



# November 21, 1998

# The Cumberland Valley Athletic Club

Proudly Presents

The 36th Annual John F. Kennedy 50 Mile "America's Ultramarathon"



Twenty-five Years Ago — 1 724 starters blast off from Boonsboro for the start of the 11th Annual JFK 50 Mile on March 31, 1973. The largest starting field of any ultramarathon in U.S. history, 673 of these brave souls beat the then 15-hour time limit to record official finishes, a U.S. record that stood over 24 years until eclipsed by the 719 official finishers from last year's 35th Annual JFK 50 Mile.



#### THE CUMBERLAND VALLEY ATHLETIC CLUB

#### PROUDLY PRESENTS

#### THE 36TH ANNUAL JOHN F. KENNEDY 50 MILE

#### MADE POSSIBLE THROUGH THE SUPPORT OF:

OLIVER HOMES POWERFOOD, INC. HAMILTON NISSAN, INC. POWERADE HOME FEDERAL SAVINGS BANK THE HERALD MAIL NEWSPAPER THE BRETHREN MUTUAL INSURANCE COMPANY RUNNER'S WORLD MAGAZINE FIL-TEC, INC. TAYLOR'S BETTER HEALTH FOOD AIR BOLO HIGH SPEED FLIGHTWEAR FOUR SEASONS RV THE HAGERSTOWN DAYS INN BROOKS SPORTS, INC. BOWMAN SALES AND EQUIPMENT, INC. PATRICIA A. PATTON LEGAL & MEDIATION SERVICES

#### AND THE ASSISTANCE OF:

THE NATIONAL PARK SERVICE
MARYLAND STATE PARKS
MARYLAND STATE HIGHWAY ADMINISTRATION
MARYLAND STATE POLICE
WASHINGTON COUNTY SHERIFF'S DEPARTMENT
THE APPALACHIAN TRAIL CONFERENCE
CHAMBERSBURG ROAD RUNNERS CLUB
FREDERICK STEEPLECHASERS/ CARROLL CREEK PACERS
HAGERSTOWN RUN FOR FUN CLUB
WILLIAMSPORT VOLUNTEER AMBULANCE & RESCUE SERVICE
ANTIETAM RADIO ASSOCIATION
HAGERSTOWN REACT
BICYCLE EMERGENCY RESPONSE TEAM

AS WELL AS ALL THE MANY UNSELFISH PRIVATE CITIZENS WHO VOLUNTEER THEIR TIME YEAR AFTER YEAR TO MAKE THE GREAT TRADITION OF "AMERICA'S ULTRAMARATHON" POSSIBLE

#### ALL-TIME JFK 50 MILE RECORDS

Overall Course Record Women's Course Record			6:22 0:56	Eric Clifton Teri Gerbei		1994 1984
Junior Men (19-and-under)		_	6:25	Karsten Sch	ıultz	1977
Junior Women (19-and-under)		8:5	6:06	Liz Wood		1996
Masters Men (40-and-over)		6:1	6:20	David Hort	00	1994
Masters Women (40-and-over)		7:4	1:13	Sue Medagl	ia	1979
Senior Men (50-and-over)		6.4	2:48	Frank Boza	nich	1994
Senior Women (50-and-over)			3:30	Pat Botts	ш,с,-	1996
National May (60 and area)		0.1	8:42	Roland Ans	nach	1991
Veteran Men (60-and-over) Veteran Women (60-and-over)			.6;42 :50:03	Burnis Hick	-	1973
Veteral Women (60-2110-641)			COLVE	Pullis III	••	17.2
Super Veteran Men (70-and-over)	)	10;	22:21	Bob Boal		1982
Octogenarian Men (811-and-over)		13;	45:57	Carl Llewel	iyo	1995
Men's Canadian National Record	<u> </u>	6:3	7:03	Terry Boese	<b>:</b>	1996
Women's Canadian National Rec	ord	7:3	9:16	Deanna Lin		1996
Washington Co. Men's Record		5:5	3:05	Mike Spinn	ler	1982
Washington Co. Women's Record	i		8:29	Laura Nelso		1992
Frederick Co. Men's Record		6:4	11:29	David Lieb		1996
Frederick Co. Women's Record			9:35	Jane Ruffin		1996
Most Finishes		29	Mike A	Adams and Ki	mhall <b>R</b>	vron
Most Finishes by a Woman		19		n Showalter		,10 <b>2</b>
I amount Street of southwave fini	chac	28	Cal Ma	hanav	1970	-1997
Longest Streak of continuous finit Longest Women's streak of finish		17		n Showalter		-1997
	-					
Most Overall Victories		5		"Big E" Ebbe		_
Most Women's Victories		6	Donna	Aycoth & Ca	rolyn Si	howalter
Eldest Finisher	Age	80	Cari L	Jewellyn		1995
Eldest Women's Finisher	Age			s Ilicks		1973

#### JFK 50 MILE STATISTICAL DATELINES

YEAR	STARTER	S FINISHERS	PERCENTAGES
1963	11	4	36%
1964	16	7	44%
1965	20	18	90%
1966	59	11	19%
1967	19	12 .	63%(80 degree temperatures)
1968	36	17	47%
1969	151	40	26%
1970	274	74	27%
1971	589	150	25%
1972	1,075	307	29%
1973	1,724	673	39% (Largest Starting Field in U.S. Utura History)
1974	1,355	225	17% (Low 30s and freezing rain)
1975	623	344	55%
1976	542	369	68%
1977	483	326	67%
1978	379	293	77%
1979	405	312	77%
1980	367	294	80%
1981	322	269	84%
1982	349	276	79%
1983	355	291	82%
1984	272	234	86%
1985	292	243	83%(Canal a quagmire from flood)
1986	247	198	80%
1987	289	221	76%(w.c.f. of -15 at start)
1988	298	230	77%
1989	351	288	82%
1990	364	312	86%
19 <del>9</del> 1	354	310	88%
1992	353	298	85%
1993	3 <b>7</b> 3	330	89%
19 <del>9</del> 4	478	432	90%
1 <del>9</del> 95	555	486	87%(A.T. buried under snow)
1996	690	625	90%
1997	793	719	$90\% _0 ({ m Med}$ (mishers in U.S. Ultra History)
1998	36tb Ann	ual JFK 50 Mile	

