

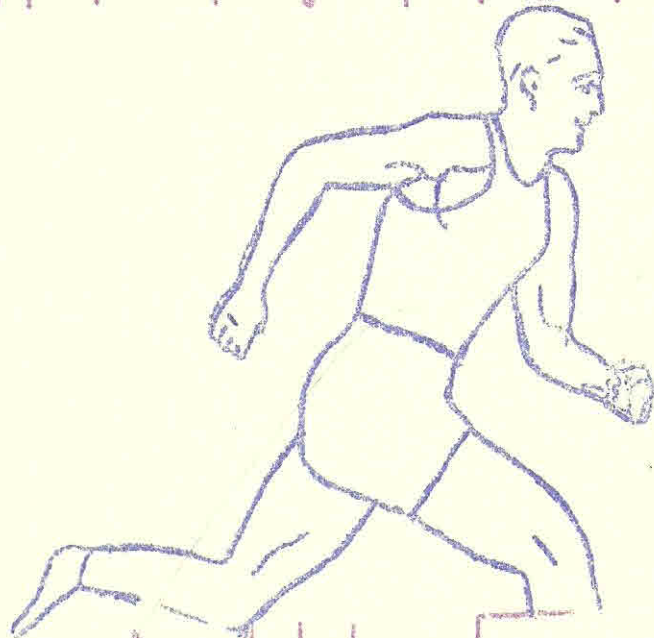
THE

CUMBERLAND VALLEY ATHLETIC CLUB

PRESENTS ITS FOURTH

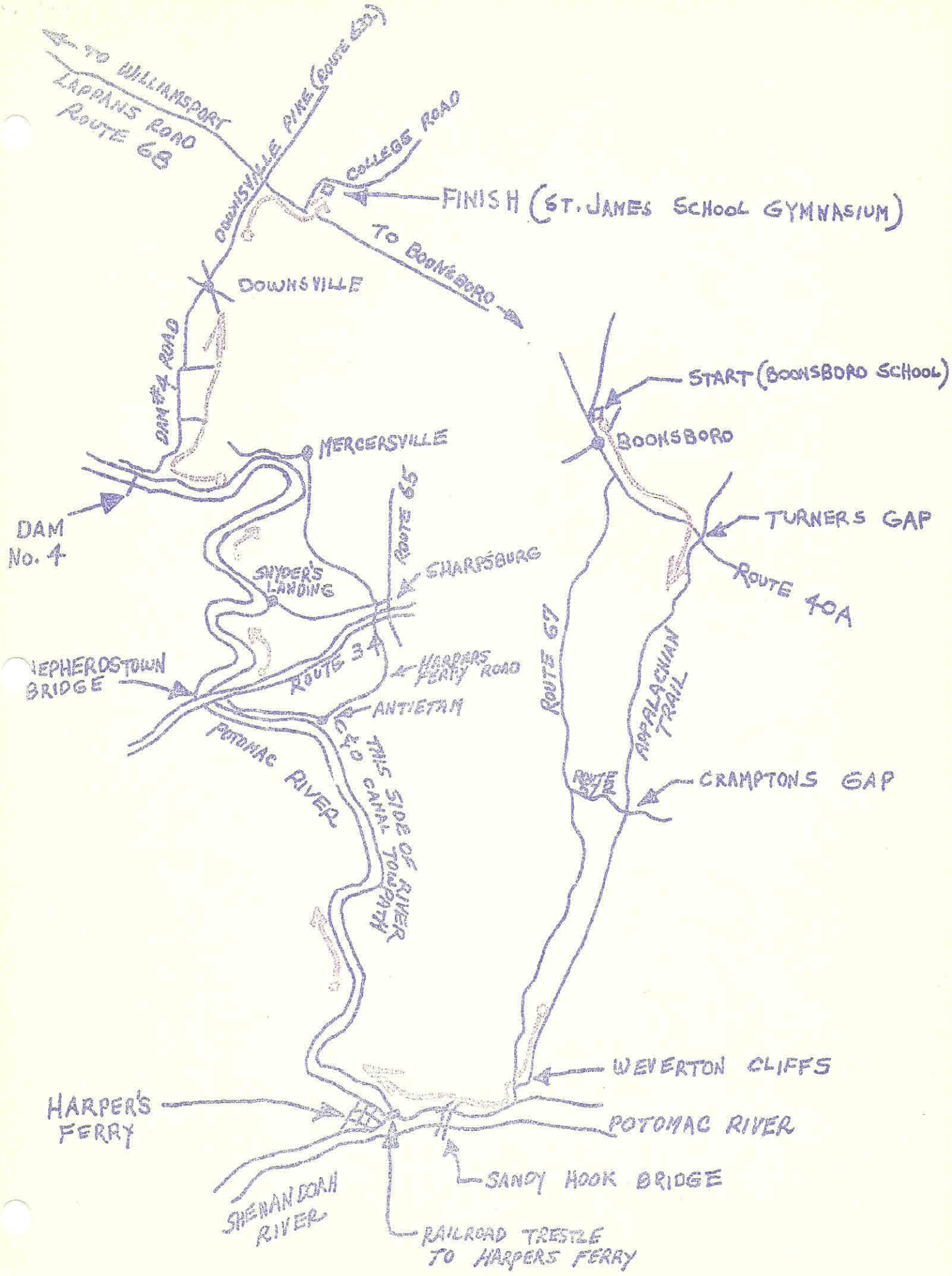
ANNUAL

JOHN F. KENNEDY



50-MILE HIKE

7a.m Sharp on Saturday, March 26



| | Via | Miles | Total Miles |
|--|---------------------------|-------|-------------|
| Boonsboro J.H. School to top of South Mountain at Turners Gap | Route 40A | 3.0 | 3.0 |
| Turners Gap to Cramptons Gap where highway crosses mountain | Appalachian Trail | 6.7 | 9.7 |
| Cramptons 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 | Towpath | 1.1 | 18.6 |
| Harpers Ferry to Lock #36 at Dam #3 | Towpath | 1.7 | 20.3 |
| Lock #36 to Lock #37 | Towpath | 4.6 | 24.9 |
| Lock #37 to Village of Antietam | Towpath | 2.4 | 27.3 |
| Antietam to Millers Sawmill (Residential Area) | Towpath | 1.4 | 28.7 |
| Millers Sawmill to Shepherdstown Bridge (Lock #38) | Towpath | 2.0 | 30.7 |
| Shepherdstown Bridge to Lock #39 | Towpath | 1.2 | 31.9 |
| Lock #39 to Snyders Landing | Towpath | 2.7 | 34.6 |
| Snyders Landing to Lock #40 | Towpath | 3.7 | 38.3 |
| Lock #40 to Mercersville | Towpath | .6 | 38.9 |
| Mercersville to Dam #4 | Towpath | 3.4 | 42.3 |
| Dam #4 to Downsville | Dam #4 (Road Road) | 4.3 | 46.6 |
| Downsville to intersection with Lappans Road (Route 68) | Downsville Hike (Rte 632) | 2.3 | 48.9 |
| Intersection to left turn onto College Road (Sign at College Road Points to St. James School) | Route 68 | 1.0 | 49.9 |
| College Road to finish at St. James School (Front of Gym) | College Road | .5 | 50.4 |

