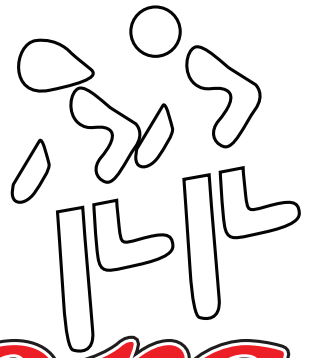


reston



*runners*

**JFK50 Mile  
Ultramarathon  
2008**



*Encouraging fitness for life!*

# CONTENTS

Letter from Anna .....3  
 Race Weekend Schedule .....4  
 Runners and Crew .....5  
 Reston Runners Teams .....6  
**GENERAL INFORMATION**  
 JFK50 Map.....7  
 Summary of Directions .....8  
 Map of Start and Boonsboro High School.....9  
 Directions from finish .....10  
**RUNNER INFORMATION**  
 Anna’s Crew Instructions for Runners.....11  
 Anna’s Packing List.....12  
 Drop Bag System .....13  
**CREW INFORMATION**  
 Questions and Packing Tips .....14  
 Crewing Tips.....15-17  
 Elapsed Time Chart .....18  
 Estimated Clock Time.....19  
 Course Support Directions .....20-21  
 JFK50 RR Stats and Trivia .....22-27



## Introduction Letter

Dear Reston Runners,

Welcome to the homestretch. When you registered for this race back in July, you had no idea what would happen in your life over the next 4 months and whether the stars would line up just so - perfectly enough to allow you to actually get to the starting line. We all know this takes some focused training and a willingness to forgo the occasional late Saturday night party. But it also takes a certain amount of luck just to get to this point.

Of the 75 runners who signed up with us in July, 10 or 12 confronted unanticipated challenges including such things as stress fractures, knee surgeries, deployments, back injuries, and bronchitis. Meanwhile, those of us who managed to remain relatively healthy all summer had to cope with fits of laziness, self-doubt, unsympathetic family members, and those pesky employers. There are few guarantees in life; being well and unencumbered enough to run the JFK 50 is certainly not one of them. So if you're among the lucky ones to start this year, congratulations. But the test has just begun – an ultramarathon offers a condensed version of life's challenges, little surprises, self-doubts, and self-discovery.

Reston Runners will be hard to miss on the trail this year. There will be close to 70 of us sporting day-glow shirts, and about 60 support crew in their attractive blue pinnies. About ½ of our runners are first timers, which either means the "regulars" have learned their lesson, or they simply haven't shared these with the rookies.

But fear not, we are committed to your success. Our secret weapon every year is our wild and crazy support crew. If you think it's nuts to run 50 miles over rocks and hills, try waking up at 3am to drive to Boonsboro just to drive 100 more miles on small country roads hauling bags of clothes and ointments and special foods for sweaty runners who never look as great as you tell them they do. Now that's nuts, and I think it's why we all get along so well.

Go team. We rock.

*Anna*

P.S. Anna B. and Jim A. send a ***Very Special Thanks*** to the  
**2008 Reston Runners JFK Prep Team:**

Mike Sullivan  
Al Rider, Will Fraize  
Donna Rostant  
Diane Lathom, Rob McKay  
Tim Smith, Ellen Mannion  
Cliff DeWitt  
Helen Hipps  
Jim Bradford  
and our whole team of eMentors

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## Race Weekend Schedule

<b>Date</b>	<b>Time</b>	<b>Activity</b>
<b>Friday, November 21</b>	3-7 pm	Packet Pick-up at Four Points Sheraton
	6:30-9 pm	Dinner at the Pizza Hut, Hagerstown
<b>Saturday, November 22</b>	4:15 am	5 am starters and crew meet at Boonsboro High School for group picture and transfer of bags to crew
	<b>5 am</b>	<b>First start</b>
	4:45 am	Coffee and BYO breakfast at Clarion by the pool
	5:15 am	7 am starters travel from Hagerstown to Boonsboro
	5:45 am	Arrive at Boonsboro HS, park, transfer bags to crew
	6:10 am	Reston Runner Group picture in gym
	6:20 am	Official Run Briefing; leave for start immediately after
	<b>7 am</b>	<b>Second start</b>
	8-11 am	All-you-can-eat breakfast for crew at Community Hall in the Brownsville Bretheren Church, Roherersville Rd. (Rt. 67-between Gapland and Waverton)
	2-7 pm	Reston Runners finish; massages for RRs by Cliff Dewitt and team
<b>Sunday, November 23</b>	10 am	Post Race Celebration Blueberry Hill Common House, wear your medal and JFK shirt



## Runners and Crew

Runner	Crew
<b>8-9hrs</b>	
Dana Beyeler	Ginny Beyeler
Mike Bailey	Alan Peltzman Katie Lakin
Jon Norris Andrea Moritz	Tory Madison Pat Kay
Randy Osman	Kim Ibara

Runner	Crew
<b>8:50-9:30</b>	
Jim Ashworth Jim Bradford	Karen Ashworth
Susan Defrees	Ray Defrees
TJ Radke Dennis Kelleher	Brad Conver Tracy Kelleher
Mike Gulden Diane Lathom	Bruce Grosz (Harry&Trevor)
Bill Joyce	Lin & Susie
David Peters David Henry	Lois Peters Lisa Henry
Kevin Shaw Devon Kiernan+	Suzanne Shaw Kevin Hart
Jim Nagle Dave Yaekel	Norm Hunt Hiroko Hunt
Deedee Loughran Young Nam Chris Dettmar	Loretta Malander Steve Grill
Todd Walt Chip Hulbert	Lee Albrecht Rob McKay
Donna Rostant Jeff Stone	Tim Smith Jill Tunick
Tim Cohn Ellen Mannion	Joe Field Mary Klaff

Runner	Crew
<b>9:30-10:30</b>	
Brian Kent Tom Patch	Nicole Davison
Mike Sullivan	Maureen Sullivan
Heather Ferrell Tamara Imfeld	Tim Ferrell Jen Roberts Chuck Port
Richard Goris Emmett Delaney	Lisa Herbling Ryan Albrecht
Jason Fedok	Lindsay Fedok
Carolina D'Andrade	Walter D'Andrade

Runner	Crew
<b>10:15-11</b>	
Anna Bradford Farouk Elkassed	Stephen Bradford Jessie Dodson
Michelle Gast	Stephanie Tatar
Pete Bruno Marge Ascari Aaron Moll	Patty Joyce Kelly Dwyer
Kelly Noonan Adam Barger	Tim Noonan Theresa Stewart
Keith Whited Rodney Whited	Karen Lovelace Bev Whited
Sonja Adcock	Bob Balma
Jill Jakulski Mark Meehan	Annie Downer
<b>11+</b>	
Alex Londres	Krista Ellis

Injured/Uncertain	Possible Crew
Chris Dettmar	Arthur Garrison
Philip Schmidt	Janet Choi
Janet Choi	

Runner	Crew
<b>Sam</b>	
John Finney Miguel Gomez	Will Fraize Hazel Johns
Tammy Bagdasarjian Michael Bottos	Heleen Ortel Karia Malone
Michelle Gast	Stephanie Tatar
Houston Pewett Marce Willard	Terri Dianne Beville
Jack Tozier Peter Westcott Susan Grant	Moshe Fluk Al Rider
Joe Martin	Scott Bocksell
Joanne Boustead	Jeanne Larrison
Tammie Massie	Cindy & Imelda
Jim Wahl Ford Jones	KC Tackett Michael Faulkner

Runner	Crew
<b>Other crew roles</b>	
Helen Hipps Jesse Bradford Shalini Saha	Race Day Mgt Middle Mgt Middle Mgt
Cliff Dewitt	Splits Massage Mgt Splits
Jarrett Marquis	Splits
Kathleen Gohn Libby Gohn	Soup Soup

DNS	Drop Bag
Mark Fraase KC Tackett Jim Mathesius Dennis Hays Jim Cavanaugh	Tristan Massie Mark Meehan Rory Meehan Thomas Leverone Eric Thomson Ginny Hughes Martin Strauss



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## 2008 Reston Runners JFK50 Teams

### Reston Babes

Anna Bradford  
Diane Lathom  
Ellen Mannion  
Deedee Loughran\*  
Donna Rostant

### Reston Travel Babes

Marge Ascari\*  
Susan Adcock\*  
Joanne Holmes\*  
Andrea Moritz\*

### Reston Renegades

Dave Yeakel, Jr  
Young Nam\*  
Jon Norris  
Chris Dettmar (injured reserve?)  
Peter Westcott

### Reston Wildcards

Houston Pewett\*  
David Peters\*  
Eric Thomson\*  
David Henry\*

### Reston Trail Tamers

Dana Beyeler  
Todd Wait\*  
Rick Goris\*  
Chip Hulbert\*

### Reston Young Babes

Heather Farrell  
Tamara Imfeld\*  
Janet Choi\*  
Jill Jakulski\*  
Susan Defrees

### Reston Veterans

Rory Meehan  
Mark Meehan (injured reserve?)  
Rodney Whited  
Keith Whited  
Mike Sullivan

### Reston Rock Dawgs

Dennis Kelleher\*  
Kevin Shaw\*  
John Finney, Jr.  
Jeff Stone\*

### Reston Early Birds

Dennis Hayes (injured reserve?)  
Miguel Gomez  
Ford Jones  
Joe Martin

### Reston Early Babes

Tammy Massie  
Marce Willard  
KC Tackett (injured reserve?)  
Susan Grant\*

### Reston VirFloMichMaKens

Mark Krulikowski (deployed)  
Randy Osmun\*  
Tristan Massie\*  
Adam Barger  
Aaron Moll\*

### Reston Freshmen

Mark Fraase\* (injured reserve?)  
Michael Bottos\*  
Emmett Delaney\* (injured reserve?)  
Jason Fedok\*

### Reston Jim Team

Jim Ashworth  
Jim Bradford  
Jim Nagle  
Jim Cavanaugh  
(injured reserve?)

