

THE CUMBERLAND VALLEY ATHLETIC CLUB
PROUDLY PRESENTS

**THE 47TH ANNUAL
JOHN F. KENNEDY 50 MILE
SATURDAY, NOVEMBER 21, 2009**

LIMITED STARTING FIELD: The 2009 JFK 50 Mile starting field will be strictly limited to 1,000 starters.

NEW ENTRY PROCEDURE IN 2009: From July 1-8, only entries from military personnel, military veterans and past JFK 50 Mile participants with a minimum of five-official-finishes will be accepted--documentation of this status must accompany each entry. Any entry postmarked prior to July 9th --that does not meet the aforementioned criteria-- will be rejected. After July 8th, entries will be reviewed on a first-come, first-serve basis. Race Organizers expect the field to be filled by the end of July if not sooner.

START INFORMATION: The JFK 50 Mile will start promptly at 7:00 a.m. from U.S. Alternate 40 adjacent to the Boonsboro Educational Complex in downtown Boonsboro, Maryland. An optional 5:00 a.m. start will be held for a very limited number of accepted "applying participants" who anticipate needing more than 12-hours to finish. Those starting at 5:00 a.m. will have a 14-hour time-limit. **THOSE APPLYING FOR A 5:00 A.M. START POSITION MUST INCLUDE A WRITTEN "APPEAL" WITH THEIR ENTRY STATING THEIR REASONING FOR SEEKING A 5:00 A.M. START POSITION. RACE ORGANIZERS WILL ACCEPT NO MORE THAN 250 STARTERS INTO THE 5:00 A.M. START.**

DIRECTIONS TO START: **From the North**, take Interstate 81 South to Interstate 70 East, exit Interstate 70 on to MD Rt. 66 and proceed South towards Boonsboro. **From the South**, take Interstate 81 North to Interstate 70 East, exit Interstate 70 on to MD Rt. 66 South towards Boonsboro. **From the East**, take Interstate 70 West to MD Rt. 66 South towards Boonsboro. **From the West**, take Interstate 70 East to MD Rt. 66, Take MD Rt. 66 South towards Boonsboro. **Race morning packet pick-up and parking is at Boonsboro High School in the Boonsboro Education Complex at the intersection of MD Rt. 66 and U.S. Alternate Rt. 40. Special note to those using the 5:00 a.m. start: 5:00 a.m. starters must pick-up their packets on Friday, November 20, 2009 or make other special arrangements with the race organizers. See details for the Friday Packet Pick-up later in this information packet.**

FINISH INFORMATION: The JFK 50 Mile course is a point-to-point “horse-shoe” configuration finishing at Springfield Middle School in Williamsport, Maryland. Shuttle Buses will be on hand to bring participants back to the Boonsboro Education Complex beginning at 3:15 p.m. and will run regularly until 7:30 p.m. Spectators and handlers should park in the adjacent Williamsport High School parking lots.

AWARDS: All finishers within the official 12-hour time-limit (14-hour time-limit for those officially entered in the 5:00 a.m. start) will receive a beautiful uniquely designed JFK 50 mile finisher’s medallion immediately after crossing the finish line. The top 10 men and women as well as the first male and female in the following age divisions (19-and-under, 40-49, 50-59, 60-69, 70-79 and 80-and-over) will be recognized at the awards ceremony, set for 4:30 p.m. in the Springfield Middle School Gymnasium.

TEAM CHAMPIONSHIPS: Team Championship Awards will be presented to the top scoring (based on total time) Men’s and Women’s Teams. A team can consist of up to five of the same sex, but only the first three finishers will be scored. **ALL TEAM ENTRIES MUST BE MAILED IN TOGETHER. NO EXCEPTIONS WILL BE ALLOWED. NO SUBSTITUTIONS CAN BE MADE AFTER THE INITIAL TEAM ENTRY.**

