



THE CUMBERLAND VALLEY ATHLETIC CLUB
PROUDLY PRESENTS



**THE 44TH ANNUAL
JOHN F. KENNEDY 50 MILE
SATURDAY, NOVEMBER 18, 2006**

START INFORMATION: The JFK 50 will start promptly at 7:00a.m. from U.S. Alternate 40 adjacent to the Boonsboro Education Complex in downtown Boonsboro, Maryland. **An optional 5:00 a.m. start will be held for any participant who anticipates finishing between 12-14 hours. ACCESS TO THE 5:00 A.M START MUST BE APPLIED FOR AND APPROVED BY RACE ORGANIZERS.**

DIRECTIONS TO START: **From the North**, take Interstate 81 South to Interstate 70 East, exit Interstate 70 on the MD Rt. 66 and proceed South towards Boonsboro. **From the South**, take Interstate 81 North to Interstate 70 East, exit Interstate 70 on the MD Rt. 66 South towards Boonsboro. **From the East**, take Interstate 70 West it MD Rt. 66, take MD Rt. 66 South towards Boonsboro. **From the West**, take Interstate 70 East to MD Rt. 66, take MD Rt. 66 South towards Boonsboro. **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 optional 5:00 a.m. start: To use the 5:00a.m. start you must pick-up your packet on Friday, November 17th, 2006 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 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.

AWARDS: All entrants will receive a special official JFK 50 Commemorative T-shirt. **All finishers within the official 12 hour-time limit (14 hour-time limit for those officially entered in the optional 5:00 a.m. start) will receive a beautiful uniquely designed JFK 50 finisher’s medallion immediately after crossing the finish line.** The top 10 men, top 5 women as well as the first man and woman 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 Gym.

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 AND POST-MARKED BY NOVEMBER 4, 2006. NO EXCEPTIONS WILL BE ALLOWED. NO SUBSTITUTIONS CAN BE MADE AFTER 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 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 IN TOGETHER AND POST-MARKED BY NOVEMBER 4, 2006. NO EXCEPTIONS WILL BE ALLOWED. NO SUBSTITUTIONS CAN BE MADE AFTER INITIAL TEAM ENTRY.**

PRIZE MONEY: Cash awards will be presented to the top three male and female finishers (1st = \$500.00, 2nd = \$300.00, 3rd = \$100.00) with an additional \$500.00 bonus for the establishment of a new men's or women's course record. **ELITE ATHLETES MAKE SURE TO TAKE NOTE TO RULES ON PACING UNDER "PACERS AND/OR COMPANIONS" IN THIS PACKET.**

THE "LEGENDS" INDUCTION DINNER & JFK SOCIAL: A pasta dinner be held at the Four Points by Sheraton in Hagerstown from 6:15 to 7:45 p.m. on Friday, November 17, 2006 to induct the newest members of the JFK's prestigious "500 Mile", "1000 Mile", and "1500 Mile" Clubs. **The function is open to all JFK ENTRANTS AND THEIR GUESTS.** The cost of the function is \$20.00 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 11, 2006. 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 17, 2006. JFK "500 MILE", "1000 MILE", AND "1500 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 11, 2006.**

HOST HOTELS: The following Hagerstown area hotels are blocking off rooms for visitors in for the JFK 50 Mile. Make mention of "JFK 50 Mile" when making your reservations.

Four Points by Sheraton (Location of Packet Pick-up on November 17th)	301-790-3010
Comfort Suites (U.S. 40)	301-791-8100
Quality Inn & Suites (U.S. 40)	301-733-2700
Days Inn (U.S. 40)	301-739-9050
Best Western Grand Venice	301-733-0830
Red Roof Inn (one mile from Williamsport Finish Line)	301-582-3500