### Reston Free Radicals

T.J. Radtke  
Philip Schmidt  
Jim Mathesius\*  
Brian Kent\*  
Pete Bruno

### Reston New Babes

Kelly Noonan\*  
Carolina D'andrade\*  
Michelle Gast\*  
Tammy Bagdasarian\*

### Reston Masters

Mike Gulden  
Bill Joyce\*  
Tim Cohn  
Jack Tozier\*  
Tom Patch

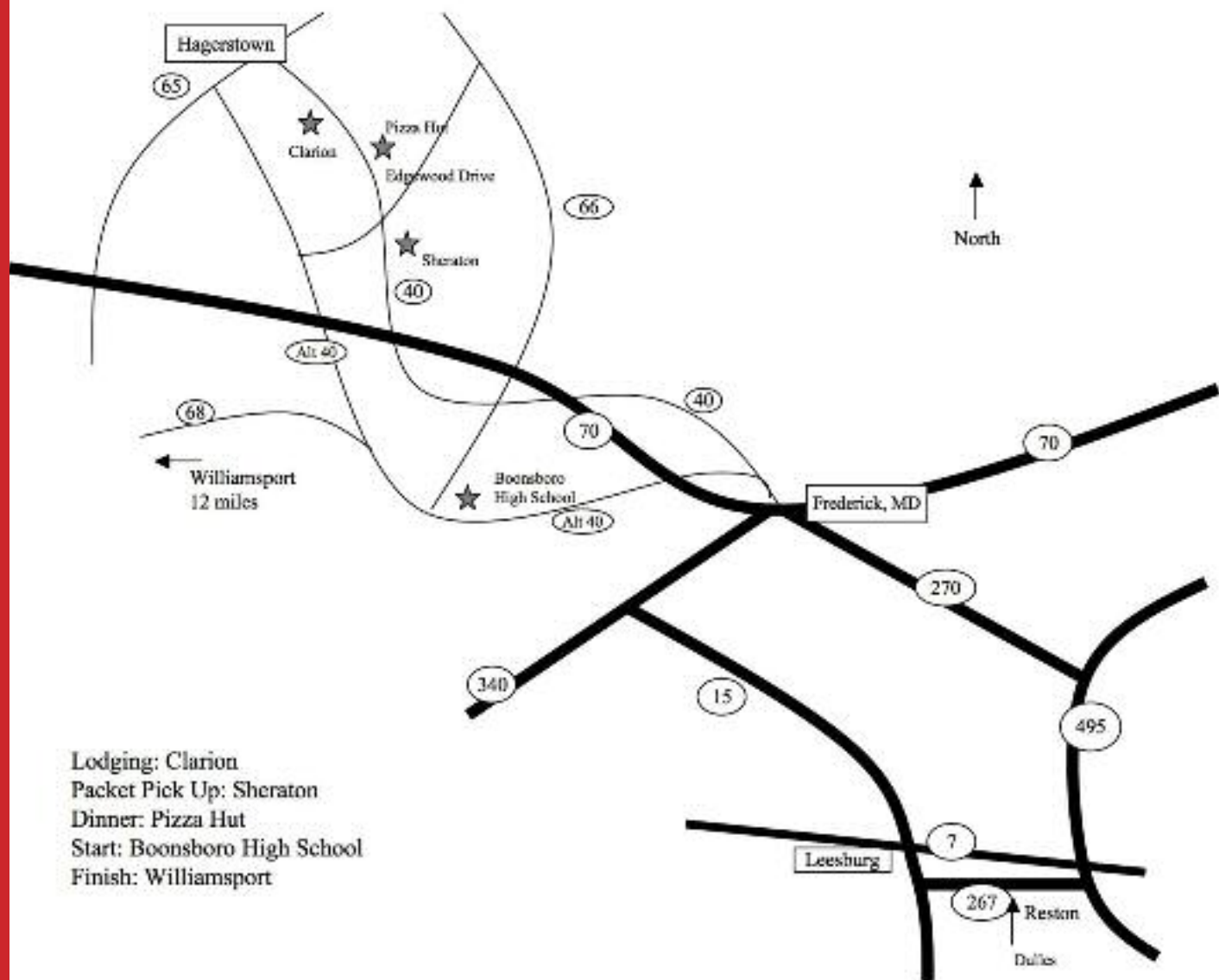
### INDEPENDENT RUNNERS

Alexandra Londos  
Farouk Elkassed  
Devon Kiernan  
Jim Wahl  
Mike Bailey  
Martin Strauss

\* first time JFKers



JFK50 MAP



Lodging: Clarion  
 Packet Pick Up: Sheraton  
 Dinner: Pizza Hut  
 Start: Boonsboro High School  
 Finish: Williamsport



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## Summary of Directions

### TRAVEL TO HAGERSTOWN FROM RESTON

Dulles Toll Road/Greenway West; North Route 15 to Fredrick, MD; West Route 70 toward Hagerstown; Exit 32B Route 40.

### TO BOONSBORO START FROM HAGERSTOWN

Follow signs to Alt 40 South via Edgewood Drive, which is near the 4 Points Sheraton; Go 5 ½ miles, school complex is on the LEFT. Or, take Route 70 East to Route 66 South to the school in Boonsboro. Parking is tight- expect congestion. **Get to the school no later than 6 AM.**

### TO BOONSBORO START FROM VIRGINIA:

WEST on Dulles Toll Road/Greenway

NORTH on Route 15 to Fredrick, MD

WEST on Route 70 toward Hagerstown

Use the Rt 66 exit (left). The school complex will be on the left.

### BLUEBERRY HILL COMMON HOUSE (for breakfast on Sunday)

9701 Farmside Place Vienna, VA 22182 703-757-5120

#### From Reston Town Center

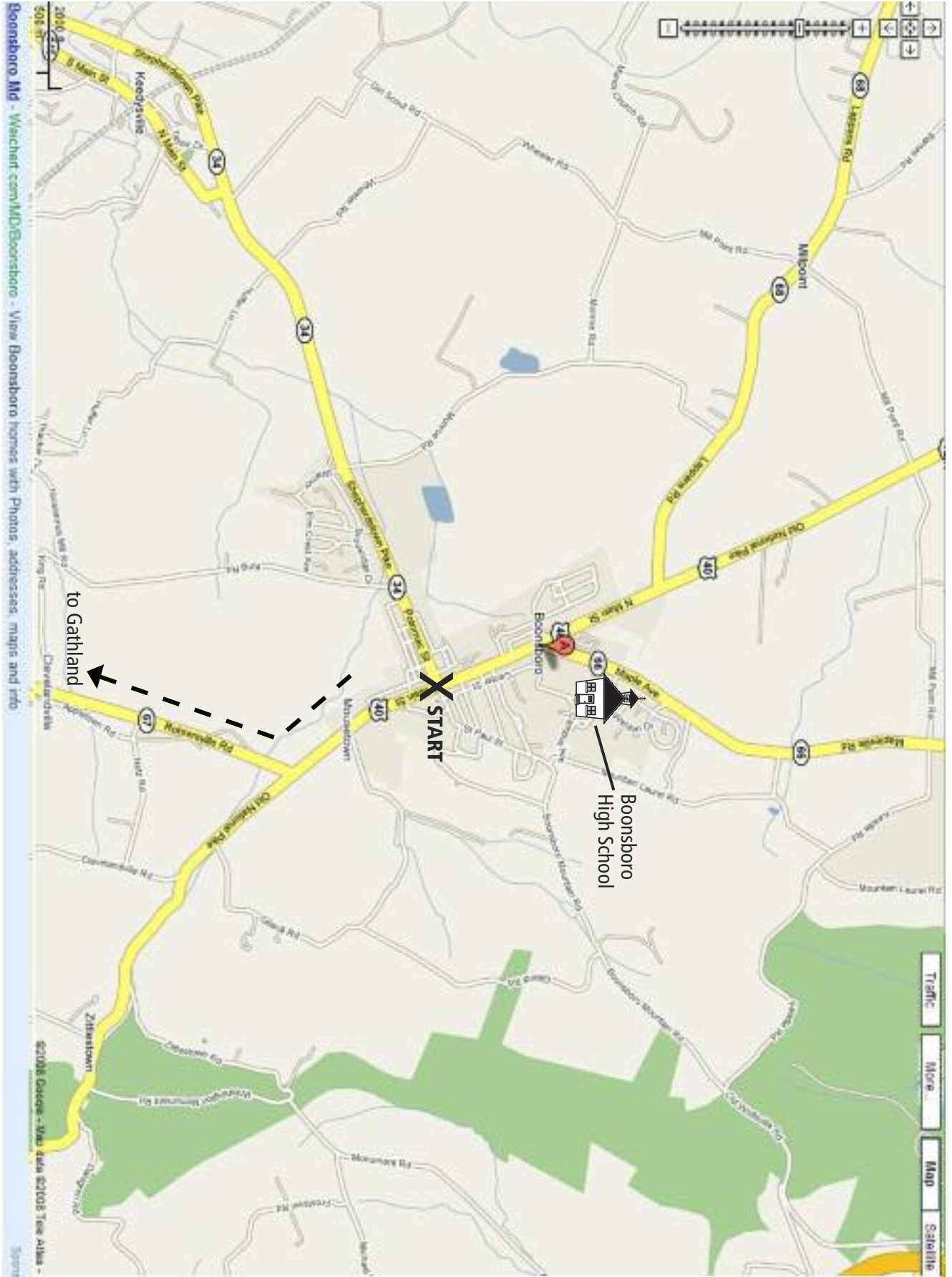
North on Baron Cameron to Route 7, East on Route 7 (toward Tysons) past first light (Colvin Run Road) for another mile to a right onto Newcombs Farm Road. There is a roadside stand here: Potomac Vegetable Farms. Take the road up to the very top of the hill to the second Farmside Place- 9701 is the first house (white). Park anywhere.