MILITARY TEAM COMPETITION: The first five finishers of the same military branch (from the same Military Base or Academy) will have their combined times tallied. The low time-score will take home the “Kennedy Cup”. Teams can consist of as many as ten entrants (of either sex). **ALL TEAM ENTRIES MUST BE MAILED TOGETHER. NO EXCEPTIONS WILL BE ALLOWED. NO SUBSTITUTIONS CAN BE MADE AFTER THE INITIAL TEAM ENTRY.**

PRIZE MONEY: Cash awards will be presented to the top five male and female finishers (1st = \$600, 2nd = \$400, 3rd = \$250, 4th = \$150, 5th = \$100) with an additional \$500 bonus for the establishment of a new men’s or women’s course record. **ELITE ATHLETES MAKE SURE TO TAKE NOTE TO THE RULES ON PACING UNDER “PACERS AND/OR COMPANIONS” IN THIS PACKET.**

“LEGENDS” INDUCTION DINNER & JFK 50 MILE SOCIAL: A pasta dinner will be held at the Clarion Hotel and Conference Center in Hagerstown from 6:15 to 7:45 p.m. on Friday, November 20, 2009 to induct the newest members of the JFK 50 Mile’s “500 Mile”, “1000 Mile”, “1500 Mile” and “2000 Mile” Clubs. **The function is open to all JFK 50 MILE ENTRANTS AND THEIR GUESTS.** The cost to attend the function is \$25 per person. Checks should be made out to: “CVAC” and mailed to the same address as your entry. Reservations will not be taken after November 14, 2009. Absolutely no tickets will be sold at the door. **YOU WILL NOT RECEIVE A “TICKET” IN THE MAIL. NAMES WILL BE RECORDED ON A GUEST LIST THAT WILL BE “CHECKED OFF” AT THE DOOR ON NOVEMBER 20, 2009. JFK 500, 1000, 1500 & 2000 MILE CLUB MEMBERS --AS WELL AS ALL PAST WINNERS AND CURRENT JFK AGE GROUP AND GEOGRAPHIC RECORD HOLDERS—ARE ADMITTED FREE OF CHARGE, BUT MUST RSVP BY NOVEMBER 14, 2009.**

JFK 50 MILE OFFICIAL HOST HOTELS: The following Hagerstown area hotels are official host hotels for the 47th Annual JFK 50 Mile. Make mention of “JFK 50 Mile” when making your reservations.

Clarion Hotel & Convention Center (Packet Pick-up site on 11/20/09)	1-877-797-9004
Comfort Suites	301-791-8100
Days Inn	301-739-9050
Best Western Grand Venice	301-733-0830
Homewood Suites by Hilton Hagerstown	301-665-3816
SpringHill Suites by Marriott Hagerstown	301-582-0011
Hampton Inn	240-420-1970
Holiday Inn and Suites	1-888-551-0222
Country Inn & Suites	301-582-5003
Plaza Hotel	301-797-2500
Super 8	301-739-5800
Red Roof Inn (one-mile from finish line)	301-582-3500
Inn Boonsboro (luxurious B&B near start line)	301-432-1188

PACKET PICK-UP INFORMATION: Race numbers and packets can be picked up at the CLARION HOTEL & CONVENTION CENTER on U.S. Rt. 40 (on East side of Hagerstown) from 3:00-7:00 p.m. on Friday, November 20, 2009 or at the Boonsboro High School Gymnasium on race morning between 5:20 a.m. – 6:20 a.m. **SPECIAL NOTE: THOSE PARTICIPANTS ACCEPTED INTO THE 5:00 A.M. START, MUST PICK-UP THEIR RACE NUMBERS AND PACKETS FRIDAY, NOVEMBER 20, 2009, UNLESS OTHER SPECIAL ARRANGEMENTS HAVE BEEN MADE WITH THE RACE ORGANIZERS. NOTE TO ALL PARTICIPANTS: NO NUMBERS WILL BE DISTRIBUTED AFTER 6:20 A.M. ON RACE MORNING. MAKE SURE TO ALLOW ENOUGH TIME IF YOU PLAN TO PICK-UP YOUR NUMBER ON RACE MORNING!**

PRE-RACE BRIEFING MEETING: Mandatory pre-race participant briefing meetings will be held on race morning in the Boonsboro High School Gymnasium. 5:00 a.m. starters will meet at 4:20 a.m. The briefing for the 7:00 a.m. starters will be held at 6:20 a.m.