#### JFK 50 MILE WOMEN'S CHAMPIONS

1968	Donna Aycoth	10:41:15*
1969	Doma Aycoth	9:27:31*
1970	Donna Aycoth	9:45:15
1971	Donna Aycoth	9:29:48
1972	Donna Aycoth	9:48:30
1973	Donna Aycoth	8:26:07*
1974	Nancy Keplinger	13:48:05
1975	Martha Hauver	10:27:26
1976	Sue Shepherd	9:35:10
1977	Sue Medaglia	8:19:07*
1978	Sue Medaglia	7:53:37*
1979	Sue Medaglia	7:41:13*
1980	Sue Medaglia	7:53:40
1981	Sue Medaglia	8:10:38
1982	Carole Williams	7:28:39*
1983	Teri Gerber	6:56:12*
1984	Teri Gerber	6:50:56**
1985	Carolyn Showalter	7:59:24
1986	Carolyn Showalter	7:48:13
1987	Carolyn Showaker	8:07:49
1988	Carolyn Showalter	7:57:16
1989	Carolyn Showalter	7:52:44
1990	Shelby Hayden-Clifton	7:10:14
1991	Laura Nelson	7:23:19
1992	Laura Neison	7:08:29
1993	Jennifer Girouard	8;17:09
1994	Carolyn Showalter	7:58:15
1995	Janice Anderson	7:40:54
1996	Bridget Brunnick	7:20:01
1997	Bridget Brunnick & Rebekah Trittipoe	7:44:10

<sup>(\*)</sup> denotes course record performance (\*\*) denotes current course record performance

#### JFK 50 MILE CHAMPIONS

1963	Steve Cosition, James Ebberts, Rick Miller, Buzz Sawyer	13:10*
1964	Steve Cosition, James Ebberts, Wayne Vaughn	12:33*
1965	James Ebberts, Elton Horst, Buzz Sawyer	10:39*
1966	Kenny Baker, Elton Horst, Buzz Sawyer	10:21*
1967	James Ebberts, Buzz Sawyer, Wayne Vaughn	10:03:40*
1968	Leo Henry	10:02:12*
1969	James Ebberts, Baxter Berryhill	8:32:04*
1970	Baxter Berryhill	7:21:25*
1971	Elton Horst	6:15:42
1972	Park Barner	6:29:57
1973	Max White	5:55:30*
1974	Max White	6:06:19
1975	Angelo Gioiosa	6:27:58
1976	Pat Gill	5:59:28
1977	Ed Ayres	6:04:02
1978	Phil Bishop	6:14:59
1979	Bill Lawder	6:08:54
1980	Dan Brannen	6:14:02
1981	Scott Miller	6;13:56
1982	Mike Spinnler	5:53:05*
1983	Mike Spinnler	6:12:12
1984	Jim Pellon	6:18:56
1985	David Horton	6;16;00
1986	Dennis Griffin	6:34:13
1987	Wes Kessenich	6:19:08
1988	Chris Gibson	6:31:06
1989	Chris Gibson	6:16:29
1990	Joe Blackmon	6:15:53
1991	Eric Clifton	6:06:09
1992	Chris Gibson	6:25:39
1993	Chris Gibson	6:35:51
1994	Eric Clifton	5:46:22**
1995	Eric Clifton	6:15:36
1996	Michael Harrison	5:55:46
1997	Eric Clifton	6:09:16

<sup>(\*)</sup> denotes course record performance (\*\*) denotes current course record performance

#### JFK 50 MILE ALL-TIME TOP 20 PERFORMERS

1.	Eric Clifton	5:46:22	1994
2.	Michael Spinnler	5;53:05	1982
3.	Max White	5;55:30	1973
4.	Michael Harrison	5:55:46	1 <b>99</b> 6
5,	Carl Anderson	5:58:16	1994
6.	Courtney Campbell	5;58:20	1996
7.	Paul Jost	5;59:12	1 <del>994</del>
8.	Pat Gill	5:59:28	1976
9,	Jonathon Strayer	5:59:58	1996
10.	Bill Lawder	6:03:51	1982
11.	Ed Ayres	6:04:02	1977
12.	Eric Rappold	6:07:52	1994
13.	Michael Morton	6:08:56	1994
14.	Rick Warren	6:12:20	1973
15.	Scott Miller	6:13:56	1 <del>98</del> 1
16.	Dan Brannen	6:14:02	1980
17.	Phil Bishop	6:14:59	1978
18.	Elton Horst	6:15:42	1 <b>97</b> 1
19.	Joe Blackmon	6: 15: 53	1990
20.	David Horton	6:16:00	1985



#### JFK 50 MILE WOMEN'S ALL-TIME TOP 20 PERFORMERS

1.	Teri Gerber	6:50:56	1984
2.	Laura Nelson	7:08:29	1992
3.	Shelby Hayden-Clifton	7:10:14	1990
4.	Bridget Brunnick	7:20:01	1 <del>99</del> 6
5.	Carole Williams	7:28:39	1982
6.	Randi Bromka	7:30:30	1990
7.	Janice Anderson	7:33:37	1996
8.	Lorraine Gersitz	7:36:17	1991
9.	Carolyn Showalter	7:38:00	1991
10.	Dearma Lindsey	7:39:16	1996
11.	Mary Hanudel	7:40:36	1983
12.	Sue Medaglia	7:41:13	1979
13.	Rebekah Trittipoe	7:44:10	1997
14.	Pat O'Brien	7:47:34	1984
15.	Ashley Evans	7;51;53	1992
16.	Laura Perry	8:05:29	1986
17.	Caroll Myers	8:06:55	1997
18.	Margarete Deckert	8:11:29	1982
19.	Debbie Berner	8;12;15	1997
20.	Barbara Bellows	8:12:50	1997



Sales and Equipment, Inc.

#### TOP 20 PERFORMANCES IN JFK 50 MILE HISTORY

Eric Clifton	5;46:22	1994
Mike Spinnler	5;53:05	1982
Max White	5:55:30	1973
Michael Harrison	5:55:46	1996
Carl Anderson	5;58:16	1994
Courtney Campbell	5;58;20	1996
Paul Jost	5:59:12	1982
Pat Gill	5:59:28	1976
Jonathan Strayer	5:59:58	1996
Bill Lawder	6:03:51	1982
Ed Ayres	6:04:01	1977
CLIFTON	6:06:09	1991
WHITE	6:06:19	1974
Eric Rappold	6:07:52	1994
LAWDER	6:08:54	1979
Michael Morton	6:08:56	1994
CLIFTON	6:09:16	1997
SPINNLER	6:12:12	1983
Rick Warren	6:12:20	1973
Scott Miller	6;13:56	1981
	Mike Spinnler Max White Michael Harrison Carl Anderson Courtney Campbell Paul Jost Pat Gill Jonathan Strayer Bill Lawder Ed Ayres CLIFTON WHITE Eric Rappold LAWDER Michael Morton CLIFTON SPINNLER Rick Warren	Mike Spinnler       5:53:05         Max White       5:55:30         Michael Harrison       5:55:46         Carl Anderson       5:58:16         Courtney Campbell       5:58:20         Paul Jost       5:59:12         Pat Gill       5:59:28         Jonathan Strayer       5:59:58         Bill Lawder       6:03:51         Ed Ayres       6:04:01         CLIFTON       6:06:09         WHITE       6:06:19         Eric Rappold       6:07:52         LAWDER       6:08:54         Michael Morton       6:08:56         CLIFTON       6:09:16         SPINNLER       6:12:12         Rick Warren       6:12:20