#### From Tysons Corner

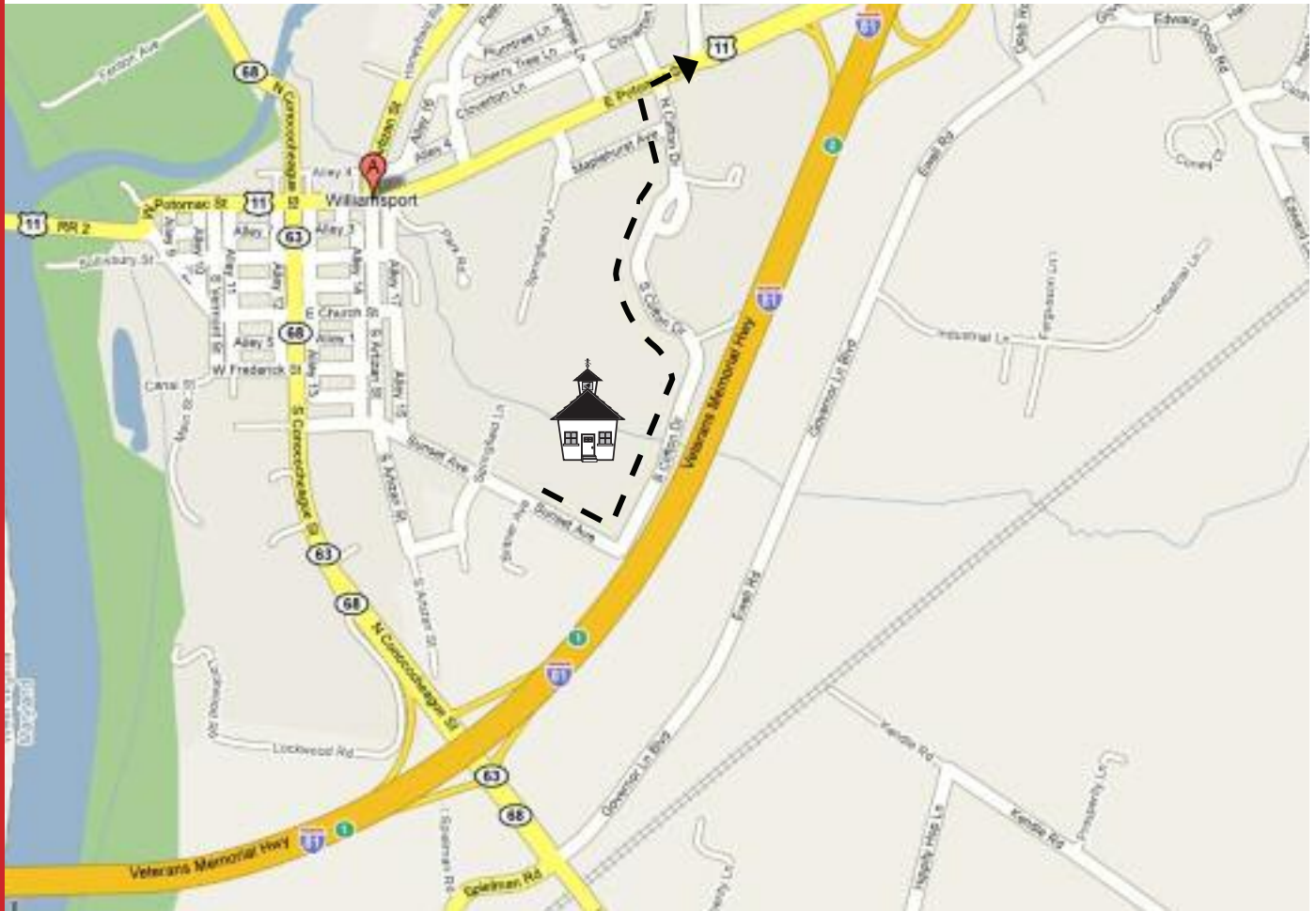
Go West 4 miles on Route 7 from Tysons Corner. Pass Beulah Road on your left and look for Potomac Vegetable Farms on your left. Make a U turn right after the Farm to be able to turn into the Farm at Newcombs Farm Road. Take the road up to the second Farmside Place at the very top of the hill. 9701 is the first house (white). Park on Newcombs Farm Road.



Map of Start and Boonsboro High School



## Directions from Finish



Springfield Middle School  
334 Sunset Ave  
Williamsport, MD 21795

### Directions from "finish" at Springfield Middle School to I-70 East, heading to Boonsboro and Northern Va.

- |   |  |        |
|---|--|--------|
| 1 | Head southeast on Sunset Ave toward S Clifton Dr             | 0.1 mi |
| 2 | Sunset Ave turns left and becomes S Clifton Dr               | 0.8 mi |
| 3 | Turn right at E Potomac St/US-11<br>Continue to follow US-11 | 0.5 mi |
| 4 | Take the ramp onto I-81 N                                    | 1.2 mi |
| 5 | Take exit 4 to merge onto I-70 E toward Frederick            | 3.4 mi |



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## Anna's Crew Instructions for Runners

**This is just an example of what you might give your crew.**

Exchange water pack at each station. Take out all the trash and refill old pack. Fresh pack should have:

- Full bottle of Gatorade/powerade or whatever they have.  
(I'll drink water at the aid stations if I'm feeling powered out)
- Succeed tablets (at least 6) and Advil
- One Luna bar or equivalent (Harvest or whatever)
- Chapstick/body glide (some form)
- Toilet paper in baggie

### **Cramptons/Gathland mile 9.2**

Expected arrival: 8:45-9am

Expected needs: exchange pack, eat grapes or melon, a couple potatoes and salt

### **Weaverton 15.7**

Expected arrival: 10:15-10:30

Possible needs: Exchange pack, eat grapes/melon, ½ cup soup (no more); change socks or shoes, shed a shirt or jacket or gloves. May do none of these- depends on the weather

### **Antietam 27.1**

Expected arrival: 12:30-1:00

Possible needs Exchange pack, eat grapes/melon/potatoes. If raining, may want to change socks or fix blisters. Note: The next section- 27 to 38- is absolutely the hardest part of the event. One of you may want to join me, or I may be so crabby you don't want to get anywhere near me.

### **Mondell 38.4**

Expected arrival: 2:30-3:30

Possible needs Exchange pack, eat grapes/melon/potatoes. If raining, may want to change socks or fix blisters. Will want jacket or gloves or warm clothes, unless I plan to see you again before the finish.

### **Downsville 46**

Expected arrival: who knows

Possible needs Exchange pack, may eat grapes/melon/potatoes and if they have warm drinks, drink that. Warm dry clothes. Maybe someone to walk me in.

If you're able to get to stations in between these, I won't be looking for any specific care... just an exchange of pack, if at all.



## Anna's Packing List

### FOOD BAGS

#### BREAKFAST

Yogurt, muffins, bananas, oatmeal.

#### DURING THE RUN

Ensure, potatoes & salt, fruit mix, melon/pineapple/grapes, clementines,  
Harvest bars, Fig Newtons, Succeed

### GEAR BAGS

3 separate bags packed and marked to ease confusion for the crew.

#### RUN BAG

Extra water belt, full of all the same stuff I'm running with (crew refills between stops),  
2 shorts, 2 long sleeve shirts, 1 extra JFK singlet, 1 pair shoes, 2 ear warmers,  
2 pair gloves, 1 running jacket, 1 vest, 1 flashlight/headlamp, 3 pair socks,  
2 bras, 1 underwear, Advil, ankle brace, knee brace, Compeed/bandaids, Vaseline

#### AFTER RUN BAG

Towel, sweatshirt, sweatpants, underwear, warm socks, sandals, JFK blue jacket,  
Toiletries (including shampoo, hair brush, toothbrush etc), money for massage tip,  
small blanket

**In the car:** pillow, blanket, water, chips

#### ON THE TRAIL

Shorts, pants, long sleeve shirt, RR JFK Singlet/bib, socks, underwear, bra, gloves,  
ear warmer, vest, jacket

**Water belt:** Gatorade, Compeed, Succeed, toilet paper, Vaseline, Harvest bar, Chapstick



## Drop Bag System

**New for 2008!** We will be offering a drop bag system this year for our runners who do not have individual crew assigned to them. (Please note this is only for our team and individual Reston Runners, who signed up with us over the summer. So, please don't disseminate this info further.) We will take bags to mile 17 (Weverton), and mile 38 (Taylor's Landing). If you are using this system, this is what you do:

### PACK YOUR BAGS

The bags will not be brought from mile 17 to mile 38, so if you would like supplies at each station, you must pack separate bags.

**Weverton, Mile 17:** You will arrive here mid-morning, so it will have warmed up a bit since the start. If you started at 5am, you'll drop your flashlight in your bag here. You may want to shed some clothes and put them into your drop bag, change your shoes or shirt, or pick up a hat at this point.

**Taylor's Landing, Mile 38:** It starts getting cooler after mile 38, so you may want to pick up gloves or a jacket from your drop bag, or change out of your wet clothes. Many runners will finish in the dark, so it will be a good idea to pick up a flashlight or headlamp if you finish after 5pm.

