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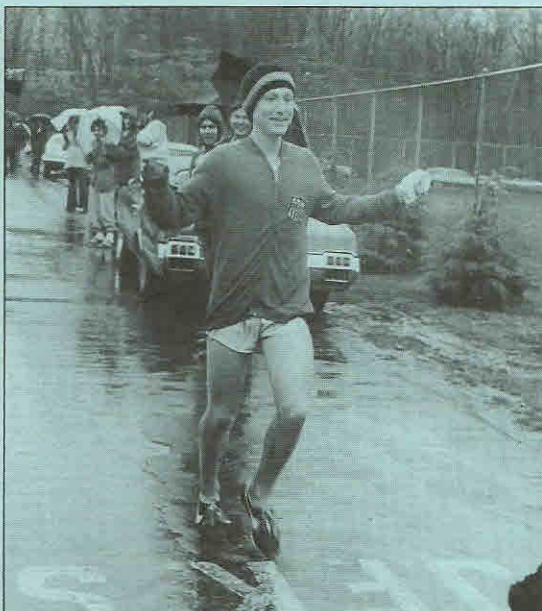
PowerBar
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November 20, 1999

The Cumberland Valley Athletic Club

Proudly Presents

The 37th Annual John F. Kennedy 50 Mile
“America’s Ultramarathon”



The legendary **Max White** hits the finish line of the 1974 JFK 50 Mile in 6:06:19. It was White's second appearance at the JFK and also his second victory. So brutal were the weather conditions of the '74 JFK (freezing rain and temperatures in the 30s) that only 225 of the 1,355 starters—an event low of 17%—beat the 14-hour time limit. Hagerstown native **Nancy Keplinger** was the only woman to survive the brutally cold and wet JFK 50 of 1974. Nancy, inspired by the news that she was the only woman still going, reached the finish in 13:48:05.

BROOKS

The Cumberland Valley Athletic Club
proudly presents
The 37th Annual John F. Kennedy 50 Mile

MADE POSSIBLE THROUGH THE SUPPORT OF:

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**THE NATIONAL PARK SERVICE
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WILLIAMSPORT VOLUNTEER AMBULANCE & RESCUE SERVICE
ANTIETAM RADIO ASSOCIATION
HAGERSTOWN REACT
BICYCLE EMERGENCY RESPONSE TEAM**

**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**

ALL-TIME JFK 50 MILE RECORDS

Overall Course Record	5:46:22	Eric Clifton	1994
Women's Course Record	6:50:56	Teri Gerber	1984
Junior Men (19 and under)	6:16:25	Karsten Schultz	1977
Junior Women (19 and under)	8:56:06	Liz Wood	1996
Masters Men (40 and over)	6:06:42	Eric Clifton	1998
Masters Women (40 and over)	7:41:13	Sue Medaglia	1979
Senior Men (50 and over)	6:42:48	Frank Bozanich	1994
Senior Women (50 and over)	8:13:30	Pat Botts	1996
Veteran Men (60 and over)	8:18:42	Roland Anspach	1991
Veteran Women (60 and over)	11:50:03	Burnis Hicks	1973
Super Veteran Men (70 and over)	10:01:58	Leo Lightner	1998
Octogenarian Men (80 and over)	13:45:57	Carl Llewellyn	1995
Men's Canadian National Record	6:18:36	Ryne Melcher	1998
Women's Canadian National Record	7:39:16	Deanna Lindsey	1996
Washington Co. Men's Record	5:53:05	Mike Spinnler	1982
Washington Co. Women's Record	7:08:29	Laura Nelson	1992
Frederick Co. Men's Record	6:41:29	David Lieb	1996
Frederick Co. Women's Record	8:59:35	Jane Ruffino	1996
Most Finishes	30	Mike Adams and Kimball Byron	
Most Finishes by a Woman	20	Carolyn Showalter	
Longest Streak of continuous finishes	29	Cal Mahaney	1970-1998
Longest Women's streak of finishes	17	Carolyn Showalter	1982-1998
Most Overall Victories	5	James "Big E" Ebberts	
Most Women's Victories	6	Donna Aycoth & Carolyn Showalter	
Eldest Finisher	Age 80	Carl Llewellyn	1995
Eldest Women's Finisher	Age 62	Burnis Hicks	1973

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 Starting Field in U.S. Ultra History)
1974	1,355	225	17% (Low 30s and freezing rain)
1975	623	344	55%
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 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	555	486	87%(A.T. buried under snow)
1996	690	625	90%
1997	793	719	90%
1998	842	775	92%(Most finishers in U.S. Ultra History) (Highest % of finishers in JFK History)
1999	-----37th Annual JFK 50 Mile-----		

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
1995	Janice Anderson	7:40:54
1996	Bridget Brunnick	7:20:01
1997	Bridget Brunnick & Rebekah Trittipoe	7:44:10
1998	Beà Marie Altieri	6:58:44

(*) denotes course record performance

(**) denotes current course record performance