PACKET PICK-UP INFORMATION: Race numbers and packets can be picked up at the **FOUR POINTS BY SHERATON** on U.S. Rt. 40 (on East side of Hagerstown) from 3:00-7:00pm on Friday, November 17, 2006 or at the Boonsboro High School Gymnasium on race morning between 5:30am-6:30am. **SPECIAL NOTE: THOSE PARTICIPANTS USING THE OPTIONAL 5:00AM START TIME, MUST PICK-UP THEIR RACE NUMBERS AND PACKETS FRIDAY, NOVEMBER 17, 2006, UNLESS OTHER SPECIAL ARRANGEMENTS HAVE BEEN MADE WITH THE RACE ORGANIZERS. NOTE TO ALL PARTICIPANTS: NO NUMBERS WILL BE PASSED OUT AFTER 6:30AM 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 meeting will be held on race morning in the Boonsboro High School Gymnasium at 4:20am for those using the 5:00am start. The mandatory pre-race briefing meeting for the 7:00am starters will be held at 6:20am in the Boonsboro High School Gymnasium.

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: Due to our race insurance policy, no participants can use personal listening devices. **Failure to abide by this request will result in disqualification. If caught, violators will be removed from the results. Officials (with cameras) will be on the course.**

AID STATIONS: This year's JFK 50 will have a minimum of 14 fully stocked Aid Stations on the course (Provisions include: colas, sport drinks, water, sandwiches, salted items, sweet items 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 plea, that if at all possible, please leave the "course support" up to the race officials and volunteers (more than 350) along 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's final 8.4 mile road section will be limited to only JFK Organizers, law enforcement vehicles, and local traffic between the hours of 11:30am and 7:00pm on November 18, 2006. Handlers in automobiles or on bicycles will not be allowed access to the final 8.4 mile section on the JFK 50 Mile Course. Violators of this request will subject their participants to disqualification and will risk fines and/or arrest.**

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-five 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.

OPTIONAL 5:00am START: Anyone anticipating taking longer than 12 hours to complete the event, can request a position in an optional 5:00am starting field that will be allowed 14 hours to complete the course. **A WRITTEN EXPLANATION OF YOUR SPECIAL CIRCUMSTANCE MUST ACCOMPANY YOUR ENTRY.** **NOTE: Most well-prepared 4:00 marathoners finish in the JFK in the 10 hour range... most well-prepared 4:30 marathoners finish the JFK in the 11 hour range.** A limited number of participants (no more than 300) will be allowed to use the optional 5:00am start. **A POSITION IN THE 5:00 a.m. OPTIONAL START MUST BE APPROVED BY THE RACE ORGANIZERS.**

Participants approved — and using— the 5:00am start cannot gain access to the C&O Canal section of the course —15.5 miles— prior to 8:30am. THE 5:00am START IS ONLY TO BE USED BY THOSE INDIVIDUALS WHO FEEL THAT THEY WILL NEED IN EXCESS OF 12 HOURS TO COMPLETE THE COURSE.

Reflective vests will be available to 5:00am starters and race organizers highly suggest that 5:00am starters bring a flash light or “head-lamp” that can be dropped off at one of the early aid stations. To be considered for the 5:00am start, make sure to mark the special location on the entry on the last page of this packet. Your assigned starting time (5:00am or 7:00am) will be posted on the website (www.jfk50mile.org) well before the race. If you do not have access to the internet, you can check with the race organizers by phone at 301-739-7004. Please allow four weeks after you send in your entry or until November 8th if you mail your entry in the last four weeks before November 18th.

COURSE DESCRIPTION: The first 2.5 miles are on a well paved road that climbs up 500 feet to meet the Appalachian Trail. The next 13.0 miles basically (except for two miles of paved road between 3.5 and 5.5 miles) follow this rolling and sometimes very rocky section of the famous North-South footpath. At approximately 14.5 miles the course goes down 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 is 26.3 miles (from 15.5-41.8 miles) of almost totally flat unpaved dirt surface that is free of all automotive traffic. The JFK 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.

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 30 minutes (2:30 p.m.)
38.4 Miles (Taylor’s Landing)	10 hours and 45 minutes (3:45 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. At 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 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.