#### IN MEMORY

Three-time finisher (1966, 1967 and 1968) Dr. Jim Dobbie passed away on February 3, 1998. In 1966 at age 51, he became the first person over age 50 to finish the IFK 50 Mile in it's then four year history. To encourage more women participants, Dr. Dobbie offered a gift certificate to a local department store for the first ever women's finisher --a feat accomplished by Donna Aycoth in 1968.

Col. Fred Schumacher (Ret.), support crew chief for his son. Fred Jr., passed away on October 18, 1998 at the age of 82. From 1974 through 1995, Fred Sr. was a fixture at the JFK 50 Mile, attired in Penn State Jacket and snap brim hat. For 22 years he was at every stop, on time.

"Neither snow, nor rain, nor sleet, nor gloom of night stayed this courier from the swift completion of his appointed rounds."

#### TOP 20 WOMEN'S PERFORMANCES IN JFK 50 MILE HISTORY

1.	Teri Gerber	6:50:56	1984
2.	GERBER	6:56:12	1983
3.	Laura Nelson	7:08:29	1992
4.	Shelby Hayden-Clifton	7:10:14	1990
5.	Bridget Brunnick	7:20:01	1996
6.	NELSON	7;23:19	1991
7.	Carole Williams	7:28:39	1982
8.	Randi Bromka	7:30:30	1990
9.	Janice Anderson	7;33:37	19 <del>9</del> 6
10,	Lorraine Gersitz	7:36:17	1991
11.	Carolyn Showalter	7:38:00	1991
12.	Deanna Lindsey	7:39:16	1996
13.	NELSON	7:39:36	19 <del>9</del> 0
14.	Mary Hanudel	7;40:36	1983
15.	ANDERSON	7:40:54	1995
16.	Sue Medaglia	7;41;13	1979
17t.	BRUNNICK	7:44:10	1997
17t.	Rebekah Trittipoe	7:44:10	1997
19.	SHOWALTER	7:44:13	1990
20.	SHOWALTER	7:46:04	1992

#### HELP PITCH IN!

The Appalachian Trail Conference, which bends it's rules to allow the CVAC to use portions of the Appalachian Trail for the JFK 50 Mile course, needs human-power and financial assistance to maintain this valuable resource.

Donations can be made out to: "South Mountain State Park". A special notation of, "To benefit the Ridge Runner Program on the Appalachian Trail", should accompany the donation. Mail donations to:

Ranger Daniel P. Spedden South Mountain Recreation Area 21843 National Pike Boonsboro, Maryland 21713-9535

If you are interested in volunteering your time to help with Appalachian Trail maintenance projects, please contact Mr. Rick Canter at 301-924-4942.

#### FINISHERS IN FOUR DECADES

100

Kim Byron	Mike Adams	Ed Glenn
1960's - 2	1960's - 2	1 <b>960's</b> - 1
1970's - 10	1970's - 9	1970's - 6
1980's ~ 9	1980's - 10	1960's - 4
1990's - 8	1990's - 8	1990's - 2

Shane Hutton	James Ebbert:
1960's - 1	1960's - 5
1970's - 7	1970's - 4
1980's - 4	1980's - 1
1990's - 3	1990's ~ 3

NEED ONLY A 90's FINISH

Donna Aycoth Tom Whitesell Hugh Williams



## "FOUR SCORE" (JFK 50 Official Finishes by Athletes age 80-or-over)

Carl Llewellyn

Age 80

1995

13:45:57

Despite a treacherous snow covered course in 1995, Carl Llewellyn became the first athlete in the 33 year history of the JFK 50 to finish the race at age 80 (80 years 5 months).

# "THREE SCORE AND TEN" (JFK 50 Official Finishes by Athletes age 70-79)

John Newdorp	Age	70	1980	11:41:40
Joe Kravinsky	Age Age	71	1981 1982 1983	12:07:15 13:45:37 13:21:06
Bob Boal	Age	70	1982	10:22:21
Fred Wandel	Age Age		1982 1983	13:22:51 13:25:40
Everett Marsh	Age Age Age Age	72 73	1985 1986 1987 1988 1989 1990	13:05:30 13:36:49 13:26:56 13:49:08 13:25:48 13:52:11 13:51:50
Don McNelly	Age	7C	1990	13:09:03
John Lewis	Age	76	1991	12:21:37
George Cunningham	Age	71	1991	12:38:01
Howard Henry	Age Age		1992 1993	12:15:29 13:12:43
Carl Llewellyn	Age Age		1992 1994	13:24:41 13:56:08
Don West	Age Age		1994 1996	13:49:15 13:49:01
Roland Anspach	Age	70	1996	11:24:44
Frank Dolen	Age	70	1996	11:24:44
Burt Carlson	Age	72	1997	13:20:58

# "STREAKERS" (THE BARE FACTS) Finishers For 10 Or More Consecutive Years

C 1

28 Years:	Cal Mahaney	(1970 - 1997)
27 Years:	Mike Adams	(1971 - 1997)
24 Years:	Bob Henscheid	(1974 - 1997)
20 Years:	Byron McNelly Norm Moyer Bill Whitesell	(1977 - 1996) (1978 - 1997) (1978 - 1997)
19 Years:	Stan Holloway Ken Scott	(1979 - 1997) (1979 - 1997)
18 Years:	Dick Good Pred Schumacher	(1979 - 1996) (1980 - 1997)
17 Years:	David Holland Everett Marsh Duane Rosenberg	(1981 - 1997) (1975 - 1991) (1981 - 1997)
16 Years:	Paul Betker * Kim Byron Carolyn Showalter Jim Wahl	(1982 - 1997) (1968 - 1983) (1982 - 1997) (1982 - 1997)
15 Years:	Anstr Davidson	(1983 - 1997)
14 Years:	Pete Coffin Carl Cornett Denny Evans Randy Howard Lowell Showalter	(1984 - 1997) (1972 - 1985) (1977 - 1990) (1974 - 1987) (1975 - 1988)
13 Years:	Joe Baummer * Kim Byron Gene Cassell Don West	(1973 - 1985) (1985 - 1997) (1985 - 1997) (1974 - 1986)
12 Years:	Gene Denton Joe Trask Fred Wandel	(1986 - 1997) (1980 - 1991) (1972 - 1983)
ll Years:	Jim Borgatrom Deve Downin Roy Elder John Gilroy Pelix LeBlanc Paul Lewis David Powell Jack Sargent Earl Scott Greg Seidl Jo Wells Ernie West	(1987 - 1997) (1987 - 1997) (1986 - 1996) (1982 - 1992) (1987 - 1997) (1973 - 1983) (1982 - 1992) (1979 - 1989) (1981 - 1991) (1987 - 1997) (1987 - 1997) (1974 - 1984)
10 Years:	Bill Behnen	(1988 - 1997)

