27:58	1975

JFK 50 MILE WOMEN'S ALL-TIME TOP 25 PERFORMERS

1.	Teri Gerber	6:50:56	1984
2.	Carole Williams	7:28:39	1982
3.	Mary Hanudel	7:40:36	1983
4.	Sue Medaglia	7:41:13	1979
5.	Pat O'Brien	7:47:34	1984
6.	Carolyn Showalter	7:48:13	1986
7.	Randi Bromka	7:53:06	1989
8.	Laura Perry	8:05:29	1986
9.	Margarete Deckert	8:11:29	1982
10.	Laura Nelson	8:12:42	1989
11.	Mitzi Henscheid	8:19:56	1982
12.	Shelia Burchett	8:25:58	1989
13.	Donna Aycoth	8:26:07	1973
14.	Pat Botts	8:39:11	1989
15.	Kelly Hoskins	8:41:43	1989
16.	Debbie Richey	8:41:57	1980
17.	Louise Dooley	8:46:43	1983
18.	Noël Relyea	8:53:46	1989
19.	Jo Wells	8:57:22	1985
20.	Ingrid Honzak	8:57:37	1989
21.	Kim Bricker	8:59:38	1989
22.	Tracy Herndon	9:00:20	1983
23.	Sandra Folzer	9:01:20	1979
24.	Kathy Curtis	9:04:31	1985
25.	Marlys Palmer	9:09:30	1983

### HISTORY'S 25 QUICKEST TRIPS OVER THE JFK 50 MILE COURSE

1.	Mike 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.	White	6:06:19	1974
8.	Lawder	6:08:54	1979
9.	Spinnler	6:12:12	1983
10.	Rick Warren	6:12:20	1973
11.	Scott Miller	6:13:56	1981
12.	Dan Brannen	6:14:02	1980
13.	Phil Bishop	6:14:59	1978
14.	Elton Horst	6:15:42	1971
15.	Bishop	6:15:53	1982
16.	David Horton	6:16:00	1985
17.	Karsten Schulz	6:16:25	1977
18.	Chris Gibson	6:16:29	1989
19.	Bruce Nystrom	6:17:44	1979
20.	Jim Pellon	6:18:56	1984
21.	Wes Kessenich	6:19:08	1987
22.	Pellon	6:19:57	1983
23.	Lawder	6:19:59	1981
24.	Nystrom	6:20:18	1977
25.	Neil Weygandt	6:20:20	1982

### HISTORY'S 25 QUICKEST TRIPS BY WOMEN OVER THE JFK 50 MILE COURSE

1.	Teri Gerber	6:50:56	1984
2.	Gerber	6:56:12	1983
3.	Carole Williams	7:28:39	1982
4.	Mary Hanudel	7:40:36	1983
5.	Sue Medaglia	7:41:13	1979
6.	Pat O'Brien	7:47:34	1984
7.	Carolyn Showalter	7:48:13	1986
8.	Showalter	7:52:44	1989
9.	Randi Bromka	7:53:06	1989
10.	Medaglia	7:53:37	1978
11.	Medaglia	7:53:40	1980
12.	Showalter	7:56:27	1984
13.	Showalter	7:57:16	1988
14.	Showalter	7:59:24	1985
15.	Laura Perry	8:05:29	1986
16.	Showalter	8:07:49	1987
17.	Medaglia	8:10:38	1981
18.	Margarete Deckert	8:11:29	1982
19.	Laura Nelson	8:12:42	1989
20.	Medaglia	8:19:07	1977
21.	Mitzi Henscheid	8:19:56	1982
22.	Shelia Burchett	8:25:58	1989
23.	Donna Aycoth	8:26:07	1973
24.	Perry	8:36:03	1988
25.	Pat Botts	8:39:11	1989

