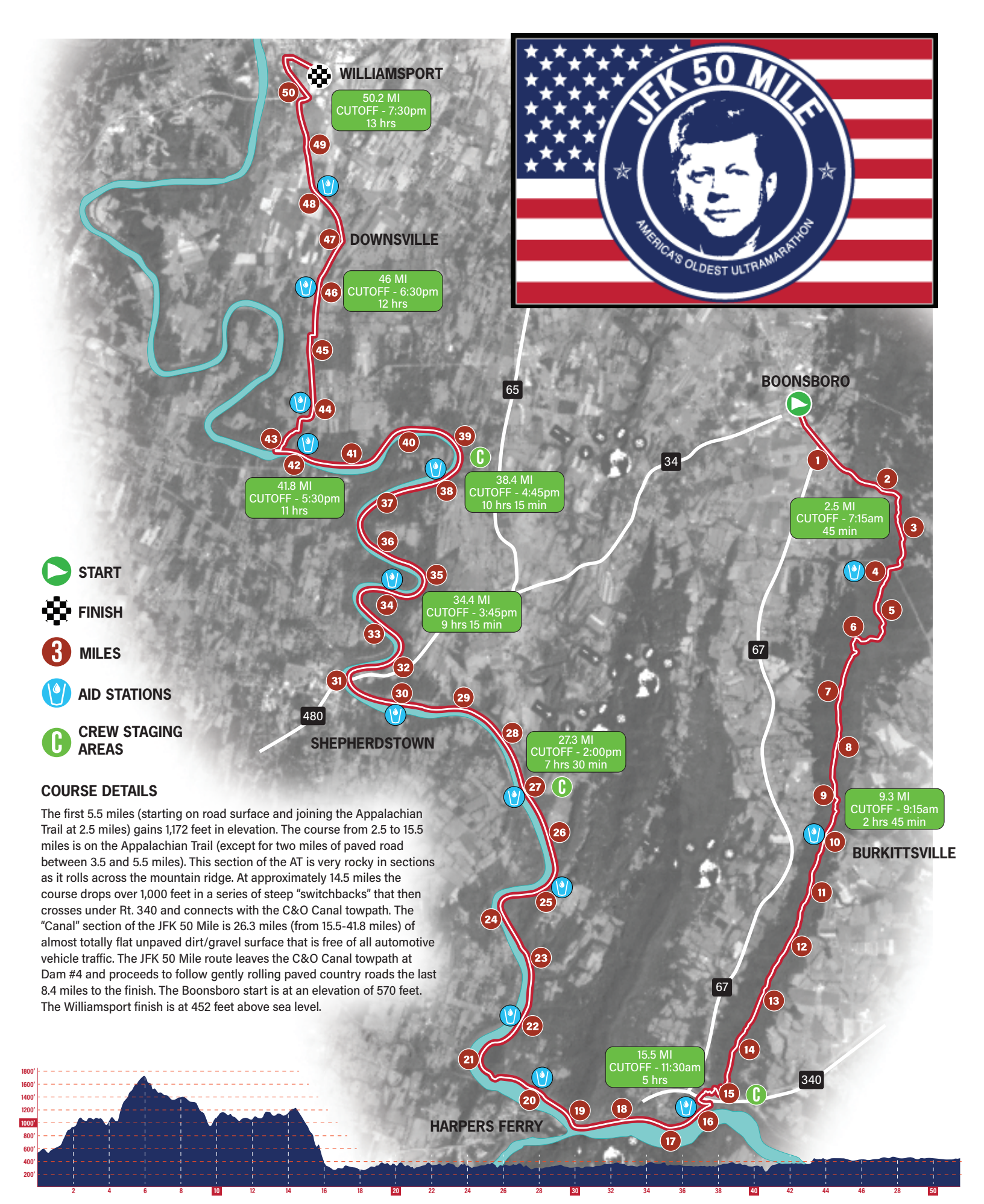


## COURSE DETAILS

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.