BAG TRANSPORT: Participant bags will be transported from the start staging area (outside the Boonsboro High School Gymnasium) to the finish line area (the south inside wall of the Springfield Middle School Gymnasium). Make sure identification (include name, mailing address and telephone number) is attached to the bag. **DO NOT LEAVE VALUABLES IN THE BAGS.**

PERSONAL LISTENING DEVICES: Personal listening devices are illegal in sanctioned USATF and RRCA events. **Any one caught (or photographed) using a personal listening device will be disqualified and their names/results removed from the official results.**

AID STATIONS: This year’s JFK 50 Mile will have a minimum of 14 fully stocked Aid Stations on the course. Provisions at these stations will include: colas, Gatorade, water, sandwiches, salted items, sweet items, energy gels, energy bars and basic first aid supplies. Some later aid stations may have hot drinks. The tentative locations are at approximately the 4, 10, 16, 20, 22, 25, 27, 30, 34, 38, 42, 44, 46 and 48 mile points.

PERSONAL HANDLERS: Personal Handlers are still “tolerated” at points designated by race organizers on the course. These locations are: **Gathland Gap (9.3 miles), Weverton Cliffs exit (15.0 miles), Antietam Aqueduct (27.1 miles), Taylor’s Landing (38.0 miles) and Downsville (46.0 miles).** Due to heavy congestion problems along the course –causing major concerns from the local police and National Park Service—the race organizers ask, that if at all possible, please leave the “course support” up to the race officials and volunteers (more that 350) out on the course. **If you do decide to use personal handlers, make sure they only meet you at the aforementioned race designated points and that they are instructed to yield “right-of-way” at all times to Park Service Personnel, officials, volunteers, participants, vehicles and pedestrians on the course.** **SPECIAL NOTE TO HANDLERS:** **Vehicle traffic on the JFK 50 Mile’s final 8.4 mile road section will be limited to only race organizers, law enforcement vehicles, and local traffic between the hours of 11:30 a.m. and 7:00 p.m. on November 21, 2009. Handlers in automobiles or on bicycles will not be allowed access to the final 8.4 mile section of the JFK 50 Mile course. Violators of this request will subject their participants to disqualification.**

PACERS AND/OR COMPANIONS: Pacers and/or companions are greatly discouraged, but will be allowed for the “general field”. **However, any male runner hoping for a top-ten finish, or female hoping for a top-ten female finish, should compete unaccompanied by a pacer/companion on foot or by bicycle at all times during the event.** Those “contenders” failing to abide by this rule could subject themselves to disqualification and exclusion from overall awards, age-group awards and prize moneys.

5:00 A.M. START: Anyone requesting a position in the 5:00 a.m. starting field **must submit a written request**, explaining their rationale for the request, along with their entry. **NOTE: Most well-prepared 4:00 marathoners finish the JFK 50 Mile in the 10-hour range.....most well-prepared 4:30 marathoners finish the JFK 50 Mile in the 11-hour range.** A very limited number of participants (250 starters) will be admitted to the 5:00 a.m. start. **A POSITION IN THE 5:00 A.M. START MUST BE APPROVED BY THE RACE ORGANIZERS. Participants approved –and using—the 5:00 a.m. start cannot gain access to the C&O Canal section of the course --15.5 miles—prior to 8:30 a.m.** Race Organizers highly suggest that 5:00 a.m. starters bring a flash light or “head-lamp” that can be dropped off at one of the early aid stations. **Entries of those requesting 5:00 a.m. start positions, that aren’t accepted, will be returned by mail.**