<sup>\*</sup> First to achieve two separate streaks of 10 or more years.

# J F K 50-MILE HIKE/RUN

1250-MILE CLUB

(3 Members)

Mike Adams 29 Finishes Best Time: 6:42:34 1979

Kim Byron 29 Finishes Best Time: 8:29:59 1988

Cal Mahaney 28 Finishes Best Time: 9:24:35 1982

1000-MILE CLUB (5 Members)

Bob Henscheid 24 Finishes Best Time: 8:02:47 1980

Fred Schumacher 23 Finishes Best Time: 9:57:14 1984

Byron McNelly 21 Finishes Best Time: 9:53:52 1977

Norm Moyer 20 Finishes Best Time: 8:52:04 1986

Bill Whitesell 20 Finishes Best Time: 8:36:35 1981

#### 750-MILE CLUB (28 Members)

FINISHED BEST TIME 1982 Allen, Sidney 19 10:45:45 8:32:10 1985 Cornett, Carl 19 Good, Dick 19 8:10:37 1980 9:29:23 Holloway, Stan 19 19 8:21:15 1983 Rosenberg, Duane 19 10:12:38 1981 Scott, Ken 1991 Showalter, Carolyn 19 7:38:00 West, Don 19 12:58:47 1975 Showalter, Lowell 18 8:05:39 1979

17

17

17

16

16

8:36:06

12:29:16

9:55:57 1983

10:29:55 1981

8:39:31 1991

1983

1981

JFK 50's

	JFK 50's FINISHED	BEST TIME
Scott, Earl	16	9:18:21 1990
Wahi, Jim	16	9:47:38 1985
Davidson, Anstr	15	8:30:48 1989
Evans, Denny	15	9:17:02 1979
Greenspun, Bob	15	10:37:02 1977
Henscheid, Mitzi	15	8:19:56 1982
Howard, Randy	15	8:33:45 1978
Hutton, Shane	16	10:08:09 1993
Law, Bill	15	8:40:13 1982
Levri, El	15	7:52:34 1984
Lewis, Jim	15	11:08:35 1977
Lewis, Paul	15	11:26:32 1979
Sollenberger, Rob	15	8:04:15 1981
Spinnler, Jack	16	11:24:28 1989



Holland, David

Marsh, Everett

Settlemyer, Carl

Auchet, Georges

Betker , Paul

The Brethren Mutual Insurance Company

#### 500-MILE CLUB (78 Members)

NAME	JFK 50's FINISHED			NAME	JFK 50's FINISHED	BEST TIME	
Coffin, Pete	14	10:34:49	1984	Blakemore, Bob	11	8:34:10	1991
French, Peul	14	6:44:43	1992	Casteras, John	11	10:29:41	1985
Horton, David	14	6:16:00	1985	Day, Doug	11	7:37:28	1989
Montgomery, Al	14	7:22:46	1991	Downin, Dave	11	8:30:43	1994
Reisenweber, Harvey	14	8:52:34	1981	Elder, Roy	11	9:24:08	1 <del>99</del> 0
Trask, Joe	14	8:48:17	1882	Gilroy, John	11	9:38:48	1986
Wells, Jo	14	8:57:22	1985	Harvey, Kelth	11	8:42:28	1982
				Hess, John	11	6:22:30	1977
				Janosko, David	11	9:13:15	1 <del>9</del> 86
Baummer, Joe	13	9:15:20	1980	Kendall, John	11	7:24:57	1975
Baxter, Grant	13	7:40:53	1986	Keplinger, Peul	11	10:37:25	1980
Cassell, Gene	13	8:11:14	1993	Lemmermann, Bob	11	13:33:23	1982
Ebberts, James	13	7:06:41	1977	Lewis, Dennis	11	10:15:09	1989
Glenn, Eddle	13	10:13:15	1973	Parkhurst, Mark	11	8:33:26	1982
Heimiller, Don	13	7:52:52	1978	Powell, David	11	7:42:26	1989
Knox, Dan	13	8:38:58	1994	Rarity, Dave	11	9:12:54	1977
McNelly, Don	13	10:49:12	1982	Rhoderick, Dale	11	8:60:57	1986
Robertson, Paul	13	9:12:13	1977	Schaeffer, Frank	11	8:40:03	1983
Seidel, Greg	13	10:50:33	1993				
Walter, John	13	13:29:13	1982				
Whitesell. Janet	13	10:27:32	1989	Anderson,Phil	10	8:20:35	1989
				Behnen, Bill	10	12:32:22	1989
				Bozeman, Steve	10	8:18:21	1983
Acton, Jon	12	8:56:59	1983	Caldwell, Jim	10	12:38:12	1982
Blair, Bob	12	9:48:17	1987	Dom, Ron	10	10:51:42	1983
Borgstrom, Jim	12	9:35:59	1987	Fah <del>ey</del> , Tom	10	12:04:02	1989
Boyer, Frank	12	9:35:19	1979	Hawkins, Woody	10	10:40:45	1975
Denton, Gene	12	10:37:01	1990	Henry, Leo	10	8:00:36	1973
Herrington, George	12	10:45:46	1981	Héroux, Jess	10	8:30:23	1986
LeBlanc, Felix	12	9:10:57	1980	Hickey, Bob	10	12:29:17	1985
Main, Earl	12	9:21:03	1987	Hightower, Glenn	10	8:33:06	1982
Reddick, Si	12	8:38:12	1974	Johnson, Bob	10	8:13:54	1982
Şargent, Jack	12	10:23:42	1980	Kenul, John	10	9:48:19	1973
Smith, Clater	12	10:35:10	1976	Kline, Gene	10	8:06:00	1980
Smith, Les	12	8:33:52	1988	Louie, Ling	10	12:29:17	1975
Smith, Tom	12	6:34:11	1992	Niebel, Hal	10	10:51:43	1983
Smith, W. Jim	12	11:28:44	1980	Probst, Frank	10	7:37:00	1997
Tyree, Albert	12	11:07:43	1988	Redmon, Bobby	10	8:33:05	1978
Wandel, Fred	12	11:32:03	1976	Robertson, Mike	10	7:35:60	1991
West, Ernie	12	10:11:13	1978	Robeson, Joe	10	9:40:46	1991
				Sawyer, Buzz	10	8:53:15	1970
				Simmons, Dennis	10	9:58:59	1993
				Spinnler, Mike	10	5:63:05	1982
				Wandel, Bill	10	9:44:43	1996