**Note:** You will probably want to take a shower after the run. Pack a third bag with your name and race number on it and put it on the official JFK truck (parked in front of Boonsboro HS before the race start) that hauls these bags to the finish. Pack a towel, soap, dry clothes, etc. for the finish area (see: "What to Pack" section of our packet).

### MARK YOUR BAGS

If you would like to take advantage of our RR bag drop service for miles 17 and/or 38, you should mark each bag with your name, the mile number of the aid station you want that bag dropped at, your bib number, and "Reston Runners." [Example: "Mark Meehan, Mile 17, Reston Runners, Bib # 741]. See the official JFK (from CVAC) race packet for instructions on marking your bag for their bag service to the finish area.

### GIVE US YOUR BAGS

Runners will give their marked drop bags (for miles 17 or 38) to Jarrett Marquis at the Pizza Hut pre-race dinner Friday, November 21. If you are not attending the dinner, you can give your bag to Helen Hipps on Saturday morning in the gym at the start (for both the 5am and 7am starts).

### PICK UP YOUR BAGS

Your bags will be returned to the gym at the finish and will be placed next to the Reston Runners banner.



## Questions to ask your Runner at each Aid Station

After filling your runner's bottle/water pack and emptying all the trash from his/her pack and pockets, ask these questions:

***Do you have any foot/blister problems that need attention?***

***What food do you want for the trail?***

***Do you need more/different clothes? Are you too hot/cold?***

***How is your salt/Advil/Tylenol/Tums supply?***

***What do you want at the next station (different clothes, more supplies, ride home)?***

## Runner Packing Tips

This pertains to those runners whose crews are supporting more than one runner. Pack with your crew in mind. You should pack at least 2 bags:

### **RUN BAG**

(Mark your name and "RUN BAG" on duct tape on outside)

- Complete changes of clothes, including extra shoes, clothes for all weather possibilities, first aid stuff, special foods
- Towel, camera, film, phone

### **BEFORE-AND-AFTER RUN BAG**

(Mark "AFTER RUN" with your name)

- Supplies for Friday night
- Warm clothes for after the run. Showers are provided at finish line, bring towel, shampoo, etc.

### **WEARING/CARRYING**

Water pack, gel/energy bars, TP, Reston Runner team shirt, vest/jacket, hat/sunglasses, Advil, snacks, gloves, shoes, map

### **RUNNING ADVICE**

See the information on our Reston Runners JFK website [www.restonrunners.org/JFK50/index.php](http://www.restonrunners.org/JFK50/index.php)



You are the cheering section, packhorse, navigator of bad roads, and provider of all information for the runner with "ultra brain." You will spend an inordinate amount of time dashing to places in order to wait.

### WHAT TO PACK

Chairs, card table (if space), blankets, towels, food for yourself, paper towels, trash bags, camera, directions/ maps/info, extra warm clothes, TP, reading material, pillow, blankets (maybe your runner would like to take a nap) banner with runners' names.

### FOOD FOR RACE DAY

It is imperative that you bring food for breakfast and during the day [There is no place to buy food near the race course and it is difficult to find a good place open in morning.]. One exception is from 6am-11am at the Community Hall at the Brownsville Bretheren Church, Roherersville Rd. (Rt. 67-between Gapland and Weverton) there is a \$5.00 all you can eat pancakes, scrambled eggs, sausage and sausage gravy. Juice and coffee included.

### BEFORE THE START

Familiarize yourself with the contents of each RUN BAG. Have your runner give you a tour through their bag, explaining what they expect to need when.

### WHEN YOU REACH THE PIT CREW STOP

At each station you will unload your (for instance) chairs, RR Team Banner/Poster, food, table, first aid, and all bags labeled "RUN BAG".

Set up somewhere near the trail- your runner will not go anywhere more than a couple feet out of the way. Don't set up exactly at the aid station- this is too crowded. It is usually best to wait for your runner at a spot BEFORE the aid station since your runner will not pass through the aid station to look for you. If you set up your stuff after the aid station, just wait by the trail and let him/her know.

Arrange all your stuff so you can access it quickly, familiarize yourself with the aid station- where the supplies are, what's available, etc. Wait and cheer for other runners. Help other RR crew as needed.

**WHEN YOUR RUNNER ARRIVES** Don't expect him/her to be able to do anything or think clearly.

- 1 Scream encouragements loudly.
- 2 Refill his/her water bottle and offer cups of liquid.
- 3 Offer food- don't be offended if they refuse-ask again.
- 4 Assess further needs: change of clothes, first aid, massage.
- 5 TELL THEM WHEN YOU WILL SEE THEM NEXT before they leave.  
They will focus on this piece of information like their life depends on it. **Be there.**
- 6 Repack everything (you will have used about 10% of what you unpacked) and hustle off to the next station. Repeat.

### SYNCHRONIZING

If your runners become so spread out that you risk missing the fastest one if you wait for the last one, transfer one of the runner's bags to another next crew (both bags in case the runner needs to pull out).

## Observations by Will Fraize

### JFK50 OBSERVATIONS by Will Fraize, October 7th, 2007:

These observations are intended to augment, not replace, the excellent advice already prepared in the calling page. Read that page first. The notes here are more in the line of personal reflections after six successive years of crewing for Reston Runners at the JFK50. They were prepared to guide the author's brief remarks as a part of a pre-race panel discussion. Your comments and suggestions are welcome; email them to Will Fraize: [runner@wefraize.org](mailto:runner@wefraize.org)

### TRACKING YOUR RUNNER(S)

It's vital that you be at the rest stops where your runners expect to see you. Use the pacing charts, modifying them as you observe how well your runners are holding up and what pace they seem to be settling into. Adjust this at every stop and tell your runners where you'll next see them. Be sure to get there 15 minutes or more before you expect them to arrive.

### PICKING YOUR SPOTS

Not all rest stops are created equal; check with your runners if you decide to skip one so they'll not be disappointed. Here's my assessment of each of the allowed crew gathering spots:

**Start/Boonsboro** (0 miles). Assuming you'll be at Boonsboro HS for the start (a necessity if you have to meet your runner(s) there so you can get last minute instructions and pick up their run and finish line bags), I strongly recommend that you park outside the school grounds on Rt. 40 so you can make a quick escape after the start without getting caught in HS parking lot traffic. Here's another tip I learned from Tim Ettridge with whom I first crewed JFK50 in 2001: Leave Boonsboro as soon as you can after the starting gun is fired so you can get to Crampton Gap with time to find a good parking spot. Since the field of runners blocks the main road (Rt. 40) for the first two miles until they enter the AT, you need to take Rt. 34 S out of Boonsboro center (where the start line is) to a left on King Rd. Follow King Rd. for a couple of miles as it twists and turns until you reach a stop at Rt. 67. Turn right there and you're on your way to Crampton Gap and Weaverton Cliffs with no pesky runners to get in your way.

**Crampton Gap** (9.2 miles). Many people choose not to stop here, preferring to head straight for Weaverton to be assured of finding a parking spot. But, Crampton Gap offers a beautiful setting (early morning sun on a large grassy sloping meadow) to greet your runners and, perhaps help them shed clothing, as they come down from the first ridge. Parking is best if you arrive early and park on the right side of the road heading back down to the main highway (Rt. 67). Be sure to bring a chair to sit in while you wait.

**Weaverton Cliffs** (15 miles). The most exciting spot on the whole course, including the challenge of finding a parking spot (watch for signs that usually prohibit parking on the main highway, the state police don't hesitate to issue tickets there). All Reston Runners gather around the soup wagon located just where the runners leave the parking lot to continue down to the C&O towpath. Here it's important that you have a chair for your runners to sit in while they change their footwear and grab a cup of soup (or they could do as Anna does and blow you a kiss as she breezes by). As they reach this spot, your runners are usually elated that they made it, hopefully without the drawing of blood, and that the rocks and hills are behind them and only the boring flat of the towpath awaits them. Do not worry if your runners arrive a bit behind schedule here; there's plenty of time and distance for them to pick up the pace, and they all will; so estimate their subsequent pacing accordingly.

**Antietam** (27.1 miles). At this stop and the next, Taylor's Landing, you'll be looking at a long linear parking lot along the road side of the (dry) canal bed. But, I've always found a spot; you may have to walk a bit. You should try to set up your aid stop ahead of the race-provided station unless your runners know in advance that you'll be beyond the official stop; otherwise, they'll want to stop at the official station. If your runner has given you a water container to refill, feel free to use the water at the aid station before your runner arrives.

### **JFK50 OBSERVATIONS by Will Fraize continued:**

**Mondell/Taylor's Landing** (38.4 miles) The approach by car to this station is a bit tricky because you'll be traveling along very narrow (literally single lane) sections of road just before you reach the stop area. Your runners will likely be their most tired at this spot, so be prepared to stroke and feed and offer encouragement here.

**Downsville** (46.0 miles), For many people, this is an optional stop but one I wouldn't miss because of the beaming faces you're apt to see here. Usually your runners will have found new energy once they are off the towpath and on the road to the finish. Parking here is tight and is best found along Downsville Pike (Rt. 632), usually within a block of the intersection where the runners turn the corner onto Spielman Rd. (Rt. 63). Here you may want to have whatever warm clothing your runner provided (jacket, L/S shirt, hat, gloves) at the ready because the majority of runners will be passing this spot after sundown.

**Finish Line/Springfield Middle School** (50+ miles). Parking and even access to the school grounds is awkward; you may end up parking in the cemetery opposite the school entrance. Here you'll need to have your runner's finish bag in hand as you watch for them to go through the chute; bring a handkerchief--it's an emotional scene! Wait in the school while your runner heads for the showers and grabs some food, generally fit to eat only if you've just run 50 miles, so don't feel let down that crew people are not invited to partake.