SPECIAL PLEA: The Appalachian Trail Conference has “bent” its rules to grant The CVAC special permission to use the Appalachian Trail as part of the JFK course. The continued use of this public access trail for future JFKs is not guaranteed. Please treat any other pedestrians encountered on the trail with the utmost courtesy and please, please **DON'T** leave any litter. If you see any trash on the trail, whether you left it or not, please pick it up and deposit at the next Aid Station. Volunteer help and donations to assist the Appalachian Trail Conference in maintaining the A.T. are highly encouraged by the CVAC. If interested in helping, Contact Ranger Daniel P. Spedden, South Mountain Recreational Area, 21843 National Pike, Boonsboro, MD 21713-9535.

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)	7:20:00	Connie Gardner (41)	2005
Over-50 Record (Men)	6:29:30	Tim Hewitt (50)	2004
Over-50 Record (Women)	8:13:30	Pat Botts (56)	1996
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)	9:47:45	Louis Joline (70)	2002
Over-80 Record (Men)	13:45:47	Carl Llewellyn (80)	1995
Military Team (Five Times)	36:09:47	U.S. Naval Academy	2004
(Cathro 7:03:34, Faucett 7:06:13, Richards 7:13:47, Reed 7:19:20, Dickson 7:26:53)			
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)			

ENTRY INFORMATION
(PLEASE PRINT OR TYPE INFORMATION CLEARLY)

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

Name you are usually called by or referred to _____

Age (on 11/18/06) _____ (Date of Birth) Month _____ Day _____ Year _____ Sex _____

Street Address _____

City _____ State/Province _____ Zip/Postal Code _____

Country _____ Country of Citizenship _____ Phone (____) _____

E-mail _____ Number of Official JFK 50 Finishes _____

50 Mile Best Time & Year Achieved _____ Is this your first Ultra? _____

Are you applying for a place in the optional 5:00 a.m. Starting Time? (Circle One) YES NO
-- ALL UNCIRCLED ENTRIES WILL AUTOMATICALLY BE ASSIGNED TO THE 7:00 a.m. START

T-SHIRT SIZE (CIRCLE ONE) SMALL MEDIUM LARGE X-LARGE XX-LARGE

TEAM ENTRIES (CIRCLE THE APPROPRIATE DIVISION, IF APPLICABLE)

MILITARY TEAM MEN'S TEAM WOMEN'S TEAM

TEAM NAME _____
(TEAM ENTRIES NEED TO BE MAILED TOGETHER... NO EXCEPTIONS!!!)

ENTRY PROCESSING FEES (ALL ENTRANTS MUST PAY IN U.S. FUNDS) AND POSTMARK DUE DATES:

\$85 (\$75 for full-time students age 25-or-under or seniors 65-or-over) by October 21, 2006

\$100 (\$90 for full-time students age 25-or-under or seniors 65-or-over) by November 4, 2006

\$125 (\$100 for full-time students age 25-or-under or seniors 65-or-over) after November 4, 2006

Race Day entries will be accepted for \$150 (no discounts for students or seniors) if the 1,100 participant field limit has not been reached. **NOTE: All participants must be at least 13 years of age.**

Make checks or money orders in U.S. funds (do not send cash!) to "CVAC" and mail with completed entry form to: CVAC, 1012 Valleybrook Drive, Hagerstown, MD 21742-3464. **Entry processing fees are not transferable and will not be refunded. Should entry confirmation be desired include a stamp self-addressed envelope. For further information call (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 (approximately every 10-12 days or 100 entries) on the internet at: 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 our 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 2006 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 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 purpose without compensation or remuneration

Signature: _____ Date: _____

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

IMPORTANT NOTE: Persons under the age of 18 must have signature of parent or legal guardian to participate. 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. ALL PROCEEDS FROM THE JFK 50 MILE FUND THE CVAC, A I.R.S.-RECOGNIZED NON-PROFIT ORGANIZATION THAT ASSISTS DEVELOPING SCHOLASTIC & POST SCHOLASTIC TRACK & FIELD ATHLETES.