COURSE DESCRIPTION: The first 5.5 miles (starting on road surface and joining the Appalachian Trail at 2.5 miles) gains 1,172 feet in elevation. The course from 2.5 to 15.5 miles is on the Appalachian Trail (except for two miles of paved road between 3.5 and 5.5 miles). This section of the AT is very rocky in sections as it rolls across the mountain ridge. At approximately 14.5 miles the course drops over 1,000 feet in a series of steep “switchbacks” that then crosses under Rt. 340 and connects with the C&O Canal towpath. The “Canal” section of the JFK 50 Mile is 26.3 miles (from 15.5-41.8 miles) of almost totally flat unpaved dirt/gravel surface that is free of all automotive traffic. The JFK 50 Mile route leaves the C&O Canal towpath at Dam #4 and proceeds to follow gently rolling paved country roads the last 8.4 miles to the finish. The Boonsboro start is at an elevation of 570 feet. The Williamsport finish is at 452 feet above sea level.

TIME CUT-OFFS FOR 5:00 A.M. STARTERS:

9.3 Miles (Gathland Gap)	3 hours and 30 minutes (8:30 a.m.)
15.5 Miles (Weverton Aid Station)	5 hours and 30 minutes (10:30 a.m.)
27.1 Miles (Antietam Aid Station)	8 hours and 00 minutes (1:00 p.m.)
34.4 Miles (Snyder’s Landing)	9 hours and 45 minutes (2:45 p.m.)
38.4 Miles (Taylor’s Landing)	11 hours and 00 minutes (4:00 p.m.)
41.8 Miles (Dam #4)	12 hours and 00 minutes (5:00 p.m.)
46.0 Miles (Downsville)	13 hours and 00 minutes (6:00 p.m.)
50.2 Miles (Finish Line)	14 hours and 00 minutes (7:00 p.m.)

TIME CUT-OFFS FOR 7:00 A.M. STARTERS:

9.3 Miles (Gathland Gap)	2 hours and 30 minutes (9:30 a.m.)
15.5 Miles (Weverton Aid Station)	4 hours and 30 minutes (11:30 a.m.)
27.1 Miles (Antietam Aid Station)	6 hours and 45 minutes (1:45 p.m.)
34.4 Miles (Snyder’s Landing)	8 hours and 00 minutes (3:00 p.m.)
38.4 Miles (Taylor’s Landing)	9 hours and 00 minutes (4:00 p.m.)
41.8 Miles (Dam #4)	10 hours and 00 minutes (5:00 p.m.)
46.0 Miles (Downsville)	11 hours and 00 minutes (6:00 p.m.)
50.2 Miles (Finish Line)	12 hours and 00 minutes (7:00 p.m.)

IMPORTANT NOTE: Due to insurance regulations, no participants can be allowed access to any part of the course after 7:00 p.m. --the time cut-off for both the 5:00 a.m. and 7:00 a.m. starters. Any participants still on the course after 7:00 p.m. will be picked up by official sweeper vehicles and transported to Springfield Middle School. No times will be recorded –or medals awarded—after the official 7:00 p.m. finish line time cut-off. Participants missing any time cut-offs along the course must withdraw. Any participant not abiding by this request will be denied entry to future JFK 50 Mile events.

JFK 50 MILE RECORDS

Overall Course Record	5:46:22	Eric Clifton	1994
Women's Overall Record	6:29:42	Anne Lundblad	2005
19-Under Record (Men)	6:16:25	Karsten Schulz	1977
19-Under Record (Women)	8:56:09	Liz Wood	1996
Over-40 Record (Men)	5:51:28	Howard Nippert (40)	2005
Over-40 Record (Women)	6:42:50	Anne Lundblad (41)	2007
Over-50 Record (Men)	6:29:30	Tim Hewitt (50)	2004
Over-50 Record (Women)	8:00:31	Barry Salisbury (50)	2006
Over-60 Record (Men)	7:53:10	Zeke Zucker (60)	2004
Over-60 Record (Women)	9:36:36	Helga Brandenburg (60)	2004
Over-70 Record (Men)	9:09:00	Tony Cerminaro (70)	2006
Over-70 Record (Women)	12:37:29	Barbara MacKow (73)	2007
Over-80 Record (Men)	12:55:48	Leo Lightner (80)	2008
Military Team (Five Times) (Miller 6:56:42, Vandall 7:00:17, Davis 7:14:23, Urhashich 7:27:08, Beaudwin 7:27:37)	36:06:07	U.S. Naval Academy	2006
Men's Team (Three Times) (Mitchell Craib 6:09:13, Ian Torrence 6:09:27, Thomas Greene 6:12:48)	18:31:28	Oh Frabjous Days	1999
Women's Team (Three Times) (Connie Gardner 7:11:47, Kim Martin 8:34:20, Sara-Jane Lyons 9:29:09)	25:11:16	Runner's Mark	2002
Most Official Finishes	40	Kimball Byron	
Most Female Official Finishes	25	Carolyn Showalter	