### **NAVIGATING**

The on-line map pack is an essential tool, even for those of us who have driven the course many times. Print it out and have a copy in your car. It's best to go in pairs so you have a navigator to read the maps while another crew member drives. A car with a navigation system may offer a big advantage but is certainly not a necessity; the maps are really good (thank you, Al Rider!)

### **CARING FOR YOUR RUNNER(S)**

Your runners will leave you their "run bag" with all their trail necessities (food, drink, shoes, sox, pain meds, etc.) Have it with you at all times. You should anticipate the need for band-aids, Vaseline, and other first-aid items to care for blisters or scrapes from a fall; use your own judgment here. A chair for your runners is highly desirable; and the best bet is to provide one for yourself that you relinquish to the runners when they arrive. Above all, offer encouragement but listen carefully to them for any signs they may need extra help or may be reaching a crisis (injury or illness-related) where they may need to drop out.

### **CARING FOR YOURSELF**

You'll have several hours, total, of waiting time; don't expect to do a lot of reading or puzzle solving because you'll have plenty to keep your interest up as you cheer on the many RR shirts and bodies you'll be seeing while you wait for yours. Food and drink for yourself are a must; you'll not find any stores, except possibly in Shepardstown between Antietam and Taylor's Landing. Toilets don't exist anywhere except as port-a-potties at the rest stops, and using them is allowed as long as you're quick about it and you're not holding up a runner; so look around carefully before you enter. There always are the woods at Weaverton, and there may be a gas station in Shepardstown.

### **HANDING OFF**

If you and your crew mates are caring for two or more runners whose paces begin to diverge, talk with other RR crew around you to look for a crew team that can pick up one of your runners; similarly, be prepared to accept other runners who are moving at your runner's pace. Be sure to let your runner know if a hand-off is to be made so they'll know whom to look for at the next station.

### **TRANSPORTING YOUR RUNNER(S)**

Needs here vary with the runner. If your runner(s) drive to the school at Boonsboro, tell them to arrive early; the lot fills up and there's very little overflow capacity. If your runner leaves a car in Hagerstown, then you may have to drive the runner back to the hotel after the race. Assuming the runner parks at Boonsboro HS, then there are two options: You, the crew, drive the runner back to Boonsboro and from there you both can easily get to Rt. 70 to head for home; otherwise, the runner can take the free bus that shuttles back and forth between the start and finish.

## Elapsed Time Chart

Elapsed Time Starting at Boonsboro								
Crew Stop	Pace>	0:08:30	0:09:00	0:09:30	0:10:00	0:10:30	0:11:00	0:11:30
Turner's gap	3	0:25:30	0:27:00	0:28:30	0:30:00	0:31:30	0:33:00	0:34:30
Crampton's Gap	9.5	1:20:45	1:25:30	1:30:15	1:35:00	1:39:45	1:44:30	1:49:15
Weverton Cliffs	15.7	2:13:27	2:21:18	2:29:09	2:37:00	2:44:51	2:52:42	3:00:33
Railroad Trestle	18.4	2:36:24	2:45:36	2:54:48	3:04:00	3:13:12	3:22:24	3:31:36
Dam #3	20.1	2:50:51	3:00:54	3:10:57	3:21:00	3:31:03	3:41:06	3:51:09
Antietam								
Aqueduct	27.1	3:50:21	4:03:54	4:17:27	4:31:00	4:44:33	4:58:06	5:11:39
Shepherdstown								
Brdg	30.5	4:19:15	4:34:30	4:49:45	5:05:00	5:20:15	5:35:30	5:50:45
Snyder's Landing	34.4	4:52:24	5:09:36	5:26:48	5:44:00	6:01:12	6:18:24	6:35:36
Mondell	38	5:23:00	5:42:00	6:01:00	6:20:00	6:39:00	6:58:00	7:17:00
Dam #4, mile post 84	41.9	5:56:09	6:17:06	6:38:03	6:59:00	7:19:57	7:40:54	8:01:51
Downsville	46.2	6:32:42	6:55:48	7:18:54	7:42:00	8:05:06	8:28:12	8:51:18
Finish at School	50.2	7:06:42	7:31:48	7:56:54	8:22:00	8:47:06	9:12:12	9:37:18

Elapsed Time Starting at Boonsboro								
Crew Stop	Pace>	0:12:00	0:12:30	0:13:00	0:13:30	0:14:00	0:14:30	0:15:00
Turner's gap	3	0:36:00	0:37:30	0:39:00	0:40:30	0:42:00	0:43:30	0:45:00
Crampton's Gap	9.5	1:54:00	1:58:45	2:03:30	2:08:15	2:13:00	2:17:45	2:22:30
Weverton Cliffs	15.7	3:08:24	3:16:15	3:24:06	3:31:57	3:39:48	3:47:39	3:55:30
Railroad Trestle	18.4	3:40:48	3:50:00	3:59:12	4:08:24	4:17:36	4:26:48	4:36:00
Dam #3	20.1	4:01:12	4:11:15	4:21:18	4:31:21	4:41:24	4:51:27	5:01:30
Antietam								
Aqueduct	27.1	5:25:12	5:38:45	5:52:18	6:05:51	6:19:24	6:32:57	6:46:30
Shepherdstown								
Brdg	30.5	6:06:00	6:21:15	6:36:30	6:51:45	7:07:00	7:22:15	7:37:30
Snyder's Landing	34.4	6:52:48	7:10:00	7:27:12	7:44:24	8:01:36	8:18:48	8:36:00
Mondell	38	7:36:00	7:55:00	8:14:00	8:33:00	8:52:00	9:11:00	9:30:00
Dam #4, mile post 84	41.9	8:22:48	8:43:45	9:04:42	9:25:39	9:46:36	10:07:33	10:28:30
Downsville	46.2	9:14:24	9:37:30	10:00:36	10:23:42	10:46:48	11:09:54	11:33:00
Finish at School	50.2	10:02:24	10:27:30	10:52:36	11:17:42	11:42:48	12:07:54	12:33:00



## Estimated Clock Time Chart

Estimated Clock Time Starting at Boonsboro [24 hour time]								
Crew Stop	Pace>	0:08:30	0:09:00	0:09:30	0:10:00	0:10:30	0:11:00	0:11:30
Turner's Gap	3	7:25:30	7:27:00	7:28:30	7:30:00	7:31:30	7:33:00	7:34:30
Crampton's Gap	9.5	8:20:45	8:25:30	8:30:15	8:35:00	8:39:45	8:44:30	8:49:15
Weverton Cliffs	15.7	9:13:27	9:21:18	9:29:09	9:37:00	9:44:51	9:52:42	10:00:33
Railroad Trestle	18.4	9:36:24	9:45:36	9:54:48	10:04:00	10:13:12	10:22:24	10:31:36
Dam #3	20.1	9:50:51	10:00:54	10:10:57	10:21:00	10:31:03	10:41:06	10:51:09
Antietam Aqueduct	27.1	10:50:21	11:03:54	11:17:27	11:31:00	11:44:33	11:58:06	12:11:39
Shepherdstown Brdg	30.5	11:19:15	11:34:30	11:49:45	12:05:00	12:20:15	12:35:30	12:50:45
Snyder's Landing	34.4	11:52:24	12:09:36	12:26:48	12:44:00	13:01:12	13:18:24	13:35:36
Mondell	38	12:23:00	12:42:00	13:01:00	13:20:00	13:39:00	13:58:00	14:17:00
Dam #4, mile post 84	41.9	12:56:09	13:17:06	13:38:03	13:59:00	14:19:57	14:40:54	15:01:51
Downsville	46.2	13:32:42	13:55:48	14:18:54	14:42:00	15:05:06	15:28:12	15:51:18
Finish at School	50.2	14:06:42	14:31:48	14:56:54	15:22:00	15:47:06	16:12:12	16:37:18

Estimated Clock Time Starting at Boonsboro [24 hour time]								
Crew Stop	Pace>	0:12:00	0:12:30	0:13:00	0:13:30	0:14:00	0:14:30	0:15:00
Turner's Gap	3	7:36:00	7:37:30	7:39:00	7:40:30	7:42:00	7:43:30	7:45:00
Crampton's Gap	9.5	8:54:00	8:58:45	9:03:30	9:08:15	9:13:00	9:17:45	9:22:30
Weverton Cliffs	15.7	10:08:24	10:16:15	10:24:06	10:31:57	10:39:48	10:47:39	10:55:30
Railroad Trestle	18.4	10:40:48	10:50:00	10:59:12	11:08:24	11:17:36	11:26:48	11:36:00
Dam #3	20.1	11:01:12	11:11:15	11:21:18	11:31:21	11:41:24	11:51:27	12:01:30
Antietam Aqueduct	27.1	12:25:12	12:38:45	12:52:18	13:05:51	13:19:24	13:32:57	13:46:30
Shepherdstown Brdg	30.5	13:06:00	13:21:15	13:36:30	13:51:45	14:07:00	14:22:15	14:37:30
Snyder's Landing	34.4	13:52:48	14:10:00	14:27:12	14:44:24	15:01:36	15:18:48	15:36:00
Mondell	38	14:36:00	14:55:00	15:14:00	15:33:00	15:52:00	16:11:00	16:30:00
Dam #4, mile post 84	41.9	15:22:48	15:43:45	16:04:42	16:25:39	16:46:36	17:07:33	17:28:30
Downsville	46.2	16:14:24	16:37:30	17:00:36	17:23:42	17:46:48	18:09:54	18:33:00
Finish at School	50.2	17:02:24	17:27:30	17:52:36	18:17:42	18:42:48	19:07:54	19:33:00



## Course Support Directions

### Stop # 1 (Gathland Gap) 9.4 mile point

Leave Boonsboro High School, turning LEFT (south\*) onto MD Rt. 66 and go 0.3 miles. Turn LEFT (east) onto US Alt 40(1) and go 1.2 miles. Turn RIGHT (south) on MD Rt. 67(2) and go 7.1 miles. Turn LEFT (east) onto Gapland Road (Gathland State Park sign) and go 1 mile to Gathland State Park.