#### 250-MILE CLUB (281 Members)

	ICK COL			(201 Mellipere)	JFK 50's		
	JFK 50's	Всот	TIME	MARKE	FINISHED	BEST '	DNE
<u>name</u>	<u>Finished</u>	BEST	IIME	<u>NAME</u>	<u> FINIONED</u>	<u>PL31</u>	<u> Falling</u>
Dotte Dat	9	8:13:30	1996	Sherline, Carter	8	9:03:25	1990
Botts, Pat	9	9:07:26	1989	Terwoord, Chuck	8	7:41:44	1984
Bowmen, Ron		8:12:58	1982	Thompson, Roy Jr.	8	8:06:21	1982
Boyd, Bruce	9		1991	Verdi, Frank	8	11:43:28	1985
Briers, Sue	9	8:37:34	1985	Watern, Kathy	8	9:28:49	1997
Dolen, Frank	9	9:46:43			8	9:27:32	1992
Frizzell, Everett	9	11:04:13	1992	Whiting, Larry	8	9:10:03	1982
Frye, Dave	9	7:34:28	1978	Winter, Tom Jr	8	8:37:18	1986
Gibson, Chris	9	5:16:29	1989	Yecies, Martin	8	10:28:30	1973
Green, Torn	9	7:33:49	1988	Young, Ron		10.26.30	10/3
Herr, Dennis	9	6;38:43	1986				
Hinte, Jeff	9	6:48:50	1991	a di Barri	-	0.00.07	4073
Honzak, Ingrid	9	8:23:30	1994	Aycoth, Donna	7	8:26:07	1973
Jordan, King	9	7:43:36	1991	Becker, Jim	7	8:03:20	1993
Marcy, Al	9	6:54:18	1982	Benford, Dave	7	6:28:06	1981
Moore, Art	9	7:40:46	1985	Bierbower, Leon	7	8:36:05	1981
Moore, Jim	9	9:42;21	1989	Boutilier, Steve	7_	7:51:16	1989
Murray, Terry	9	9:31:04	1990	Bridges, Bob	7	9:38:11	1987
Poling, Ed	9	8:56:01	1994	Byron, Goodloe	7	10:13:10	1971
Stallsmith, Mike	9	7:27:16	1992	Clement,Larry	7_	8:14:53	1982
Storm, Lloyd	9	9:07:14	1991	Clifton, Eric	7	5:46:22	1994
				Convery, Andrew	7	9:59:14	1983
				Crow, Des	7	9:33:14	1589
Allen, Dick	8	10:41:47	1974	Crump, Jerry	7	11:23:40	1988
Alspach, Sam	8	9:14:32	1985	Davis, Mike	7	9:13:35	1993
Beaty, Tim	8	9:19:15	1989	Davis, Roger	7	9:08:12	1986
Boggess, Ed	8	6:25;58	1989	Eckardt, Jon	7	7:59:51	1991
Boyer, Mike	8	7:59:46	1978	Evans, Alec	. <b>7</b>	10:41:03	1978
Bryce, Doug	8	9:37:07	1997	Ficklin, Tom	7	7:58:33	1991
Burgee, Dick	8	8:48:55	1977	Frantz, Jay	7	8:41:50	1977
Cowgili, Mel	8	7:52:59	1982	Gallagher, Doc	7	8:30:43	1993
Davis, Doug	8	10:06:09	1994	Henry, Howard	7	9:55:41	1978
Dudeck, Jerry	8	8:02:57	1992	Herbert, Randy	7	11:20:48	1989
Ebberts, Tom	8	11:15:31	1994	Hurley, Ted	7	11:06:41	1985
Fitz, Chuck	8	8:26:29	1976	Hutton, Brock	7	10:13:21	1972
Gaft, Jeff	8	7:15:07	1987	Jordan, Dale	7	8:22:30	1997
Gamer, Barbara	8	11:48:22	1984	Knight ,Laπny	7	7:31:36	1977
Goldenberg, Paul	8	10:46:37	1992	Lawder, Bill	7	6:03:51	1982
Gralley, Bob	8	8:27:24	1983	Llewellyn, Carl	7	9:20:41	1973
High, Pat	8	6:41:33	1982	Mazur, John	7	8:00:59	1996
Kelly, Paul	8	6:42:36	1991	Medaglia, Ernie	7	8:06:56	1978
Kossow, Al	B	8:28:00	1981	Newnam, Tom	7	8:24:09	1982
Kravinsky, Joe	8	11:28:14	1978	Reisenweber, Andre	w 7	8:39:58	1992
Lorey, Rich	8	8:50:59	1980	Rosato, Nick	7	9:49:42	1980
Marquess, Norman	8	11:28:49	1981	Scott, Carroll	7	8;16:38	1982
Monahan, Peter	Ē	6:28:59	1977	Seibert, Sam	7	7:51:56	1984
Norwood, Blake	8	9:23:13	1990	Sencindiver, Lynn	7	11:44:42	1979
Phillips, Jean	8	11:27:37	1979	Shackley, Dennis	7	9:04:03	1983
Potma, Cor	8	7:32:09	1986	Shaw, Ron	7	6:52:10	1990
Price, John	8	7:32:10	1990	Szekeresh, Joe	7	9;33:31	1992
Purdy, Bruce	8	8:27:53	1988	Szekeresh, Marty	7	9:50:20	1991
Schlosser, Bob	8	8:30:57	1991	Turrentine, Bill	7	8:03:44	1990
Schneider, Rick	8	7:02:23	1992	Waddington, Nancy		11:04:29	1988
Scullainal, Mry		1.45.10		1120-11 116110Y	•		

