

**THE CUMBERLAND VALLEY ATHLETIC CLUB
PROUDLY PRESENTS**

**THE 52nd ANNUAL
JOHN F. KENNEDY 50 MILE
SATURDAY, NOVEMBER 22, 2014**

ENTRY PROCEDURES IN 2014: From April 1-10, only entries from military personnel, military veterans, active-or-inactive law enforcement personnel --with a minimum of the C-standard-- charity runners (see details on race website www.jfk50mile.org), elite senior athletes (see details on senior elite standards on JFK 50 Mile website www.jfk50mile.org), 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 status must accompany each entry. Military and law enforcement personnel 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. Any entry postmarked prior to April 10 that that does not meet the necessary criteria for this April 1-10 window will be rejected.

From April 11-20, entries will be accepted from everyone eligible for the April 1-10 "window" as well as B-standard qualifying athletes (standards on website at www.jfk50mile.org). Documentation of your particular qualification for the April 1-10 or April 11-20 window must accompany each entry. Any entry postmarked prior to April 20 that does not meet the necessary criteria for this April 11-20 window will be rejected.

From April 21-until-the-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 April 1-10, April 11-20 or April 21-and-after window must accompany each entry. Details on the available 100 charity positions --and official event charities-- are available on the JFK 50 Mile website www.jfk50mile.org.

ACCEPTED ENTRIES: Accepted entries will be posted regularly on www.jfk50mile.org If written confirmation is requested, enclose a SASE with your entry. Entries not accepted will be returned along with the accompanying 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 18, 2014. Entrants needing to withdraw must notify the race organizers through writing at CVAC, JFK 50 Mile, 1012 Valleybrook Drive, Hagerstown, MD 21742.

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, 2014. You will be notified no later than November 1, 2014 if you have gained access to the starting field. All waiting list members --not moved-up by October 31, 2014-- will have their entries and entry processing fees returned.**

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. A 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. School 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. Shuttle van service will run between the parking lots of Williamsport High School and Springfield Middle School.**

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 to 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, 2014. See website www.jfk50mile.org on September 1, 2014 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, 2014. See website www.jfk50mile.org on September 1, 2014 for Team Entry Instructions.

PRIZE MONEY: Cash awards will be presented to the top six male and female finishers (1st = \$1,000, 2nd = \$600, 3rd = \$400, 4th = \$250, 5th = \$150, 6th = \$100) with an additional \$2,000 bonus for the establishment of a new men's or women's course record. **ELITEATHLETES 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 **Ramada Inn Plaza (1718 Underpass Way, Hagerstown, MD 21740)** from 6:15 to 7:45 p.m. on Friday, November 21, 2014 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, 2014. 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" AT THE DOOR ON NOVEMBER 21, 2014. JFK 500, 1000, 1500 & 2000 MILE CLUB MEMBERS --AS WELL AS PAST WINNERS AND CURRENT JFK AGE GROUP AND GEOGRAPHIC RECORD HOLDERS—ARE ADMITTED FREE OF CHARGE, BUT MUST RSVP BY NOVEMBER 14, 2014.**

JFK 50 MILE POST-RACE CELEBRATION: From 7:00 p.m. until 11:00 p.m. after the race a JFK 50 Mile Post-Race Celebration will take place at the **Ramada Inn Plaza in Hagerstown**. Runners admitted free-of-charge, a nominal fee for all others. Entertainment, snacks and beverages provided.

JFK 50 MILE OFFICIAL HOST HOTELS: The following Hagerstown area hotels are official host hotels for the 52nd Annual JFK 50 Mile. Make mention of “JFK 50 Mile” when making your reservations. **The Bowman Hospitality Campus –Ramada Inn Plaza, Homewood Suites by Hilton Hagerstown (Packet Pick-Up site on 11/21/14) and Holiday Inn Express Hotel & Suites--** is the 2014 JFK 50 Mile Official Race Headquarters.

Homewood Suites by Hilton Hagerstown (Packet Pick-Up Site on 11/21/14)	301-665-3816
Ramada Inn Plaza (Site of 11/21 Legends Dinner & 11/22 Post-Race Party)	301-797-2500
Holiday Inn Express Hotel & Suites (100 meters from Packet Pick-Up Site)	1-888-551-0222
Comfort Suites	301-791-8100
Best Western Grand Venice	301-733-0830
SpringHill Suites by Marriott Hagerstown	301-582-0011
Courtyard by Marriott Hagerstown	301-582-0011
Sleep Inn & Suites	301-842-0290
Clarion Hotel & Convention Center	1-888-528-6738
Hampton Inn	240-420-1970
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 **Homewood Suites by Hilton Hagerstown (1650 Pullman Lane, Hagerstown, MD 21740)** off of Rt. 81, from 3:00–7:00 p.m. on Friday, November 21, 2014 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 21, 2014, 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: A 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: Bag transport service is provided from the start staging area (outside the Boonsboro High School gymnasium) to the finish line area. 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 anywhere on the course, you will be disqualified. 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, electrolyte replace drinks, 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 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 22, 2014. 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 money.

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	5:34:59	Max King	2012
Women's Overall Record	6:12:00	Ellie Greenwood	2012
19-Under Record (Men)	6:16:25	Karsten Schulz	1977
19-Under Record (Women)	8:34:05	Lauren Dorsky	2013
Over-40 Record (Men)	5:51:28	Howard Nippert (40)	2005
Over-40 Record (Women)	6:35:16	Meghan Arbogast (50)	2011
Over-50 Record (Men)	6:21:06	Jon Lawler (50)	2013
Over-50 Record (Women)	6:35:16	Meghan Arbogast (50)	2011
Over-60 Record (Men)	7:53:10	Zeke Zucker (60)	2004
Over-60 Record (Women)	9:26:27	Debbie Trainer (61)	2012
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) (Dumm 6:11:31, Ballas 6:44:45, Brosseau 6:55:14, Wasson 7:06:28, Portlock 7:48:47)	34:46:42	U.S. Air Force	20012
Men's Team (Three Times) (Michael Wardian 5:43:24, Jake Reid 6:16:39, Andrew Henshaw 6:22:48)	18:22:51	Team America	2011
Women's Team (Three Times) (Karen Benway 7:07:35, Jacquelyn Jackman 7:19:53, Issy Nielson 8:20:29)	22:47:57	Tuesday Night Turtles	2011
Most Official Finishes	45	Kimball Byron	
Most Female Official Finishes	26	Carolyn Showalter	

Entry Information (PLEASE PRINT CLEARLY)

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

Age (on 11/23/13) _____ (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 S M L X-L XX-L

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

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

-- \$210

-- (\$175 for participants who are active duty military personnel or senior athletes age 65-or-over)

NOTE: All participants must be at least 13 years of age on November 22, 2014.

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 18, 2014), 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](http://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 2014 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 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.

