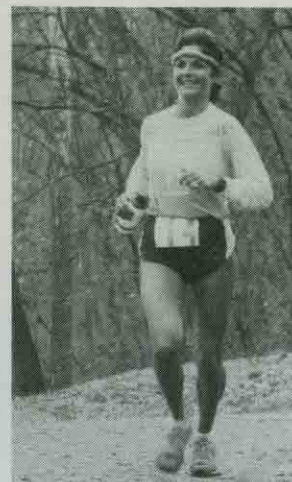


DICK GOETZ

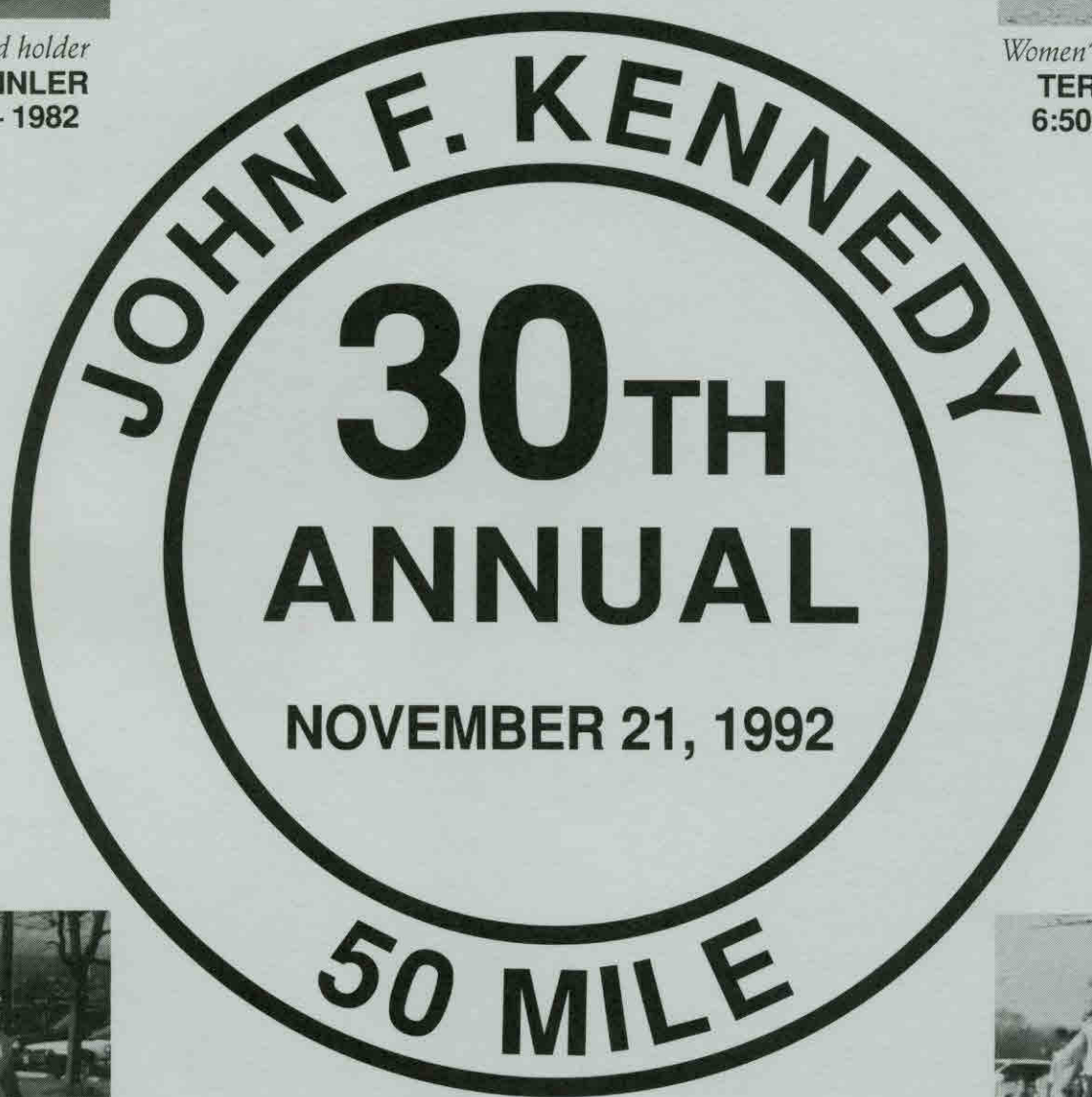
America's Oldest Ultramarathon



Men's Record holder
MIKE SPINLER
5:53:05 — 1982



Women's Record Holder
TERI GERBER
6:50:56 — 1984



1991 Men's Champion
ERIC CLIFTON

Boonsboro to Williamsport, MD
VIA
Appalachian Trail
and C & O Canal Towpath



1991 Women's Champion
LAURA NELSON

.....IN THE BEGINNING

THE DAILY MAIL, Hagerstown, Md.

Friday March 29, 1963

C. V. Athletic Club Plans 50-Mile Hike On Saturday

In the spring, a young man's thoughts used to turn to baseball. Gradually they somehow switched to women but now all minds appear preoccupied with that peculiar sport of hiking.

Ever since President Kennedy expressed his delight at this crazy fad, there have been hikes over astounding distances, through the strangest places and for the oddest reasons. Hiking is now done instead of stuffing one another in a phone booth or putting yourself through the dryer at the town laundry.

For local track buff Buzz Sawyer and 14 other "youths" hiking is the sole word this weekend. The ageless Sawyer and his Cumberland Valley Athletic Club group are planning a pleasant 53 mile stroll tomorrow over the Appalachian trail and they plan to complete the trip in a day.

The group will leave tomorrow morning from Boonsboro High School at the refreshing hour of 6 a.m. They say they'll arrive back at St. James School between 6 p.m. and 7 p.m.

In order to accomplish this, the boys are going to have to keep up a steady pace at better than four miles per hour. Cars will meet the group at various places along the way in the event that some would actually rather ride than walk.

Sawyer anticipates no dropouts as the group has been training for the grind for some time now. "All of the boys are supposed to be in good shape," says Sawyer, "and that's what I intend to find out. This should be a good test for them."

Sawyer hinted that when the group arrives at St. James, there may be a leisurely mile run around the track just to soften up some of the blisters.

The main reason behind this hike, according to Sawyer, is a simple matter of conditioning to break up the routine of every day training.