Travel time from Boonsboro High School is approximately 20 minutes. Please park in parking lot or as far off the road way as possible. Your runner will probably be feeling pretty perky here. It's best to set up BEFORE the aid station OR have someone meet your runner BEFORE the aid station since they may assume you are not there if you are not visible until after they have refilled their bottle and gotten food at the Aid Station.

\*\*See note at end of directions for breakfast option\*\*

#### GPS\*

- (1) El 579 ft  
La 29.818', Lo 38.744'
- (2) El 695 ft  
La 23.988', Lo 39.354'

### Stop #2 (Weverton Cliffs) 15.4 mile point

Leave Gathland Park back on Gapland Road (west) and go 1 mile. Turn LEFT (south) onto MD Rt. 67 and go 4.9 miles (do not cross the bridge). Turn LEFT onto Weverton Road(3) and go 0.2 miles. Parking area is on the RIGHT.

If the parking area is full, park along the sides of Weverton Road as far off of the roadway as possible. Travel time from Gathland Park is approximately 15 minutes. Do Not Park along MD Rt. 67. Parking can be a mess here. Most Reston Runners set up at the end of the paved road that the runners take before ducking into the woods. Your runner may shed some clothes or change shoes. Our soup station may be set up here.

#### GPS\*

- (3) El 344 ft  
La 20.160', Lo 41.195'

### Stop #3 (Antietam Aqueduct) 27.1 mile point

Leave Weverton Cliffs area going back .2 of a mile. Turn RIGHT (north) onto MD Rt. 67 and go 6.4 miles. Turn LEFT (west) onto Trego Road(4) and go 2.1 miles. Turn LEFT (west) onto Porterstown Road(5) and go 0.2 miles. Turn LEFT (west) onto Burnside Bridge Road and go 2.2 miles. Turn LEFT (south) onto Mills Road(6) and go 1.8 miles. Turn RIGHT (west) onto Harpers Ferry Road(7) and go 1 mile. Turn LEFT (west) onto Canal Road and go 0.2 miles to the Antietam Aqueduct Camping area.

Park in provided parking spaces adjacent to the towpath. Approximate travel time (driving slowly down these back roads) from Weverton Cliffs is 25 minutes. Your runner may already be tired of the C&O; some runners experience a bit of a low period around this time, maybe even getting cranky.

#### GPS\*

- (4) El 765 ft  
La 25.162', Lo 39.898'
- (5) El 596 ft  
La 26.578', Lo 41.178'
- (6) El 485 ft  
La 26.274', Lo 43.166'
- (7) El 317 ft  
La 24.820', Lo 43.735'

### PLEASE DRIVE CAREFULLY!

It will take the participants much longer to travel to the next meeting point than it will for you to drive there, even driving at the most moderate of speeds. Please be considerate of where you park and please abide by the requests of the National Park Service personnel along the route.



## Course Support Directions

### Stop # 4 (Taylors Landing) 38.0 mile point

Leave Antietam Aqueduct (LEFT from the camping area) and continue (north) on Canal Road and go 1.3 miles. Turn RIGHT (east) onto Millers Sawmill Road(8) and go 1.7 miles. Turn LEFT (north) onto Harpers Ferry Road(9) and go 0.9 miles into downtown Sharpsburg (Harpers Ferry Road will turn into South Mechanic Street as you come into Sharpsburg). Turn RIGHT (east) onto Main Street(10) and go 0.1 miles. Turn LEFT (north) onto North Church Street (also MD Rt. 65 north) and go 3.2 miles. Turn LEFT (west) onto Taylors Landing Road(11) and go 1.2 miles to the Aid Station area, which is located at the wooden bridge(12) across the canal.

Please park as far off the roadway as possible, but not on private property...park to the canal side of the road. Approximate travel time from Antietam Aqueduct is 15 minutes. Your runner may be a little beat up by this point. If your runner has shed clothing, this may be the time to get warm clothes again, or to give him/her a flashlight for the road section.

### Stop #5 (Downsville) 46.0 mile point

Continue (north) on Taylors Landing Road and go 0.3 miles. Turn RIGHT (east) onto Tommytown Road and go 1.6 miles. Turn LEFT (north) onto Bakersville Road(13) and go 2.1 miles. Bear LEFT at the fork in the road onto Spielman Road(14) and go 1.3 miles. Turn RIGHT (north) on MD Rt. 632(15).

Park on shoulder or in church parking lot (about 100 meters up road on right). Do Not Block Any Driveways!!! Approximate travel time from Taylors Landing is 15 minutes. Your runner may not stop at this Aid Station and just get to the finish line.

### Stop #6 (Springfield Middle School) Finish Line

Continue (north) on MD Rt. 632 and go 3.9 miles. Turn LEFT (west) onto Sterling Road(16) and go 1.8 miles. Turn RIGHT onto Governors Lane Boulevard(17) and go 0.2 miles. Turn LEFT (south) at traffic light onto US Hwy 11 and go 0.8 miles. Turn LEFT at the next light onto Clifton Drive(18) and go 0.8 miles to Springfield Middle School Park. The School Parking Lot(19) is on the right.

Do not drive or park on Sunset Avenue (the finish line stretch) at any time. Approximate travel time from Downsville is 15 minutes.

### Stop #7 (Boonsboro High School) Starting Line

Turn around on Clifton Drive and go 0.8 miles. Turn LEFT (south) on US Hwy 11 and go 0.5 miles. Turn LEFT (east) on MD Rt. 68(20) and go 11.2 miles (drive carefully!). Turn RIGHT (east) on US Hwy 40(21) and go 0.5 miles. Turn LEFT (north) on Maple Ave(22). The school entrance is on your right.

**\*NOTES:** Compass points (e.g., west, north) are approximate.  
GPS Coordinates: All Latitudes are 39°, all Longitudes are 077°.

Breakfast Note: Pleasant Valley Ruritan has its Pancake Breakfast on the same day as JFK 50 mile run.

Saturday November 18th, from 6am – 11am  
Community Hall at the Brownsville Brethren Church  
Roherersville Rd. (Route 67 between Gapland and Weverton)

\$5.00 all-you-can-eat pancakes, scrambled eggs, home made sausage and sausage gravy.  
Juice and coffee included. Get some "to go" for your runner!

#### GPS\*

- (8) El 239 ft  
La 25.836', Lo 45.880'
- (9) El 363t  
La 26.773', Lo 44.805'
- (10)El 399 ft  
La 27.492', Lo 44.923'
- (11)El 433 ft  
La 30.132', Lo 44.936'
- (12)El 410 ft  
La 29.964', Lo 46.064'

#### GPS\*

- (13)El 421 ft  
La 30.926', Lo 45.715'
- (14)El 469 ft  
La 32.261', Lo 47.150'
- (15)El 440 ft  
La 32.929', Lo 48.148'

#### GPS\*

- (16)El 559 ft  
La 36.020', Lo 45.977'
- (17)El 504 ft  
La 36.311', Lo 47.770'
- (18)El 483 ft  
La 36.184', Lo 48.618'
- (19)El 445 ft  
La 35.585', Lo 48.730'

#### GPS\*

- (20)El 417 ft  
La 36.027', Lo 49.292'
- (21)El 551ft  
La 31.210', Lo 39.598'
- (22)El 538 ft  
La 30.770', Lo 39.358'

# JFK50 RR Stats and Trivia

Year	M	F	Total	Ave Age	First	Last
1994	1	0	1	41.0	11:41:28	11:41:28
1995	2	2	4	32.8	10:27:42	11:38:56
1996	7	1	8	38.6	10:12:38	11:33:44
1997	13	6	19	42.0	7:34:50	13:59:10
1998	17	5	22	43.3	8:55:49	13:37:28
1999	20	6	26	44.6	8:05:34	13:20:24
2000	24	4	28	44.4	7:58:41	13:21:57
2001	30	12	42	43.5	8:33:28	13:56:18
2002	37	9	46	42.5	7:49:12	13:57:40
2003	37	11	48	44.4	8:22:31	13:55:35
2004	33	14	47	43.7	7:37:34	13:37:30
2005	42	10	52	43.5	8:06:38	13:44:04
2006	50	20	70	45.5	6:58:41	13:50:04
2007	37	14	51	45.4	8:42:27	13:54:06
	350	114	464			

## Summary Stats

Overall Average Time: 10:29  
 Overall Average Age: 42.5 years  
 Youngest - 23 Jesse Leifert 2000 7:58m  
 Oldest - 73 Jerry Lewis 2006 10:59:16m  
 Total Number of Reston Runner Starts: 500  
 Total Number of Reston Runner Finishes: 464  
 Total Number of Reston Runner M Finishes: 350  
 Total Number of Reston Runner F Finishes: 114  
 Overall Finishing Rate: 93%  
 Total Individuals: 205  
 Longest Streak: 13 times  
 Most Number of Finishers - 2006 - 70  
 Total Jims - 9

