

91st Running
**MOUNT
MARATHON
RACE**



Seward.com
Alaska Starts Here



Some call it crazy. We call it *crazy fun*.

Whether you're racing up the mountain or cheering from the sidelines, we welcome you to Seward for the 91st running of the Mount Marathon Race and our Fourth of July festivities.



While you're here, enjoy the fresh ocean air, comb the beach, and check out our trails. Peruse the food, arts and vendor booths. Feel the energy rise as thousands pour into town.

Grab yourself a spot on the beach to watch the midnight fireworks — a dazzling show against the mountain rimmed sky, doubled by its reflection on the bay. Then rest up for the real show — the Mount Marathon Race®.

With race starts at 9 a.m., 11 a.m. and 2 p.m., there's plenty of action throughout the day. They race up its flank in bright colors and descend in the mountain's gritty brown badge of honor...then run, walk, hobble, stumble or crawl to the finish line. Good thing one of our leading partners, Advanced Physical Therapy, is in the wellness business! We are thrilled to have Altra as a Platinum Partner, serving as our first ever Official Footwear Sponsor. Check out page 32 for a full list of Fourth of

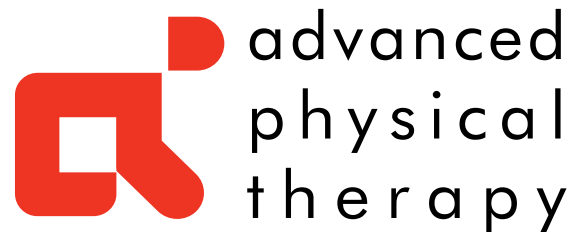
July festivities — and help us celebrate our independence from the ordinary!

Cover: 2017 Mt. Marathon Race Winner Allie Ostrander. Photo by Joel Krahn

2018 Partners

The Mount Marathon Race® would not be possible without the generous support of our partners. We encourage you to support them!

Platinum



Gold



Silver



Bronze



Supporting



Contributing AVTEC | Carlile Transportation Systems | GCI | ITS Alaska | Seward Community Health Center | The Breeze Inn

Official Broadcast Partner



10 golden rules for injury prevention from junior athletes to elite level athletes.

By Zuzana Rogers, PT, ScD, SCS, COMT - Advanced Physical Therapy

Being able to train and race on top of your abilities without injuries takes very focused approach. Here are 10 rules to keep in mind as you progress in your running career or in your recreational running endeavors:

1. Surround yourself with the right people. Proper medical and coaching supervision for all runners, whether high performance athletes or recreational runners, must be done by qualified, competent and understanding professionals. Look for a medical professional that understands and/or participates in your sport.
2. Keep it simple. Be careful not to complicate or 'over-diagnose' your condition. Avoid repeated treatment without progress. Avoid surgery as much as possible. Do not choose plantar orthoses/arch supports as a first option to see if they work - have your biomechanics and movement patterns checked first.
3. Your body WILL adapt! The human body was made to heal if given a chance and it will adapt - as long as the applied load is not greater than the body's capacity to adapt. Overuse injuries are caused by an overload of the body's anatomical structures (bones, tendons, muscles). Every new stimulus must be integrated gradually (hills, speeds, intervals, weights).
4. Rhythm is the key! To minimize ground reaction force, energy loss and injuries during running training, the advice is to keep your stride rate over 170 strides/min.
5. The surface. Flat surfaces are very regular and make every stride identical to the others, repeating all biomechanical flaws. It is better to use irregular surfaces or vary speed to allow for wide variety of movement adaptations and distribute the forces properly on the lower body.
6. Warm-up: a well-kept secret. Increase your body temperature by proper warm up (jog, spin) for 15-20 minutes followed by progressive functional ballistic stretching. Static stretching is a thing of the past.
7. Stretching: yes and no! Pre-workout static stretching should be done ONLY if your movement biomechanics are altered by shortened muscle groups. Static stretching has been shown to decrease performance. Use progressive ballistic stretching more often.
8. Naturally strong. Keep your feet strong during the running season - walk barefoot as much as you can. Do not forget to work on your core and hips strength and your balance during the season.
9. Cross-training. When injured, complete rest is rarely the best treatment. A cross-training activity is recommended as soon as possible. Any cardiovascular activity that is not painful at that time will decrease recovery time.
10. We are what we eat/ body and mind. Literally! Quality, variety and balance are the most important words when talking about an athlete's diet. You cannot outrun a bad diet!