#### 250-MILE CLUB (281 Members)

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	JFK 50's	1		(co. mombolo)	JFK 50's		
N <u>AME</u>	FINISHED		TIME	NAME	FINISHED	BEST	TIME
<u> </u>	<u></u>		111114	111111	THIOTILD	DEST	11-11-
•							
Wagner, Dan	7	9:24:54	1980	Reeve, Jim	6	12:12:07	1988
Ward, Randy	7	10:04:39	1993	Robinson, Karl	6	7:33:50	1974
Whidden, Guy	7	10:46:35	1970	Runacres, Rod	6	8:42:29	1984
Whitesell, Tom	7	10:27:27	1970	Smith, Jim E.	6	7:58:25	1981
Williams, Howard	7	11:35:09	1978	Taylor, Roy	6	10:30:35	1981
Zeger, Richard	7	9:32:58	1992	Thompson, Paul	6	8:27:46	1993
Zimpfer, Bob	7	9:41:07	1996	Vaughan, Steve	6	8:42;28	1979
	-			Vaughn, Wayne	6	7:12:02	1972
				Waddington, Don	6	8:23:17	1982
Anspach, Roland	6	8:18:42	1991	Whitesell, Chris	6	9:08:34	1978
Apple, Rob	6	9:46:52	1993		•	3.00,04	1010
Balfour, David	6	8:09:21	1981				
Barry, Jay	6	9:03:55	1992	Adkins, Bill	5	13:15:58	1992
Benedetti, Titian	ě	10:35:23	1994	Agin, Jerry	5	8:13:28	1992
Beydler, Bill	6	10:01:24	1980	Allen, Mike	5		1994
Butchko, Joe	6	7:48:43	1977	Barner, Park	6	10:01:10 6:23:53	1973
Carr, Jay	6	9:57:58	1991	Barnes, Charlie	5		
Cese, Sam	6	10:53:47	1981		5	8:34:31	1994
Cortez, Augle	6	8:47:21	1988	Bergman, Dave		9:11:34	1972
Denius, Jeff	6	9:37:03	1989	Bishop, Phil	5	6:14:59	1978
Dickerson, Larry	6	8:57:32	1978	Burke, Mike	5	9:18:47	1980
Faik, Bob	6			Burkhart, Roger	5	10:40:39	1981
•	_	9:11:04	1994	Burnside, Bruce	5	10:44:15	1973
Field, Bob	6	8:32:59	1992	Busch, Rick	5	10:24:07	1975
Grossman, Larry	6	8:51:43	1991	Butchko, Paul	5	7:20:44	1977
Guardia, Gary	6	9:00:52	19B1	Caldwell, Tim	5	11:33:06	1983
Harris, Bob	6	7:46:31	1992	Campbell, Lerry	5	13:11:03	1977
Hasting≤, Gary	6	7:26:16	1982	Campbell, Ray	. 5	11:05:22	1988
Holland, Michael	6	8:38:46	1992	Carey, Art	5	9:04:20	1971
Hruneni, Ed	6	8:24:11	1983	Carrier, Mike	5	8:42:40	1984
Jackson, John "J.J."	6	10:49:10	1969	Christensen, Norm	5	9:21:52	1977
Kelk, Chris	6	6:48:04	1989	Clark, Roger	5	9:24:23	1984
Killmon, John	6	10:51:11	1997	Cowling, Bruce	5	9:12:19	1994
Kitchen, Ray	6	8:25:29	1994	Cunningham, George		10:36:31	1985
Klein, Ken	6	8:53:45	1990	Detrow, Bob	6	10:30:40	1985
Krueger, Stan	6	11:57:05	198 <del>6</del>	Firth, Alan	5	11:58:03	1986
Kurt, John	6	9:61:23	1976	Foley,Ed	5	6:31:36	1982
Laverick, Ken	5	7:31:11	1984	Fox, David	5	10:18:28	1997
Lederie, Joe	6	9:06:50	1977	Frisch, Mary Lou	5	9:28:05	1995
Lefferts, Peter	6	9:23:49	1994	Godville, Jim	5	7:39:61	1990
Lewis, John	6	10:35:47	1986	Gonzales, John	5	8:41:33	1986
Lokrheim, Tor	6	7:24:42	1989	Grassie, Paul	5	9:13:53	1993
Lum, Frank	6	7:06:39	1991	Griswold, Howell	5	12:43:58	1977
Malach, John	6	9:25:10	1984	Grummer, Mark	5	8:48:39	1995
Miller, Delma		10:65:57	1993	Hall, Joe	5	9:56:19	1984
Murray, Bill	6	9:11:43	1984	Hansen, Allen	5	9:28:19	1993
Myerjack, Jim	6	9:21:35	1981	Hardin, Jerri	5	11:45:32	1990
Myers, Denny	6	7:57:00	1983	Harner, Steve	5	8:47:09	1993
Osman, Don	6	11:09:49	1994	Harrington, T. J.	5	8:55:43	1994
Pastrana, Robert	6	10:04:55	1985	Hart, Ed	5	10:09:26	1990
Pereschuk, Larry	6	11:47:24	1980	Hassett, Rick	5	8:05:36	1994
Price, Mike	6	7:26:59	1983	Hauver, Martha	5	10:27:26	1975
Reddick, Zene	6	11:13:02	1976	Hayden, Eddie	5	7:31:23	1977
						<del></del>	