## JFK50 Winners by Year

OVERALL							RESTON RUNNERS						
YRPLACE	TIME	YEAR	FIRST	LAST	AGE	S	YRPLACE	TIME	YEAR	FIRST	LAST	AGE	S
<b>MEN</b>							<b>MEN</b>						
1	5:50:34	2007	Michael	Wardlan	33	M	170	8:42:27	2007	Dana	Beyeler	56	M
1	6:04:40	2006	Pete	Breckinridge	36	M	18	6:58:41	2006	John	Anderson	44	M
1	5:51:28	2005	Howard	Nippert	40	M	62	8:06:38	2005	Steve	Burton	32	M
1	6:11:49	2004	PAUL	SOUTH	31	M	36	7:37:34	2004	Steve	Burton	31	M
1	5:55:30	2003	DAVE	MACKEY	34	M	70	8:22:31	2003	Russ	Evans	44	M
1	6:13:10	2002	JIM	HAGE	44	M	36	7:49:12	2002	Gary	Grillot	38	M
1	6:00:47	2001	CHAD	RICLEFS	34	M	91	8:33:28	2001	Bill	Turrentine	53	M
1	5:59:28	2000	MITCH	CRAIB	39	M	53	7:58:41	2000	Jesse	Leifert	23	M
1	6:05:04	1999	COURTNEY	CAMPBELL	34	M	79	8:13:30	1999	Jim	Desrosiers	44	M
1	5:58:41	1998	HOWARD	NIPPERT	33	M	174	8:57:32	1998	Tony	Parizza	59	M
1	6:09:16	1997	ERIC	CLIFTON	39	M	31	7:34:50	1997	Joseph	Mcguire	37	M
1	5:55:46	1996	MICHAEL	HARRISON	29	M	299	10:12:38	1996	Jim	Bradford	34	M
1	6:15:36	1995	ERIC	CLIFTON	37	M	240	10:27:42	1995	Jim	Bradford	33	M
1	5:46:22	1994	ERIC	CLIFTON	36	M	343	11:41:28	1994	Stanley	Podlasek	41	M
<b>WOMEN</b>							<b>WOMEN</b>						
11	6:42:50	2007	Anne	Lundblad	41	F	211	8:58:19	2007	Diane	Latham	36	F
70	8:00:31	2006	Barry	Salisbury	50	F	218	9:12:13	2006	Donna	Rosent	47	F
7	6:29:42	2005	Anne	Lundblad	39	F	320	9:50:03	2005	Mary / Ellen	Klaff / Monmor	39 44	F
28	7:31:00	2004	CONNIE	GARDNER	41	F	356	10:15:11	2004	Rayna	Matsuno	24	F
25	7:20:53	2003	BETHANY	HUNTER	24	F	91	8:33:52	2003	Loretta	Malander	44	F
17	7:11:47	2002	CONNIE	GARDNER	38	F	87	8:34:35	2002	Loretta	Malander	43	F
21	7:12:33	2001	LAURA	NELSON	36	F	137	8:54:59	2001	Loretta	Malander	42	F
15	6:59:14	2000	LAURA	NELSON	35	F	395	10:49:41	2000	Anna	Bradford	37	F
46	7:48:14	1999	SUE	JOHNSTON	33	F	67	8:05:34	1999	Suzanne	Scoggin	36	F
15	6:58:44	1998	BEA MARIE	ALTERI	31	F	167	8:55:49	1998	Colleen	Cochran	29	F
40	7:44:10	1997	REBEKAH	TRITTIPOE	40	F	226	9:38:26	1997	Trisha	Lazarus	25	F
28	7:20:01	1996	BRIDGET	BRUNICK	28	F	342	10:24:59	1996	Anna	Bradford	33	F
20	7:40:54	1995	JNICE	ANDERSON	29	F	307	11:10:17	1995	Diane / Anne	Latham / Brad	24 32	F
35	7:58:15	1994	CAROYN	SHOWALTER	40	F							



## JFK50 RR Stats and Trivia

### Reston Runners Total Finishers

Name	Total
Agustin Garay	2
Alan Rider	4
Allen Tackett	1
Andrew Kucharski	1
Andrew Pinger	1
Anna Bradford	13
April Stump	1
Barbara Freedman	1
Ben Tesdahl	1
Benes Trus	1
Beth Thomas	4
Beverly Bennett	1
Bill Turrentina	8
Bill Van Antwerp	7
Bob Cochran	4
Brad Conner	2
Brent Jesko	1
Brian Fillman	2
Brian Thompson	1
Bruce Orosz	6
Carol Brooks	1
Charles Day	1
Charles Newcomb	1
Charles Price	1
Christopher Dettmar	2
Christopher Hinders	2
Chuck Thomas	8
Clare Glover	2
Colleen Cochran	1
Craig Glover	2
Craig Tufts	1
Cristina Crawford	1
Cristina Moccione	2
Dana Beyeler	3
Dana Thomas	1
Daniel Dematteo	1
Daniel MacKeber	1
Daniel Thomas	1
Dave Yeakel	7
David Oveissi	2
David Strauss	1
David Szurek	1
Debbie Jolly	3
Dennis Freeman	1
Dennis Hays	4
Diane Lathom	6
Dolly Denny	1
Donna Rostant	5
Douglas Crawford	5
Duane Baltz	1
Duffin Newman	1
Eamonn Murtagh	1
Edward Cacciapaglia	5
Ellen Mannion	3

Name	Total
Eric Jones	1
Eric Levy-Myers	1
Erin Bree Wirtanen	1
Farouk Elkassed	5
Fernando Boccanera	2
Ford Jones	3
Fred Burgess	1
Gary Griliot	2
Gerard Lopez	2
Glenn Spinello	1
Gregory Edwards	1
Harold Johnson	1
Heather Farrell	1
Hung Ng	3
Jack Heely	1
James Ikner	1
Jason Tegan	1
Jeff Holdaway	3
Jeff Violette	1
Jeffrey Givens	1
Jeffrey Lloyd	1
Jeffrey Windland	3
Jerry Lewis	2
Jesse Leifert	1
Jessica Torbeck	1
Jim Ashworth	9
Jim Bradford	13
Jim Carlisle	1
Jim Cavansugh	6
Jim Desrosiers	2
Jim Mort	1
Jim Murphy	1
Jim Nagle	9
Jim Ratznerberger	1
Joan Messick	1
Joanne Wolaver	1
Joe Martin	1
John Anderson	1
John Brannock	3
John Burlingame	2
John Finney	1
John Koss	1
John Lee	1
John Moore	3
John Newcomb	2
John Schwabe	5
Jon Norris	3
Joni Fehrenbacher	2
Joseph Curcio	1
Joseph Krider	1
Joseph McGuire	1
Joseph Neskrase	1
Joyce Adams	1
Karen Bennett	1

Name	Total
Karen Michelsen	1
Katharine Hunter	2
Kathleen Montgomery	1
Kathleen Zanath	1
Kathy Zanath	1
Kc Quevara	2
Keith Whited	8
Kevin Kunkel	1
Kim Davidson	3
Kristina Oneil	1
Lance Sullenberger	2
Lani Newcomb	1
Len Forkas	6
Leslie Reistrup	1
Leslie Stanfield	4
Linda Poteate	1
Loretta Malander	6
Marc Parvin	3
Marcelo Penafiel	4
Maria Nusbaum	4
Marianne Milderberger	2
Mark Bloomfield	1
Mark Garvey	1
Mark Meehan	1
Mark Renne	1
Mark Sells	3
Marylissa Karcz	1
Martin Phelan	1
Mary Johffs	1
Mary Klaff	3
Mary Proctor	1
Mary Striplin	1
Mary Willard	1
Matthew Picty	1
Michael Carly	1
Michael Bennett	1
Michael Cohen	2
Michael Cosenza	1
Michael Hedrick	1
Michael Schiavone	1
Michael Sullivan	2
Michael Velez	5
Michael Warwick	1
Michelle Purcell-Gilpin	1
Miguel Gomez	4
Mike Gulden	3
Monty Johnson	2
Neil Davis	1
Neil Penuski	4
Nick Karim	2
Nigel Elkan	1
Norman Hunt	2
Patrick Brown	2
Paul Marquis	2

Name	Total
Peter Bruno	2
Peter Pourzand	1
Peter Westcott	3
Peter Wills	3
Philip Schmidt	3
Rayna Matsuno	1
Rebecca Cimino	1
Rich Gleason	3
Richard Clark	1
Richard Rostant	2
Robert Botto	1
Robert Funk	1
Robert Lehman	1
Robert McKay	5
Robyn Higgs	1
Rodney Whited	2
Rory Meehan	3
Russ Evans	7
Sandra Maynard	1
Scott Sampson	3
Shandila Collins	1
Sonja Weisel-Jones	1
Stanley Podlasek	10
Stephen Forman	1
Stephen Gray	1
Stephen Milderberger	3
Steve Burton	5
Steven Kahn	1
Susan Defrees	2
Suzanne Scoggin	1
Suzy Mayoral	1
T.J. Radtke	2
Tammy Massie	3
Thomas Patch	2
Tierney Threggard	3
Tim Smith	1
Tim Cohn	2
Timothy Etnridge	3
Tish Hamilton	1
Tom Conrad	1
Tony Panizza	3
Tracy Kelleher	1
Trisha Lazarus	1
<b>Grand Total</b>	<b>464</b>



