

**THE CUMBERLAND VALLEY ATHLETIC CLUB
PROUDLY PRESENTS**

**THE 49th ANNUAL
JOHN F. KENNEDY 50 MILE
SATURDAY, NOVEMBER 19, 2011**

NEW ENTRY PROCEDURES IN 2011: From July 1-10, only entries from military personnel, military veterans, charity runners (see details on race website www.jfk50mile.org), elite senior athletes, A-standard qualifying athletes (see qualifying standards on JFK 50 Mile website www.jfk50mile.org) and past JFK 50 Mile participants with a minimum of ten-official-finishes will be accepted. Documentation of your particular qualification for the "early window" status must accompany each entry. Military entrants are only eligible for the traditional 7:00 a.m. start unless they meet the additional criteria necessary for an invitation to the 5:00 a.m. start. All entries must be accompanied by a self-addressed-stamped-envelope. Any entry postmarked prior to July 10th --that does not meet the aforementioned criteria-- will be rejected.

From July 11-20, entries will be accepted from everyone eligible for the July 1-10 "window" as well as B-standard qualifying athletes (standards on website at www.jfk50mile.org). Documentation of your particular qualification for the July 1-10 or July 11-20 window must accompany each entry. All entries must be accompanied by a self-addressed-stamped-envelope. Any entry postmarked prior to July 20th --that does not meet the necessary July 11-20 window qualifications--will be rejected.

From July 21-30 (or until entry field fills) entries will be accepted from everyone eligible for the first two "windows" as well as C-standard qualifying athletes --standards on website at www.jfk50mile.org. Documentation of your particular qualification for the July 1-10, July 11-20 or July 21-30 window must accompany each entry. All entries must be accompanied by a self-addressed-stamped-envelope. Details on the charity positions are available on the JFK 50 Mile website www.jfk50mile.org.

Accepted entries will be posted regularly on www.jfk50mile.org Entries not accepted will be returned along with the entry processing fee.

REFUND POLICY: Accepted entrants who must withdraw from the event can receive a refund (minus a \$50 processing fee) up until October 15, 2011. Entrants needing to withdraw must notify the race organizers through writing at CVAC, JFK 50 Mile, 1012 Valleybrook Drive, Hagerstown, MD 21742-3464.

WAITING LIST: For those failing to gain entry to the starting field, a waiting list will be available. If interested in being placed on the waiting list (should your entry not be accepted), make sure to “check” the appropriate location on the entry form. Should a spot in the race open due to a cancellation, you will be notified and given the option to take the opened position. **No waiting list members will be moved into the field after October 31, 2011. You will be notified no later than November 1, 2011 if you have gained access to the starting field.**

START INFORMATION: The JFK 50 Mile will start promptly at 7:00 am. from U.S. Alternate 40 adjacent to the Boonsboro Educational Complex in downtown Boonsboro, Maryland. An optional 5:00 am. start will be held for qualifying elite senior athletes (see standards at www.jfk50mile.org), race veterans with a minimum of 10-finishes and charity runners.

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 Educational Complex at the intersection of MD Rt. 66 and U.S. Alternate Rt. 40.**

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 Educational 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. Team entries will be made after the individual field has been set, after September 1, 2011. See website www.jfk50mile.org on September 1, 2011 for Team Entry Instructions.

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). Team entries will be made after the individual field has been set, after September 1, 2011. See website www.jfk50mile.org on September 1, 2011 for Team Entry Instructions.

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 18, 2011 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 12, 2011. 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 18, 2011. 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 12, 2011.

JFK 50 MILE OFFICIAL HOST HOTELS: The following Hagerstown area hotels are official host hotels for the 49th Annual JFK 50 Mile. Make mention of "JFK 50 Mile" when making your reservations. **The Clarion Hotel & Convention Center (Packet Pick-up site on 11/18/11) is the 2011 JFK 50 Mile Official Race Headquarters.**

Clarion Hotel & Convention Center (Packet Pick-up site on 11/18/11)	1-888-528-6738
Comfort Suites	301-791-8100
Days Inn	301-739-9050
Best Western Grand Venice	301-733-0830
Hagerstown Hotel & Convention Center	301-790-3010
Homewood Suites by Hilton Hagerstown	301-665-3816
SpringHill Suites by Marriott Hagerstown	301-582-0011
Courtyard 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
Ramada Plaza Hotel Hagerstown	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 18, 2011 or at the Boonsboro High School Gymnasium on race morning between 5:20 am — 6:20 am. **SPECIAL NOTE: THOSE PARTICIPANTS ACCEPTED INTO THE 5:00 A.M. START, MUST PICK-UP THEIR RACE NUMBERS AND PACKETS FRIDAY, NOVEMBER 18, 2011, 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 am starters will meet at 4:20 a.m. The briefing for the 7:00 am starters will be held at 6:20 am.

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 strictly prohibited at the JFK 50 Mile. The Appalachian Trail has dangerous footing and is a single track trail. If you cannot hear the person behind you asking for the trail you are creating a dangerous situation. Race Officials will be situated along the course. If caught using a personal listening device, you will be disqualified and asked to leave the race. Cell phones should be used in emergency situations only.

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: **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 than 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 19, 2011. 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. NO BICYCLE HANDLERS ARE PERMITTED ON ANY PART OF THE COURSE.**

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.

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 vehicle 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	6:29:21	Devon Crosby-Helms	2009
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)	6:29:17	Jack Pilla (52)	2010
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)	36:06:07	U.S. Naval Academy	2006
		(Miller 6:56:42, Vandal 7:00:17, Davis 7:14:23, Urhashich 7:27:08, Beaudwin 7:27:37)	
Men's Team (Three Times)	18:31:28	Oh Frabjous Days	1999
		(Mitchell Craib 6:09:13, Ian Torrence 6:09:27, Thomas Greene 6:12:48)	
Women's Team (Three Times)	25:11:16	Runner's Mark	2002
		(Connie Gardner 7:11:47, Kim Martin 8:34:20, Sara-Jane Lyons 9:29:09)	
Most Official Finishes	42	Kimball Byron	
Most Female Official Finishes	25	Carolyn Showalter	

Entry Information (PLEASE PRINT CLEARLY)

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

Age (on 11/19/11) _____ (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? _____

5:00 am. Start (must meet invitation criteria) _____ If not accepted would like to be placed on waiting list? _____

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

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

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

-- \$195

-- (\$165 for participants age-25-or-under or 65-or-over)

NOTE: All participants must be at least 13 years of age on November 19, 2011.

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. If necessary to withdraw (up until October 15, 2011), a refund –minus a \$50 processing fee—can be applied for. See details in the race packet. All entries not accepted will be returned with the entry processing fee. Accepted entries will be posted 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, its 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 2011 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 participate in this event. Further, I hereby grant all permission to any and all of the foregoing to use of my/ my child's image in 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 CHARITIES AND FUND THE CVAC, AN I.R.S. – RECOGNIZED NON-PROFIT ORGANIZATION THAT ASSISTS DEVELOPING SCHOLASTIC & POST SCHOLASTIC TRACK & FIELD ATHLETES.