Check out excellent resources for recreational and elite runners at www.therunningclinic.com

5 locations statewide

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Boastful Beginnings

So two guys walk into a bar. They drink. They boast. They drink some more. Pretty soon one of them claims they can run straight up that thar mountain and back in under an hour. Other bar patrons egg them on, suggest the challenge take place on a holiday so all the town could enjoy the insanity of it all...and the July 4th Mount Marathon Race was born. Or so the legend goes.



Official records indicate that the first organized Mount Marathon Race® took place on July 4, 1915. It has since become the focal event of Seward's Independence Day celebration and today attracts thousands of folks, including elite racers, trail running addicts and the friends and family who love them anyway.

Race Day Start Times

The women's and men's race start times alternate annually. In even-numbered years the women's race is the last event of the day and in odd-numbered years the men take the last race of the day.

Juniors' Race
9:00 a.m. (Boys and Girls start and race together)

Men's Race
11:00 a.m. (Bibs 1-199)
11:05 a.m. for second wave (Bibs 400 and up)

Women's Race
2:00 p.m. (Bibs 1-199)
2:05 p.m. for second wave (Bibs 400 and up)

No Dogs Allowed

The Mount Marathon Race® Committee and City of Seward have established a "no pets" policy for July 4th. No dogs, leashed or unleashed, are allowed in the downtown area or along the race course, including all race trails on the mountain. This will increase safety for runners and spectators, and reduce problems with sanitation and cleanup. Please leave your pets at home.

Essential Trivia

Mt. Marathon

Elevation Gain
3,022 feet

Race Distance
3.1 – 3.5 miles, depending on route

First Winner
James Walters, 1915 | 1:02:02

Youngest Winner
Ephriam Kalmakoff, 1928 | Age 16 | 52:35

Oldest Winner
Todd Boonstra, 2003 | Age 41 | 47:32

Longest Record Holders
Bill Spencer, 43 years | Set junior record 1973 – Current
Bill Spencer, 39 years | Set men's record 1974,
Broke his own record in 1981 – 2015
Nancy Pease, 25 years | set women's record 1990 – 2015

Most Race Wins
Nina Kemppe, 9 wins | 1994, 1996 – 2003

Most Junior Race Wins
Allison Ostrander, 6 wins | 2009 – 2014

Most Wins by Local Residents
Cedar Bourgeois, 7 wins | 2004 – 2010
Ralph Hatch, 6 wins | 1946 – 50, 1953

Most Consecutive Race Finishes
Fred Moore, 48 finishes | 1970 – Current
Ellyn Brown, 35 finishes | 1989 – Current

Oldest Finishers
Corky Corthell, age 82 | 2011 | 1:56:45
Millie Spezialy, age 77 | 2015 | 2:18:37

Visit www.mmr.seward.com/ for more information.

2017 Top Finishers



Mens Race

Alaska's Focus Photography

Place	Name	From	Time	Group
1	Scott Patterson	Anchorage, AK	44:30	20-29
2	Erik Johnson	Seward, AK	45:22	40-49
3	Kenneth Brewer	Chugiak, AK	46:53	20-29
4	Alexander Eckert	Fairbanks, AK	47:18	20-29
5	Matthias Messner	Eldorado Springs, CO	47:32	30-39
6	Adam Jensen	Anchorage, AK	47:51	30-39
7	Matias Saari	Anchorage, AK	47:54	40-49
8	Peter Mamrol	Anchorage, AK	48:02	20-29
9	Benjamin Marvin	Palmer, AK	48:12	30-39
10	Lars Kjerengtroen	Salt Lake City, UT	48:14	30-39



Junior Boys

Alaska's Focus Photography

Place	Name	From	Time	Group
1	Luke Jager	Anchorage, AK	29:09	15-17
2	Gavin Block	Palmer, AK	29:32	15-17
3	Ali Papillon	Talkeetna, AK	30:00	12-14
4	Michael Earnhart	Eagle River, AK	30:13	12-14
5	Kelemen Legate	Anchorage, AK	30:20	15-17
6	Michael Connelly	Chugiak, AK	30:37	15-17
7	Max Beiergrohlein	Eagle River, AK	31:23	15-17
8	Bodhidharma Gross	Talkeetna, AK	31:49	15-17
9	David Spencer	Anchorage, AK	31:58	15-17
10	Luke Fritzel	Anchorage, AK	32:28	15-17



