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# BROOKS®

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.

# PowerBar®

ATHLETIC ENERGY FOOD

*Fuel for Optimum Performance®*

**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