Entry Information (PLEASE PRINT CLEARLY)

Name (Last) _____ (First) _____ (Mid. Int.) _____

Age (on 11/21/09) _____ (Date of Birth) Month _____ Day _____ Year _____ Sex _____

Street Address _____

City _____ State/Province _____ Zip/Postal Code _____

Country _____ Country of Citizenship _____ Phone (_____) _____

E-mail _____ Number of JFK 50 Mile Finishes _____

Marathon and/or 50 Mile Best Time & Year Achieved _____

Is this your first Ultramarathon foot race? _____ If no, how many completed? _____

Are you applying for a position in the 5:00 a.m. start? _____ **If yes, a written request must be included.**

Performance Shirt Size (in men's size)... Circle one..... XS S M L X-L XX-L

TEAM ENTRIES (CIRCLE THE APPROPRIATE DIVISION, IF APPLICABLE)

MILITARY TEAM MEN'S TEAM WOMEN'S TEAM

TEAM NAME _____

(TEAM ENTRIES ARE REQUIRED TO BE MAILED TOGETHER...NO EXCEPTIONS)

ENTRY PROCESSING FEES (ALL ENTRANTS MUST PAY IN U.S. FUNDS)

--\$145 (\$120 for participants age-25-or-under or 65-or-over)

NOTE: All participants must be at least 13 years of age. The 2009 JFK 50 Mile will be strictly limited to 1,000 starters. The Race Organizers expect to fill the field by the end of July, if not sooner. Only military personnel, military veterans or past JFK 50 participants (with five-or-more official finishes) may enter between the dates of July 1 & 8, 2009.

Make checks or money orders payable (in U.S. funds) to "CVAC" and mail with completed entry form to: CVAC, 1012 Valleybrook Drive, Hagerstown, MD 21742-3464. DO NOT SEND CASH. Entry processing fees are not transferable and will not be refunded. Should entry confirmation be desired, include a self-addressed-stamped-envelope. For further information go to www.jfk50mile.org or phone (301) 739-7004 between 9:00 a.m. and 9:00 p.m. (East Coast Time). PLEASE DO NOT CALL FOR CONFIRMATIONS. Accepted entries will be posted regularly on the JFK 50 Mile's website www.jfk50mile.org

RELEASE FORM AND CONSENT

In consideration of the acceptance of my entry/my child's entry, I for myself or my child or executors, administrators, and assignees...do hereby release and discharge the Cumberland Valley Athletic Club, it's members, volunteers and all other sponsors and organizers of all claims and damages, actions whatsoever in any manner arising out of my/my child's participation in the 2009 JFK 50 Mile. I attest and verify that I have full knowledge of the risks and demands in this event and I am/my child is physically fit and sufficiently trained to participant in this event. Further, I hereby grant full permission to any and all of the foregoing to use my/my child's name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purposes without compensation or remuneration.

Signature: _____ Date: _____

Parent/Guardian: (if entrant is under the age of 18) _____ Date _____

IMPORTANT NOTE: The CVAC reserves the right to reject any entry that by opinion of the organizers is not in the best interest of the JFK 50 Mile or the CVAC. EVENT PROCEEDS SUPPORT NUMEROUS CHIARTITES AND FUND THE CVAC, AN I.R.S.-RECOGNIZED NON-PROFIT ORGANIZATION THAT ASSISTS DEVELOPING SCHOLASTIC & POST SCHOLASTIC TRACK & FIELD ATHLETES.