The CVAC will travel very light, carrying only an adequate supply of band aids and perhaps a sandwich or two. While all will certainly eat it's doubtful whether they will stop in any one place too long for fear they may not be able to get up again.

Buzz doesn't advocate any special kind of shoe for the journey. "A comfortable walking shoe is enough," he says.

After the start at Boonsboro, the group will walk along Route 40 A and pick up the Appalachian trail. From there, it's over to Harpers Ferry, then along the C & O Canal trail to Downs ville where it's just a breeze to St. James. It sounds easy enough for any straggler that might wish to tag along.

In addition to Sawyer, the hikers include Steve Costion, Curtis Mason, Rick Kephart, James Ebberts, Wayne Vaughn, Dave Henson, Rick Miller, Don Poper. Gary Brown, Bob Ezolt, Ralph Tracy, Ezolt and Eyler are high and Russell Putnam. All except Tracy, Ebolt and Eyler are high school students.

Buzz is the only one who has had any previous hiking experience and that was years ago when he took a tiny 25 mile jaunt from Raleigh to Durham, North Carolina.

The possibility of flooding had caused some concern but that has practically been eliminated now and the only threat is rain. If the latter arrives, the group is undecided on what to do. Sawyer noted that he would like to get the hike in this weekend because most of the boys start the high school track season next week.

All the hikers will probably make it through the long journey but it isn't likely that any of them will be seen on the streets tonight.

THE DAILY MAIL, Hagerstown, Md.
Tuesday, March 26, 1963

OUR ANCESTORS

by Quincy



"I realize, Lewis, that President Jefferson is a physical fitness enthusiast, but to expect us to take this 8,000-mile hike . . ."

THE MORNING HERALD, Hagerstown, Md.
Monday, April 1, 1963

CVAC 50 Mile Hike

Hikers Limp In Saturday; Only Four Complete Trip

Only four of the 11 starters and rest breaks so the actual made it through the grueling CVAC 51-mile hike Saturday, a tired but happy Buzz Sawyer reported yesterday. Sawyer, organizer of the CVAC, was one of those that made it.