Womens Race

Alaska's Focus Photography

Place	Name	From	Time	Group
1	Allie Ostrander	Soldotna, AK	49:19	20-29
2	Morgan Arritola	Boise, ID	51:09	30-39
3	Christy Marvin	Palmer, AK	52:22	30-39
4	DenaliFoldager-Strabel	Seward, AK	55:05	20-29
5	Ann Spencer	Anchorage, AK	55:47	20-29
6	Najeeby Quinn	Anchorage, AK	56:09	30-39
7	Hannah Lafleur	Boulder, CO	56:41	20-29
8	Allison Barnwell	Seward, AK	57:22	20-29
9	Anna Dalton	Anchorage, AK	59:13	20-29
10	Abby Jahn	Anchorage, AK	59:31	20-29



Junior Girls

Alaska's Focus Photography

Place	Name	From	Time	Group
1	Molly Gellert	Anchorage, AK	32:53	15-17
2	Ruby Lindquist	Moose Pass, AK	33:55	15-17
3	Kendall Kramer	Fairbanks, AK	35:06	15-17
4	Riana Boonstra	Kenai, AK	37:15	15-17
5	Katey Houser	Palmer, AK	37:34	15-17
6	Adrianna Proffitt	Chugiak, AK	37:37	15-17
7	Alyson Kopsack	Palmer, AK	38:22	15-17
8	Aubrey LeClair	Anchoage, AK	38:29	15-17
9	Kaylee Heck	Anchorage, AK	40:06	15-17
10	Heidi Booher	Chugiak, AK	40:58	15-17

Golden Racer Option

Racers who select the Golden Racer option — new in 2018 — will start in their appropriate race division (men's or women's race) but race a shorter course. They will round the marker at the Junior Race Point (1/2 way up the mountain) and return down the mountain to the finish line. The optional Golden Racer opportunity is available to racers 70 years and older who have completed 10 or more adult races. Golden Racers must reach the Cut-Off Time Checkpoint at the Junior Race Point (1/2 way up the mountain) within one hour (60 minutes) of their start time and complete the race within 2.5 hours to receive an official Golden Racer finish time.



Joel Krahn Photography

Spectacular Spectating Tips



Joel Krahn Photography

With three races going on, you'll have time to reposition yourself and enjoy different perspectives. Watch the start on 4th Ave, then walk up Jefferson Street to the base to see the runners come back down. Wherever you go, please obey race officials and volunteers and STAY OFF the RACE TRAIL. Don't be that "one" who messes up a racer's day. If you want to go up the mountain to watch, take the HIKING TRAIL, which starts at the intersection of 1st and Monroe Streets.

Volunteers Move Mountains

It takes approximately 350 volunteers to make the race and celebration happen. Race officials encourage everyone to sign up for a shift online at mmr.seward.com. Whether it's handing t-shirts to finishers, re-directing wayward vehicle traffic, helping hold back enthusiastic crowds, or climbing to the top for turnaround point duties, there's something for everyone. There is also need for help in the announcer booth, timing tent and at non-race events. Check out the website for details. Whatever you do, you'll be rewarded with great fun, good karma and a nifty volunteer t-shirt!



Alaska's Focus Photography

Festival Highlights

Every year on July Fourth weekend, Seward is flooded with literally thousands of fun-loving, happy people. The population swells from 2,500 to an estimated 30,000. It's the place to be! Whether you come to run or watch the fireworks, experience our Fourth of July parade, or eat and shop your way through all the vendor booths, you're sure to have a great time.

Fireworks

The 2018 Fourth of July fireworks display is presented by SUBWAY. The fireworks will launch from from the Harbor Uplands, near the Mariners Memorial. Popular viewing spots include the Waterfront Park, Seward Boat Harbor, or from a boat in the bay. If you're in a kayak or other small vessel, remember that larger boats may have trouble seeing you, so bring a good headlamp.

Parade

This year's theme is "Save Our Sea." The parade starts at 1 pm, so look at our route map on page 12 and find an open spot to stand anywhere along the route to enjoy the show!

Eat & Drink

There are plenty of restaurants and food vendors in town. See page 13 for a list of festival food vendors. Note: no open alcohol containers allowed in public. Please be respectful and responsible.



James Schwabel / Alamy Stock Photo



Joel Krahn Photography

Mini Marathon



Alaska's Focus Photography

Maximum Fun

Don't miss the Mini-Marathon! Affectionately known as "the Feeder Group," these insanely cute competitors ages 2-6 will undoubtedly grow up to be champions before you know it. Petro Marine Services has sponsored this event for the last 25 years – and today continues to fuel the hopes and dreams of the next generation.