## JFK50 RR Stats and Trivia

### Reston Runners Finishers by Year - page 1

Name	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Total
Agustin Ganay										10:32	9:26				2
Alan Rider						10:52	11:03	10:36	11:16						4
Allen Tackett												13:44			1
Andrew Kuchanski														10:44	1
Andrew Finger												10:19			1
Anna Bradford		11:10	10:24	10:32	9:51	11:15	10:49	10:05	11:45	11:19	12:14	10:42	9:59	10:44	13
April Stump											11:19				1
Barbara Freedman										10:00					1
Ben Tesdahl										12:27					1
Benas Trus											10:33				1
Beth Thomas										10:55	10:45	11:01	13:08		4
Beverly Bennett										9:49					1
Bill Turentine							9:17	8:33	9:29	9:15	9:17	9:02	9:10	9:22	8
Bill Van Antwerp					9:18	9:00	9:26	9:22	9:24	10:51	10:51				7
Bob Cochran							12:34	11:49	13:42		12:54				4
Brod Conner													9:40	9:35	2
Brent Jesko											9:58				1
Brian Fillman								12:37		11:55					2
Brian Thompson												12:37			1
Bruce Orser								9:38	8:55	8:58		8:57	9:29	8:50	8
Carol Brooks													11:01		1
Charles Day							13:21								1
Charles Newcomb														11:35	1
Charles Price							10:56								1
Christopher Dettmar												9:44	9:06		2
Christopher Hinders											11:25	9:27			2
Chuck Thomas		10:22	9:00	9:51	10:13	11:52	9:47	11:09	11:48						8
Clare Glover							9:58	8:59							2
Colleen Cochran				8:55											1
Craig Glover									8:56					9:15	2
Craig Turfts													10:19		1
Cristina Crawford													10:37		1
Cristina McCune			10:45		10:33										2
Dana Beyeler											9:16	9:07	8:42		3
Dana Thomas													11:23		1
Daniel Dematteo														11:35	1
Daniel MacKeben													12:13		1
Daniel Thomas													12:31		1
Dave Yeakel								9:53	8:59	9:21	11:25	9:04	9:03	9:15	7
David Oveissi											11:04	10:12			2
David Strauss													8:42		1
David Szarek							12:34								1
Debbie Jolly			11:16	10:54	11:55										3
Dennis Freeman												10:59			1
Dennis Hays			11:33				11:53	11:52		12:18					4
Diane Latham		11:10						10:10	9:37	9:33			9:19	8:58	6
Dolly Denney												10:29			1
Donna Restani										10:56	11:16	11:05	9:12	9:16	5
Douglas Crawford			10:45	10:18			9:58			10:09			10:37		5
Duane Balz											10:49				1
Duffin Newman									8:45						1
Eamonn Murtagh											11:08				1
Edward Cacchiapaglia										10:51	9:08	8:55	8:46	9:06	5
Eileen Mannon												9:50	10:33	10:08	3
Eric Jones									12:24						1
Eric Levy-Myers									9:37						1
Erin Bree Wirtanen												10:56			1
Farouk Elmassad						12:17	10:18				10:33		10:17	10:20	5



## JFK50 RR Stats and Trivia

### Reston Runners Finishers by Year - page 2

Name	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Total
Fernando Bocconera						8:44			9:24						2
Ford Jones									12:03		11:45			12:34	3
Fred Burgess							10:50								1
Gary Griffot									7:49		7:59				2
Gerard Lopez												13:40	13:50		2
Glenn Spinello													10:46		1
Gregory Edwards												8:07			1
Harold Johnson					12:16										1
Heather Farrell														10:06	1
Hung Ng											10:05	9:13	8:40		3
Jack Healy												9:54			1
James Ioner													8:09		1
Jason Tegan													13:15		1
Jeff Holdaway						9:14				8:26	8:37				3
Jeff Violette										11:05					1
Jeffrey Givens												12:46			1
Jeffrey Lloyd												11:10			1
Jeffrey Windband								9:57	10:13	9:54					3
Jerry Lewis				10:03									10:59		2
Jesse Liefert							7:58								1
Jessica Torbeck											10:46				1
Jim Ashworth						9:30	9:22	8:57	9:17	9:34	9:26	9:40	9:51	9:26	9
Jim Bradford	10:27	10:12	9:09	9:09	9:43	9:44	11:32	9:29	9:34	9:26	9:13	9:51	9:26		13
Jim Carlisle											9:26				1
Jim Cavanaugh							10:29	9:41	11:38	9:31			9:58	10:09	6
Jim Desrosiers						8:13		8:55							2
Jim Mori								10:12							1
Jim Murphy				11:14											1
Jim Nagle				10:01	9:50	9:39	9:12	10:51	9:48		9:58	9:51	9:33		9
Jim Ratzemberger												9:55			1
Joan Messick									9:00						1
Joanne Wolaver							10:56								1
Joe Martin														13:15	1
John Anderson													8:58		1
John Brannock								10:23	9:59	9:54					3
John Burlingame													9:25	9:34	2
John Finney														13:54	1
John Koss							8:46								1
John Lee														10:10	1
John Moore										10:28	10:24	11:04			3
John Newcomb													11:21	11:36	2
John Schwabe		10:28				10:06		9:35	10:43	10:24					3
Jon Norris												9:42	10:08	9:04	3
Joni Fehrenbacher								9:16	8:59						2
Joseph Curcio												10:29			1
Joseph Kriker													9:25		1
Joseph McGuire			7:54												1
Joseph Niekraic									10:38						1
Joyce Adams										11:03					1
Karen Bennett							12:06								1
Karen Michelsen													11:28		1
Katharine Hunter													12:48	11:44	2
Kathleen Montgomery														10:57	1
Kathleen Zanath											11:28				1
Kathy Zanath													11:08		1
Kc Guevara									11:06	10:51					2
Keith Thomas						10:29	10:53	11:04	11:15	11:05		10:58	10:46	10:24	8
Kevin Kunkel									9:01						1



## JFK50 RR Stats and Trivia

### Reston Runners Finishers by Year - page 3

Name	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Total
Kim Davidson										10:14	10:51		10:48		3
Kristina Onell										11:49					1
Lance Sullenberger									10:37	10:44					2
Lari Newcomb						13:20									1
Len Forkas									10:19	10:28	10:16	10:07	9:45	10:40	6
Leslie Belstrup												11:01			1
Leslie Stanfield										11:48	11:28	11:02	11:45		4
Linda Poteate							9:04								1
Loretta Halander				10:18	10:02	9:29		8:54	8:24	8:33					6
Marc Parvin				10:32	12:03			12:50							3
Marcelo Penafiel							10:08	10:04	10:51	10:21					4
Maria Nusbaum				10:18	10:03			9:45						10:20	4
Marianne Mildenberger										11:05		10:54			2
Mark Bloomfield									13:34						1
Mark Garvey				12:06											1
Mark Meehan														11:25	1
Mark Ronne					12:15										1
Mark Sells							11:34	10:28	10:59						3
Marlyssa Kencz											11:18				1
Martin Phelan												10:55			1
Mary Johifs								11:20							1
Mary Klaff												9:50	9:47	9:54	3
Mary Proctor								12:53							1
Mary Striplin											13:37				1
Mary Willard														11:29	1
Matthew Floty														11:35	1
Michael Carby											10:29				1
Michael Bennett						9:50									1
Michael Cohen												9:21	8:59		2
Michael Cosenza													9:49		1
Michael Hedrick											11:25				1
Michael Schirvone					9:12										1
Michael Sullivan											10:44	10:25			2
Michael Velez			10:36	10:31	11:51	12:53	12:54								5
Michael Warwick													10:55		1
Michelle Purcell-Gilpin								10:12							1
Miguel Gomez						12:33		13:56	13:57	13:55					4
Mike Galten												9:23	9:11	9:09	3
Monty Johnson						11:18				11:21					2
Neil Davis			10:22												1
Neil Peruski								9:22	8:10	8:25	8:22				4
Nick Karim												10:58	10:43		2
Nigel Elban								8:39							1
Norman Hunt						11:04				13:11					2
Patrick Broem												11:28		11:06	2
Paul Macquis												8:27	8:36		2
Peter Bruno			10:32											10:50	2
Peter Pourzand											11:44				1
Peter Westcott											13:33	12:22		13:46	3
Peter Willis								10:05	9:29			10:50			3
Philip Schmidt											11:08		10:11	10:34	3
Rayna Mabauro											10:15				1
Rebecca Cimino													11:10		1
Rich Gleason								11:39	13:42		12:54				3
Richard Clark					9:21										1
Richard Rostant												11:05	10:07		2
Robert Borto										9:39					1
Robert Funk					9:12										1



# JFK50 RR Stats and Trivia

## Reston Runners Finishers by Year - page 4

Name	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Total
Robert Lehman													10:46		1
Robert McKay										10:53	9:47	9:52	10:01	8:51	5
Robyn Higgs							12:49								1
Rodney Thomas													11:33	11:28	2
Rory Meehan												9:50	9:24	11:25	3
Russ Evans						9:53	8:43	8:40	9:34	8:22		8:34	8:54		7
Sandra Maynard											12:20				1
Scott Simpson										10:24		9:40	9:32		3
Shandita Collins											13:37				1
Sonia Weisel-Jones									12:24						1
Stanley Podzasek	11:41	11:38	11:26	12:01	13:37	11:10	11:01	11:14	11:35	13:51					10
Stephen Forman				9:39											1
Stephen Gray													9:56		1
Stephen Milderberger									11:32		11:28		10:54		3
Steve Barton							9:45	8:27	8:25	7:37	8:06				5
Steven Kahn								15:10							1
Susan Defrees													9:33	9:27	2
Suzanne Scoggin						8:05									1
Suzy Mayoral							12:41								1
T.J. Redfem													9:51	9:30	2
Tammy Messic												12:25	13:07	11:49	3
Thomas Patch													10:28	10:09	2
Timothy Thaggard								12:25	12:06				11:41		3
Tim Smith												9:55			1
Tim Cohn													9:36	9:58	2
Timothy Ettridge				9:28	9:20					10:51					3
Tish Hamilton													9:58		1
Tom Conrad				13:59											1
Tony Panizza				9:23	8:57	9:13									3
Tracy Kelleher														10:09	1
Trisha Lazarus				9:38											1
Grand Total	1	4	0	19	22	26	20	42	46	48	47	32	70	51	464





**JFK50 Mile  
Ultramarathon  
2008**