#### 250-MILE CLUB (281 Members)

				(TO L MOILIDGE)	JFK 60's			
JFK 50's								
<u>NAME</u>	<u>Finished</u>	<u>BEST</u>	TIME	<u>NAME</u>	<u>FINISHED</u>	<u>BEST 1</u>	<u>IIME</u>	
III-l- min.	_	7-77-04	4000	Prevatte, Lawrence	5	11:39:19	1978	
High, Mike	6	7:55:31	1980 1 <b>9</b> 89	Pryor, Galen	5	9:38:44	1973	
Hileman, Keith	5	7:01:31			5	11:07:16	1976	
Hoover, John	5	9:36:09	1981	Reddick, Connie	5	8:42:36	1976	
Hombecker, Doug	5	9:26:55	1996	Reddick, Eddle		9:22:51	1991	
Huffman, Daniel	5	8:30:02	1997	Reisenweber, Matt	5			
Hughes, Forden	5	11:21:17	1976	Rengstorff, Roy	5	10:46:05	1982	
Hull, Darrell	5	10:14:14	1997	Renninger, Warren	5	8:29:33	1994	
tzer, Cliff	5	9:11:55	1982	Reynolds, Howard	5	12:21:42	1979	
James, Evan	5	8:58:12	1992	Rickett, Ray	5	11:44:13	1977	
Jans, Don	5	11:52:02	1994	Ridenour, Howard	5	10:09:04	1974	
Keplinger, Nancy	5	11:48:20	1975	Ridge, Mike	5	9:22:24	1995	
Knode, Dave	5	8:56:43	1977	Roberts, Rick	5	9:17:28	1992	
Koehi, Bob	5	9:25:59	1983	Rosenstein, Marviπ	5	10:56:10	1982	
Konodi, Mark	6	7:38:26	1984	Ruff, Dave	5	9:25:52	198B	
Lancaster, Joe	5	7:18:30	1982	Russell, Jim	5	8:45:51	1982	
Lariviere, Ron	5	8:06:00	1984	Schneider, Carl	5	9:06:35	1981	
Martin, Gil	5	9:04:34	1975	Scott, Chris	5	8:30:13	1987	
Mathews, Wes	5	9:12:63	1977	Simpson, Howie	5	7:43:31	1984	
Matthai, Barbara	5	10:33:21	1977	Smith, Tim	5	7:33:12	1989	
McCubbin, Bob	6	7:53:06	1991	Snyder, Jerry	5	11:52:04	1979	
Medaglia, Sue	5	7:41:13	1979	Sower, Edson	5	9:15:01	1981	
Merrick, Dan	5	10:43:07	1988	Spangler, Nelson	5	11:35:67	1975	
Milancewich, Joe	5	10:17:14	1990	Sparks, Jack	5	10:59:52	1986	
Moe, Jim	5	9:26:41	1983	Spence, Joe	5	9:56:25	1973	
Moore, Rebecca	5	13:26:28	1992	Starrs, Jim	5	12:10:33	1975	
Morrin, Michael	5	10:49:12	1990	Stritehoff, Nelson	5	7:58:57	1996	
Mortenson, Jim	6	8:13:34	1977	Taylor, Michael	6	11:11:54	1979	
Muffley, Don	5	7:32:37	1976	Thompson, Dan	5	9:33:05	1993	
Murray, Kevin	5	9:52:42	1979	Triantos, Vassili	5	6:33:15	1996	
Nally, Mike	6	9:39:56	1997	Vaughn, Brad	5	7:46:54	1975	
Namamore, John	5	9:44:47	1991	Williams, Bob	š	10:20:48	1994	
	5	7;40:48	1976	Williams, Hugh	5	12:19:28	1973	
Naugle, Gary	5	7:08:29	1992	Wilson, Dick	5	10:40:48	1975	
Neison, Laura	5	-	1977		5	9;27:05	1978	
Newdorp, John		10:33:38		Winter, Tom III		7:35:43	1996	
Niebel, Andy	5	11:26:10	1982	Wood, Murray	5 5	8:54:59	1993	
Nystrom, Bruce	5	6:17:44	1979	Woods, Terry		9:16:59		
Olfky, Ray	5	7:40:01	1982	Young, Dave	5		1976	
Oliver, Andy	5	7:54:51	1984	Youngs, Tim	5	8:14:40	1980	
Oszustowicz, John	5	10:16:24	1995	Zimmerman, George		9:18:49	1990	
Peterson, Andy	5	6:56:28	1997	Zucco,Jim	5	9:11:50	1976	
Podlasek, Stanley	5	11:26:52	1996					

# Do It Naturally TAYLOR'S BETTER HEALTH STORE

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### History along the Route of the JFK 50-Mile Hike/Run: from A to Z

- A Boonsboro: Founded in 1792 by George and William Boone, cousins of frontiersman Daniel Boone, this town has been the starting point of the John F. Kennedy Memorial 50-Mile Hike/Run since its inception in 1963.
- **B** Washington Monument: On July 4, 1827, the citizens of Boonsboro built a 32-ft.-high, crock-shaped stone monument on the Blue Rocks of South Mountain. It was the first structure built to honor our country's first president.
- C The National Road: Originally called the "Bank Road" because it was funded by various banks along the way, today's Route 40A became part of the "National Road" when Congress approved funds in 1818 to extend this road from Cumberland, Maryland to Ohio, Indiana, and Illinois the country's first federally-funded highway project.
- **D** Old South Mountain Inn: The "Mountain House" here was once a tavern along the National Road. Across the road stands Dahlgren Chapel, built in 1882 by Madeleine Vinton Dahlgren for Catholic worship services.
- E Battle of South Mountain: On September 14, 1862, about 10,000 Confederate soldiers under Gen. Robert E. Lee defended three mountain passes Turners Gap (where today's Route 40A crosses), Fox Gap (where today's Reno Monument Road crosses), and Cramptons Gap (at today's Gathland State Park) against the advance units of Gen. George B. McClellan's 80,000-man army. Lee had split his 40,000-man army to capture Union troops in Harpers Ferry (see "Battle of Maryland Heights," M on next page), and defended South Mountain here to buy time for his divided army to rejoin him near Sharpsburg where the Battle of Antietam was fought on September 17, 1862.
- F Reno Monument: Just off Reno Monument Road at Fox Gap is a stone monument that marks where Maj. Gen. Jesse Reno was killed during the battle of South Mountain. After the Civil War, a Union veteran of this battle became a miner in Nevada and founded a town there that he named for his beloved General Reno, Nevada.
- G Gathland State Park: Scene of fierce fighting during the Battle of South Mountain in 1862, the Cramptons Gap area was bought by reporter George Alfred Townsend (pen name: Gath) in 1884. In 1896 Townsend organized the construction of the War Correspondents Arch here to commemorate correspondents and artists of the Civil War.
- **H** Appalachian Trail: Completed in 1937, this 2,157-mile trail stretches from Mt. Katahdin, Maine to Springer Mountain, Georgia. Thirteen miles of the JFK-50 traverses this famous footpath; please be courteous to its hikers.
- I Weverton: Today's tiny village is a vestige of a once-thriving industrial town founded by Casper Wever in the 1830s. Water from the Potomac River powered mills here for 50 years before floods and finances closed them down.
- **J B&O Railroad:** Started in Baltimore on July 4, 1828, the B&O Railroad reached this area by 1834, and went all the way to Cumberland, Maryland in 1842. Today the tracks are part of the CSX Rail Transportation System.
- **K** C&O Canal: Also started on July 4, 1828, the Chesapeake & Ohio Canal began in Washington, D.C.—the "race" was on for the best transportation link to the west. The C&O Canal also reached this area by 1834, but construction problems prevented it from reaching Cumberland until 1850. The C&O Canal ceased operations in 1924 and today is preserved as the 185-mile-long C&O Canal National Historical Park. Twenty-six miles of the JFK-50 Miler—a marathon length in itself—follows this park's towpath where mules once pulled canal boats.
- L Harpers Ferry: Founded in 1733 as a ferry crossing over the Potomac River, Harpers Ferry became famous for it privately-owned and federally-funded gun factories and arsenals from the 1790s through the 1850s that attracted John Brown's ill-fated raid in 1859 to gather arms for a slave rebellion. During the Civil War, Harpers Ferry's armories and arsenals were destroyed as the town changed hands 8 times between Union and Confederate forces. Today, Harpers Ferry National Historical Park preserves much of the historic town and the surrounding mountains Bolivar Heights (WV), Maryland Heights (MD), Loudoun Heights (WV & VA), and Short Hill (VA).

