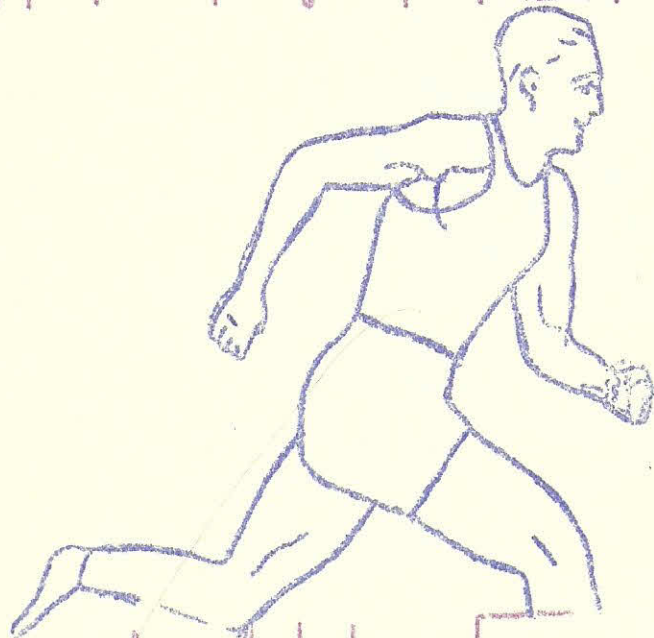


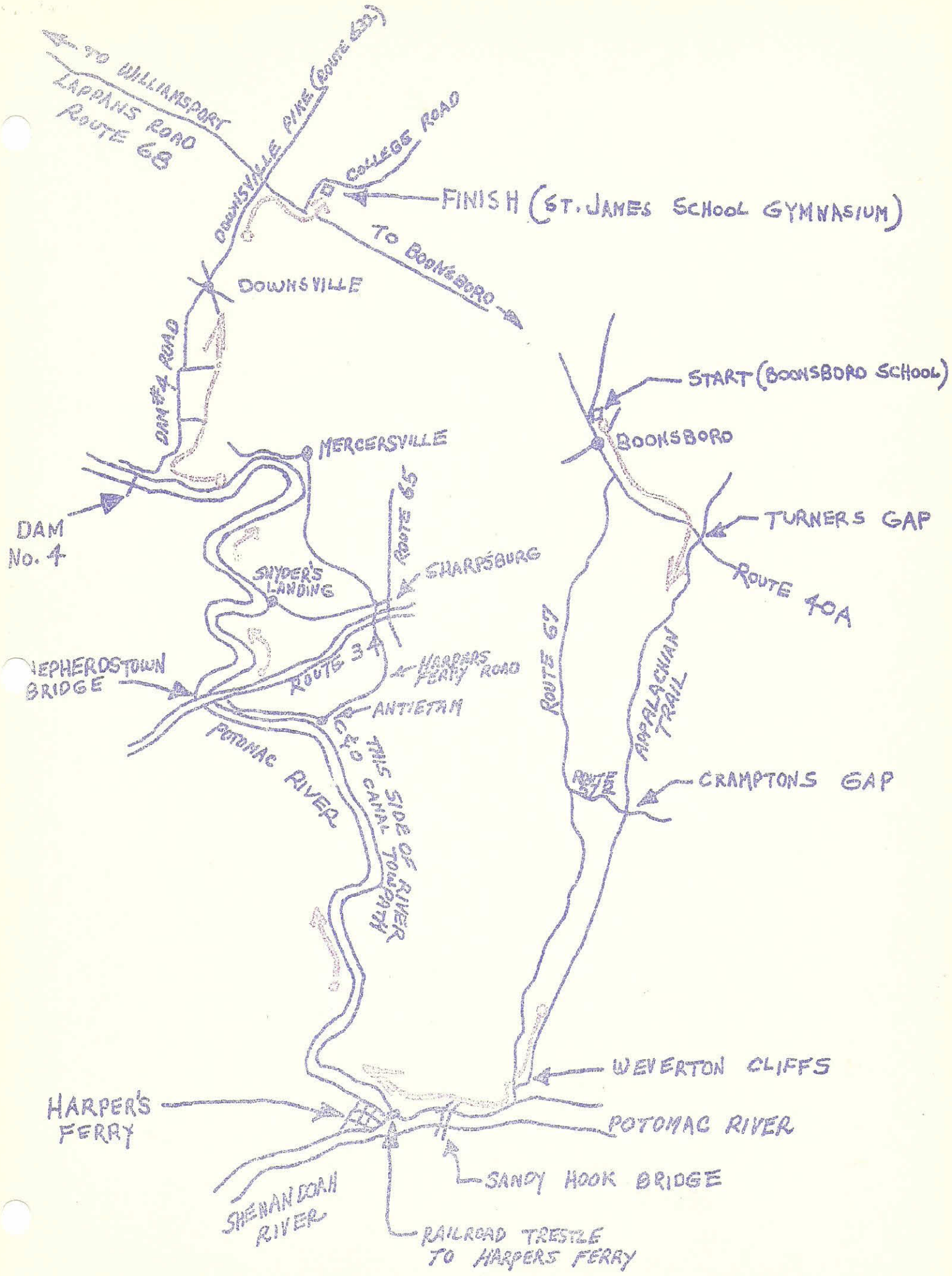
THE
CUMBERLAND VALLEY ATHLETIC CLUB
PRESENTS ITS FOURTH
ANNUAL

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 pointed 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.

Additional Information

Who are eligible to hike: All are eligible, — regardless of age or sex; however, those under age 13 are required to have permission slips from parents, and can hike only if accompanied by a responsible adult.

When and where is the start: Since the starting time is to be 9 A.M. sharp — with no waiting for anybody, it is suggested that all hikers allow sufficient traveling time so that registering and other such formalities can be taken care of prior to 6:50 A.M. The starting point is to be in front of the Boonsboro Junior High School (3 miles west of South Mountain and only a short distance off Route 40A).

How to dress: As the first 15.9 miles are along the crest of South Mountain, it is to be expected that the temperature may be in ^{the} near freezing range. You may decide to dress warmly — while others who plan to jog some may wear less. This is an individual matter to be decided upon by you. Rubber-soled shoes are preferred by most veteran hikers — and well-powdered feet under stockings in good repair.

How to return home: All hikers must make their own plans for transportation home. It is suggested that your transportation meet you at check points where the highway crosses the Appalachian Trail at Cramptons Gap (6.7 miles from Turners Gap), or at the intersection of the Appalachian Trail with the C+O Canal towpath at Weverton (6.2 miles from Cramptons Gap). There are other check points along the C+O Canal Towpath. Refer to the attached map.

When does the hike end: All hikers must stop hiking by 11 P.M. and return home.
Note: All hikers are requested to call either MO-22996 (Mr. Guy Whidden), or Re-13958 (Mr. William Sawyer) on Sunday — for the purpose of determining the exact distance covered by each hiker.