- Notes:
1. White rectangles painted on trees mark the Appalachian Trail. Do NOT take the blue marked trails.
 2. Wooden posts on the opposite side of the canal from the towpath have the the lock numbers burned onto them.
 3. The Appalachian Trail is about 100 yards past the crest of South Mountain running along the eastern slope.
 4. As you come out of the woods from climbing down the Weverton Cliffs, you must turn left at road and proceed across the intersection and across railroad tracks to pick up towpath.
 5. As you approach Dam #4, a paved road will appear on your right coming downhill and turning to parallel the towpath. You get on the road here and proceed up the hill and on to Downsville.

AWARDS

To those completing the 50.4 miles awards will be as follows:

| | |
|---|----------------------------|
| 1 st Place - 5 th Place | Gold Medals with Ribbons |
| 6 th Place - 10 th Place | Silver Medals with Ribbons |
| 11 th Place - 20 th Place | Bronze Medals with Ribbons |
| From 20 th on | Bronze Medals |

In addition to the above, special medal awards will be presented to the following:

| | |
|-------------------|------------|
| Oldest finisher | Gold Medal |
| Youngest finisher | Gold Medal |

To all those not completing the entire distance but who have hiked as far as Crampton's Gap (9.7), certificates will be awarded. The actual distance covered by a hiker (last check-point reached) will be recorded on his or her certificate.