#### History along the Route of the JFK 50-Mile Hike/Run: from A to Z (continued ... )

-1

- M Battle of Maryland Heights: From September 10-12, 1862, three separate Confederate forces totaling 30,000 soldiers, marched from Frederick, Maryland to surround the Union garrison at Harpers Ferry. On September 13, a battle was fought on rock-strewn Maryland Heights (most of these hills were denuded by the charcoal industry before the Civil War). The Confederates won this battle—along with skirmishes on Loudoun Heights and near Bolivar Heights—and forced the 12,500-man Union army into Harpers Ferry under a relentless Confederate bombardment.
- N Harpers Ferry Road: Note the road across from the canal here: On the night of September 14, 1862, about 1,500 Union cavalrymen made a daring middle-of-the-night escape from a Confederate trap by dashing their horses across a bridge and up this road to Sharpsburg. The next day, the remaining 11,000 Union soldiers surrendered the largest U.S. troop surrender until WWII. On September 16, most of the Confederate troops marched up this road to rejoin Gen. Robert E. Lee outside Sharpsburg for what would be the bloodiest one-day battle in American history.
- O Fort Duncan: Union troops built this fort and others on Maryland Heights in 1863 to protect Harpers Ferry.
- P Potomac River: Draining much of the Mid-Atlantic Region, the Potomac River's headwaters start in Maryland, Pennsylvania, Virginia, and West Virginia. George Washington envisioned the Potomac as the Gateway to the West.
- Q Autietam Aqueduct: Triple-arch stone aqueduct built in 1833 to carry the C&O Canal over Antietam Creek.
- R Millers Sawmill: This quiet riverside community once bustled with milling activity. In mid-September 1862, Confederate Gen. Robert E. Lee stationed his Chief Engineer here to keep watch over the level of the Potomac River since Lee knew he may need to ford his army across the river here if the Battle of Antietam went against him.
- S Packhorse Ford: Just upstream from Millers Sawmill is a "double V-shaped" ford (shallow crossing place) in the Potomac River. This ford has been used by American Indians, German and Scotch-Irish pioneers traveling from Pennsylvania to Virginia, and Lee's Army of Northern Virginia in their retreat from the Bartle of Antictam.
- T James Rumsey Monument: As you approach the Route 34 bridge (also called the James Rumsey Bridge), look across the Potomac River to Shepherdstown which was chartered as Mechlenburg in 1762. The tail monument visible in the town from the C&O Canal towpath is a monument to James Rumsey, who was George Washington's Chief Engineer for the Potomack Canal Company that pre-dated the C&O Canal. Rumsey was also the first inventor of the steamboat. In 1787, Rumsey demonstrated his steamboat along the Potomac here before hundreds of cheering witnesses along the riverbanks 20 years before Robert Fulton demonstrated his steamboat on the Hudson.
- U Killiansburg Cave: On September 16-18, 1862, hundreds of Sharpburg citizens came here to seek refuge under these cliffs from the Battle of Antietam. The cave entrance is visible from the C&O Canal towpath.
- V Snyders Landing: This riverside community was once a tie-up point for canal boat owners from Sharpsburg.
- W Taylors Landing: Community was first called Mercersburg, for the first president of the C&O Canal company.
- X Dam #4: This 18-ft-high masonry dam was one of 7 built on the Potomac to provide water for the C&O Canal.
- Y Downsville: Founded in 1852, this typical crossroads village has changed little over the past century.
- Z Williamsport: The Williams brothers who founded this town in 1786 proposed to George Washington that this area would make a good location for our national capital before the Georgetown, Maryland site was selected in 1790. Williamsport was especially prosperous during the C&O Canal's heyday from the 1840s to the 1880s. Since 1980 Springfield Middle School here has been the finish line of the John F. Kennedy Memorial 50-Mile Hike/Run.

JFK 50 Mile participants come from all walks of life. Finishers have ranged in all seemingly imaginable professions from brick layers to U.S. Congressmen. In 1997 Mike Malinin, the drummer of the "Goo Goo Dolls" a world-acclaimed contemporary band, added a new twist to the term "rocking-on" when he challenged himself against the Appalachian Trail, the C & O Canal and the rolling Maryland macadam to become the first owner of a top-40 song to finish the JFK 50 Mile. Mike officially stopped the clock at 9:25:57, good for 187th place overall. Currently on tour with his band, Mike will be unable to attempt the 36th Annual JFK 50 Mile, but has hopes of returning in 1999.



In the hard-partying, wired-up world of bigmoney rock and roll. **Mike Molinia** is something of an anomaly. He's the drummer for the Goo Goo Dolls, whose last album A Boy Named Con has sold almost 3 million copies. But while his band mates stay up late partying after the show, Malinin often hits the sack early so he can get up in the morning to run.

He's no shouch, either Last November the 30-year-old Malinio ran the IFK 50-miler in 9:20. Last March he finished the Los Angeles Marathon in 3:32, a personal best His friends cheered as he passed his house at the 16-mile mark, just off Sunse: Boulevard in Hollswood.

"Running's fun for me." says Mahmo, who ran cross-country in high school, then restarted his running three years ago, just before joining

the band. "It gives me time for myself, and I get to see tots of interesting places on foot."

Malinin and his band recently got back from a 22-month four promoting their latest album. The trio and their entourage traveled throughout Europe, Japan, Canada and the United States. "Sometimes it's tough to find time for running on the road," says Malinin. "But I run as much as I can, depending on the location and the band's schedule."

One of Maţinin's biggest thrills in the sport was running with U.S. Olympic Marathon team member Bob Kempainen in 1996, a few months after the Summer Games in Atlanta. The band was playing in Minneapolis, Minn., and Kempainen, a Goo Goo Dolls fan, arranged to meet Malinin for an 8-mile trail run. The wanted to talk music," says Malinin, "and I wanted to talk Olympics."

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