JFK 50 MILE RECORDS

<b>JFK 50 MILE RECORD:</b>	5:53:05	Mike Spinnler	<b>1982</b>
<b>WOMEN'S JFK 50 MILE RECORD:</b>	6:50:56	Teri Gerber	<b>1984</b>
SCHOLASTIC RECORD:	6:16:25	Karsten Schulz	1977
AGE 70 & OVER RECORD:	10:22:21	Bob Boal (70)	1982
AGE 60 & OVER RECORD:	8:48:26	Everitt Newell (60)	1981
AGE 60 & OVER RECORD (WOMEN):	11:50:03	Burnis Hicks (62)	1973
AGE 50 & OVER RECORD:	7:07:59	Bill Jackson (50)	1977
AGE 50 & OVER RECORD (WOMEN):	10:42:54	Samara Balfour (52)	1988
AGE 40 & OVER RECORD:	6:17:44	Bruce Nystrom (41)	1979
AGE 40 & OVER RECORD (WOMEN):	7:41:13	Sue Medaglia (44)	1979
AGE 15 & UNDER RECORD:	7:46:54	Brad Vaughn (15)	1975
AGE 15 & UNDER RECORD (WOMEN):	9:49:58	Valerie Hardin (11)	1973
<b>ELDEST FINISHER:</b>	<b>AGE 74</b>	Everett Marsh	1989
MOST YEARS A FINISHER:	21 Years	Mike Adams & Kim Byron	
MOST YEARS A FINISHER (WOMEN):	11 Years	Carolyn Showalter	
LONGEST FINISHER STREAK:	<b>20 YEARS</b>	Cal Mahaney	
LONGEST FINISHER STREAK (WOMEN):	<b>8 YEARS</b> <b>8 YEARS</b>	Jean Phillips Carolyn Showalter	
MOST VICTORIES:	5	James Ebberts	
MOST VICTORIES (WOMEN):	6	Donna Aycoth	
WASHINGTON COUNTY RECORD:	5:53:05	Mike Spinnler	1982
WASHINGTON COUNTY RECORD (WOMEN):	7:48:13	Carolyn Showalter	1986
FREDERICK COUNTY RECORD:	7:13:01	Ron Pace	1977
FREDERICK COUNTY RECORD (WOMEN):	10:27:26	Martha Hauver	1975
CANADIAN RECORD:	6:48:04	Chris Kelk	1989
CANADIAN RECORD (WOMEN):	8:57:22	Jo Wells	1985

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

20 Years:	Cal Mahaney	(1970 - )
19 Years:	Mike Adams	(1971 - )
16 Years:	Kim Byron	(1968 - 1983)
	Bob Henscheid	(1974 - )
15 Years:	Everett Marsh	(1975 - )
14 Years:	Carl Cornett	(1972 - 1975)
	Randy Howard	(1974 - 1987)
	Lowell Showalter	(1975 - 1988)
13 Years:	Joe Baummer	(1973 - 1985)
	Denny Evans	(1977 - )
	Byron McNelly	(1977 - )
	Don West	(1974 - 1986)
12 Years:	Norm Moyer	(1978 - )
	Fred Wandel	(1972 - 1983)
	Bill Whitesell	(1978 - )
11 Years:	Dick Good	(1979 - )
	Stan Holloway	(1979 - )
	Paul Lewis	(1973 - 1983)
	Jack Sargent	(1979 - )
	Ken Scott	(1979 - )
	Ernie West	(1974 - 1984)
10 Years:	Jim Caldwell	(1977 - 1986)
	George Harrington	(1980 - )
	Paul Keplinger	(1975 - 1984)
	Earl Main	(1979 - 1988)
	Si Reddick	(1969 - 1978)
	Fred Schumacher	(1980 - )
	Joe Trask	(1980 - )

TEEN PERFORMANCES UNDER 8 HOURS

1.	Karsten Schulz	17	6:16:25	1977
2.	Tom Kirk	18	6:26:48	1977
3.	Gene Schultz	19	6:41:11	1972
4.	Steve Yates	19	6:53:13	1973
5.	Mike Spinnler	19	6:57:54	1977
6.	Mark Mullineaux	18	7:05:50	1977
7.	Schulz	16	7:08:41	1976
8.	Pat High	19	7:24:01	1981
9.	Tim Smith	18	7:33:12	1989
10.	Robert Peay	19	7:37:09	1980
11.	Pat Gill	18	7:41:12	1973
12.	Sam Holland	19	7:42:03	1971
13.	High	16	7:44:04	1978
14.t	Brad Vaughn	15	7:46:54	1975
14.t	Spinnler	17	7:46:54	1975
16.	T. Smith	17	7:48:33	1988
17.	Kevin Seidl	19	7:50:04	1983
18.	High	18	7:55:30	1980
19.	John Conyngham	19	7:56:07	1981
20.	Allen Smith	19	7:56:14	1971