Ron Niebrugge / Alamy Stock Photo

An all-American tradition

Seward's Fourth of July Parade

For a short period, Main Street is cleared as the parade makes its way through town. Almost every organization in town contributes a float, including Bear Creek Volunteer Fire Department, Seward Fire Department, and the American Legion. See the parade route below.

Be sure to visit the Boy Scouts sno-cone stand and attend our local Churches annual famous pie sales and BBQ!



Ron Niebrugge - Alamy

Treats&Trinkets

Check out the vendors listed below, the schedule of events on the back page, and then come enjoy it all. (Remember, no dogs so please leave pets at home.)

Festival Booth Schedule

Monday, July 2nd | 12:00 Noon Set up & Some Open
Tuesday, July 3rd | 9am - 6pm
Wednesday, July 4th | 9am - 6pm

Goods&Services

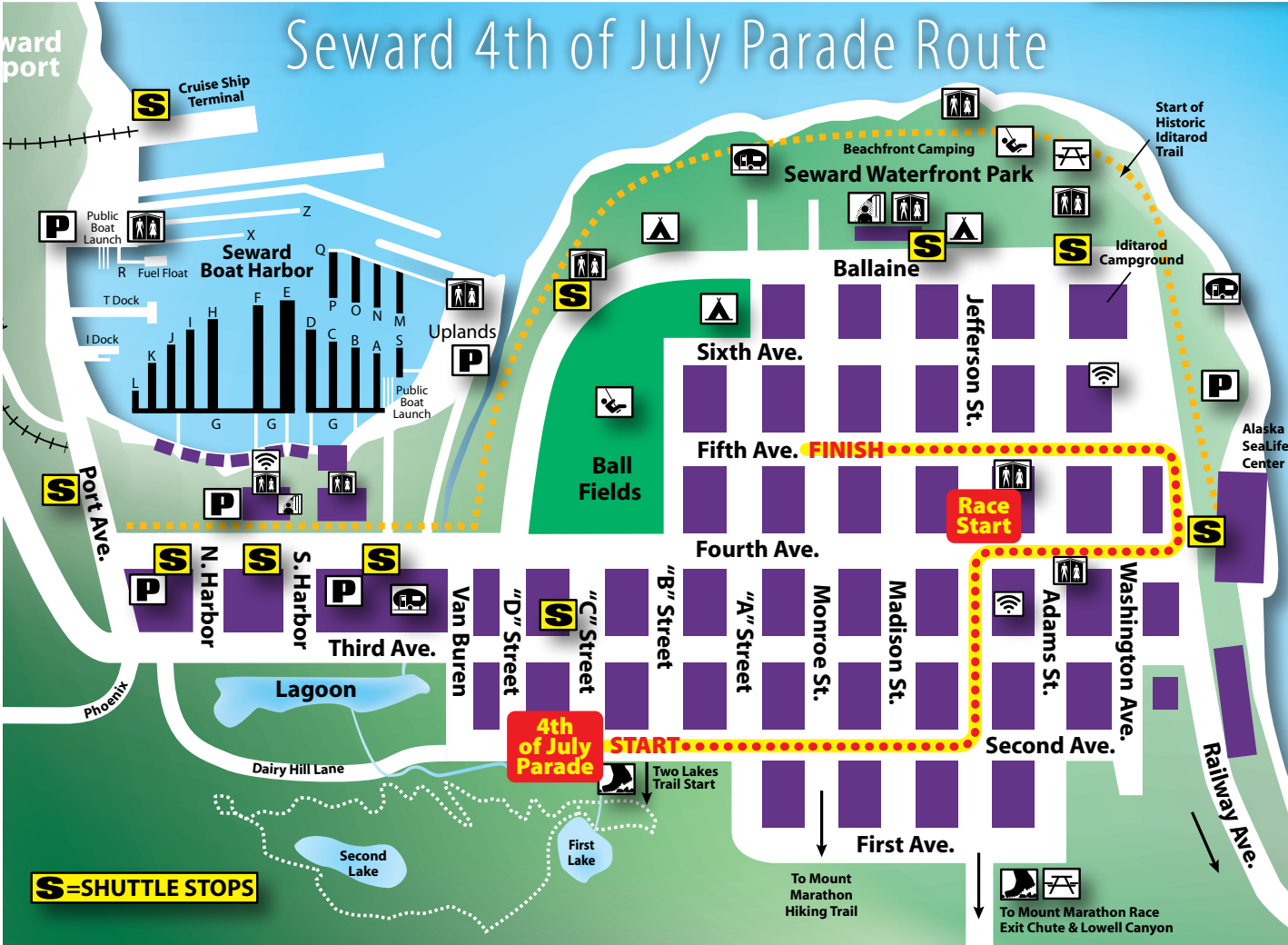
Superjewelry | Headband Happy | Vintage Poppy | Arctic Pups
Alaska Girls Kick Ass | Turning Heads Kennel | Blg Bad Wolf
Harkey Concessions | Salmon Sisters | Mountains & Mermaids
Dimitri For Congress