Steve Costion, Rick Miller and James Ebberts were the other three that completed the trip and ironically, all had reasons not to. Costion has been having foot trouble, Miller is only 15 years old and Ebberts had two teeth pulled the day before. Sawyer, of course, is no youngster any more but he demonstrated that age is no barrier when it comes to hiking.

The group left on schedule at 6 a.m. from Boonsboro High and completed the trip in 13 hours and 10 minutes. One hour and 16 minutes were spent for food

walking time was 11 hours and 54 minutes which averages out to 4.29 miles per hour.

Gary Eyler, Russ Putnam, Don Poper and Dave Henson completed 42.9 miles of the trip but were forced to drop out due to sheer fatigue.

Rick Kephart, Wayne Vaughn and Doug Fryer fell behind immediately and decided to take a side route. They eventually finished the hike but walked nine miles less than the others.

It was dark when the boys arrived at St. James and Sawyer decided to call off a mile run around the track.

Sawyer displayed several shapeless blisters on his sore feet and said the club isn't planning any more hikes in the near future.

by Ken Nigro

JFK 50 MILE STATISTICAL DATELINES

	<u>STARTERS</u>	<u>FINISHERS</u>	<u>PERCENTAGES</u>	
March 30, 1963	11	4	36%	
April 4, 1964	16	7	44%	
March 27, 1965	20	18	90%	
March 26, 1966	59	11	19%	
April 1, 1967	19	12	63%	{ busy day for Towpath water pumps -uncomfortable 80°..
March 30, 1968	36	17	47%	
March 29, 1969	151	40	26%	
April 4, 1970	274	74	27%	
April 3, 1971	589	150	25%	
March 25, 1972	1,075	307	29%	
March 31, 1973	1,724	673	39%	{ largest field of starters of any race in USA for 1973..
March 30, 1974	1,355	225	17%	{ freezing rain all day with temp. never above low 30°s..
November 15, 1975	623	344	55%	
November 20, 1976	542	369	68%	
November 19, 1977	483	326	67%	
November 18, 1978	379	293	77%	
November 17, 1979	405	312	77%	
November 22, 1980	367	294	80%	
November 21, 1981	322	269	84%	
November 20, 1982	349	276	79%	
November 19, 1983	355	291	82%	
November 17, 1984	272	234	86%	
November 23, 1985	292	243	83%	{ 17 days before race, flood waters @ 2nd story level of homes along Towpath..
November 22, 1986	247	198	80%	
November 21, 1987	289	221	76%	{ snow, 45mph wind & windchill minus 15° at start. High was 27°. Snow after dark..
November 19, 1988	298	230	77%	
November 18, 1989	351	288	82%	
November 17, 1990	364	312	86%	
November 23, 1991	354	310	88%	
November 21, 1992	- -	30th Annual JFK 50		

JFK 50 MILE HISTORY MAKING FIRSTS

First JFK 50 Starting Field:	Steve Costion James Ebberts Gary Eyer 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
First With Finishes in Four Decades: (1960's, 1970's, 1980's, & 1990)	Mike Adams Kim Byron Ed Glenn	

JFK 50 MILE RECORDS

JFK 50 MILE RECORD:	5:53:05	Mike Spinnler	1982
JFK 50 MILE RECORD (WOMEN):	6:50:56	Teri Gerber	1984
SCHOLASTIC RECORD:	6:16:25	Karsten Schulz	1977
AGE 70 & OVER RECORD:	10:22:21	Bob Boal (70)	1982
AGE 60 & OVER RECORD:	8:18:42	Roland Anspach (65)	1991
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):	8:54:53	Pat Botts (50)	1990
AGE 40 & OVER RECORD:	6:16:39	David Horton (40)	1990
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
ELDEST FINISHER:	AGE 76	Everett Marsh	1991
MOST YEARS A FINISHER:	23 Years	Mike Adams & Kim Byron	
MOST YEARS A FINISHER (WOMEN):	13 Years	Carolyn Showalter	
LONGEST FINISHER STREAK:	22 YEARS	Cal Mahaney	
LONGEST FINISHER STREAK (WOMEN):	10 YEARS	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):	7:23:19	Laura Nelson	1991
FREDERICK COUNTY RECORD:	7:13:01	Ron Pace	1977
FREDERICK COUNTY RECORD (WOMEN):	9:46:06	Barry Salisbury	1990
CANADIAN RECORD:	6:48:04	Chris Kelk	1989
CANADIAN RECORD (WOMEN):	8:57:22	Jo Wells	1985

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
1990	Joe Blackmon	6:15:53
1991	Eric Clifton	6:06:09

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

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.	Eric Clifton	6:06:09	1991
8.	Rick Warren	6:12:20	1973
9.	Scott Miller	6:13:56	1981
10.	Dan Brannen	6:14:02	1980
11.	Phil Bishop	6:14:59	1978
12.	Elton Horst	6:15:42	1971
13.	Joe Blackmon	6:15:53	1990
14.	David Horton	6:16:00	1985
15.	Karsten Schulz	6:16:25	1977
16.	Chris Gibson	6:16:29	1989
17.	Bruce Nystrom	6:17:44	1979
18.	Jim Pellon	6:18:56	1984
19.	Wes Kessenich	6:19:08	1987
20.	Neil Weygandt	6:20:20	1982
21.	Don Marvel	6:22:04	1981
22.	John Hess	6:22:28	1979
23.	Kerry Green	6:22:30	1977
24.	Park Barner	6:23:53	1973
25.	Ed Boggess	6:25:58	1989

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

1.	Teri Gerber	6:50:56	1984
2.	Shelby Hayden-Clifton	7:10:14	1990
3.	Laura Nelson	7:23:19	1991
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.	Laura Perry	8:05:29	1986
12.	Margarete Deckert	8:11:29	1982
13.	Mitzi Henscheid	8:19:56	1982
14.	Gwen Goss	8:23:38	1991
15.	Shelia Burchett	8:25:58	1989
16.	Donna Aycoth	8:26:07	1973
17.	Sandy James	8:33:25	1991
18.	Noel Relyea	8:35:12	1990
19.	Susan Briers	8:37:34	1991
20.	Pat Botts	8:39:11	1989
21.	Kelly Hoskins	8:41:43	1989
22.	Debbie Richey	8:41:57	1980
23.	Penny Parks	8:43:46	1991
24.	Louise Dooley	8:46:43	1983
25.	Iris Black	8:47:54	1990

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.	Eric Clifton	6:06:09	1991
8.	White	6:06:19	1974
9.	Lawder	6:08:54	1979
10.	Spinnler	6:12:12	1983
11.	Rick Warren	6:12:20	1973
12.	Scott Miller	6:13:56	1981
13.	Dan Brannen	6:14:02	1980
14.	Phil Bishop	6:15:59	1978
15.	Elton Horst	6:15:42	1971
16t.	Bishop	6:15:53	1982
16t.	Joe Blackmon	6:15:53	1990
18.	David Horton	6:16:00	1985
19.	Karsten Schulz	6:16:25	1977
20.	Chris Gibson	6:16:29	1989
21.	Horton	6:16:39	1990
22.	Bruce Nystrom	6:17:44	1979
23.	Jim Pellon	6:18:56	1984
24.	Clifton	6:19:06	1990
25.	Wes Kessenich	6:19:08	1987

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.	Shelby Hayden-Clifton	7:10:14	1990
4.	Laura Nelson	7:23:19	1991
5.	Carole Williams	7:28:39	1982
6.	Randi Bromka	7:30:30	1990
7.	Lorraine Gersitz	7:36:17	1991
8.	Carolyn Showalter	7:38:00	1991
9.	Nelson	7:39:36	1990
10.	Mary Hanudel	7:40:36	1983
11.	Sue Medaglia	7:41:13	1979
12.	Showalter	7:44:13	1990
13.	Pat O'Brien	7:47:34	1984
14.	Showalter	7:48:13	1986
15.	Showalter	7:52:44	1989
16.	Bromka	7:53:06	1989
17.	Medaglia	7:53:37	1979
18.	Medaglia	7:53:40	1980
19.	Showalter	7:56:27	1984
20.	Showalter	7:57:16	1988
21.	Showalter	7:59:24	1985
22.	Laura Perry	8:05:29	1986
23.	Showalter	8:07:49	1987
24.	Medaglia	8:10:38	1981
25.	Margarete Deckert	8:11:29	1982