Alaska's Focus Photography

Food&Treats

Alaskan Corn Roaster | Alaska Shake Up Lemonade | Dippin Dots
Becky's Kettle Korn | Wiki Wiki | Adobo Grill | The Smokehouse BBQ
Saltwood Smokehouse | Yukon Concessions | Original Ice Cream
Hot Dogs AlaCarte | Lighthouse Cafe & Bakery | Mobile Munchies
Cinnamon Rowelenes | Southern Frostbite





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YUKON BAR

ENTERTAINMENT SCHEDULE



Weekly Lineup

Every Monday	Karaoke with Raunchy Rachel
Every Tuesday	Open Jam Chris Crain and the Campfire Music AKoustic Project
Every Wednesday	Karaoke with KJ Collin
Every Thursday	Dance Party with DJ Hankerchief

Live Music

Sun July 1	Mario Carboni, the Honky Tonk Rebel
Tue July 3	The Bandalus with Hawkins Wright and the Regulars
Wed July 4	4pm The Bandalus/Hawkins Wright Regulars 9pm DJ Hankerchief
Fri Sat July 6/7	Hot Mess
Sun July 8	Cloud Mountain with Tyson Davis of Blackwater Railroad Co.
Fri July 13	Dylan Lee Johnston and the Bad Habits
Sat July 14	Troubadour North
Sun July 15	Cloud Mountain with Tyson Davis of Blackwater Railroad Co.
Fri Sat July 20/21	Milo's Omni World
Sun July 22	Cloud Mountain with Tyson Davis of Blackwater Railroad Co.
Fri Sat July 27/28	Nothin' but Trouble
Sun Aug 29	XtraTuff Cowboys

Local Legends

Lisa Hartman

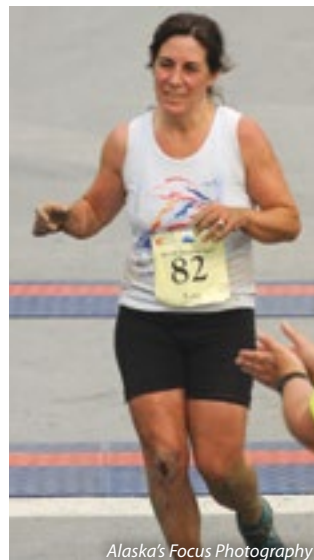
Lisa has run the race 14 times — the first 7 of which she placed in the top six. She finished second in 2002, behind four-time Olympian and 9-time MMR champion Nina Kemmpel. Lisa's PR is 57:46. She's lived in Seward over 20 years.

Most Memorable Moment My first race was in 1999 and it was so hot that year. I was in 4th place at the top of the mountain and I was pushing hard coming down but my legs were jelly. At the midway point I went head over heels and bounced up and kept going, then I did the same thing again and finally decided I better slow down. I got passed by a few ladies and ended up in 6th place, but was happy with my first race...and my husband got to watch it all in his spotting scope from town.

Favorite Part Of Event Finishing! The pre-race nerves are the worst. I love how this race means something different to each individual. Some people are super competitive and for some it's a personal triumph to make it up and down the mountain. Also, I love how it gets into the heart and blood of participants

Support From The Sidelines The finish on the road is amazing — and everyone is so supportive and positive everywhere on the mountain. Plus, the people of Seward take a lot of pride in the mountain and the locals. When you hear a Sewardite is coming off the mountain there's a difference in the crowd. You can hear it. I know I feel it.

Life Beyond Running I have worked for 20 years at the Alaska SeaLife Center and try to keep up with my three kids. I'm hoping that soon I will be chasing them up the mountain.



Ed Hartman

Ed ran his 20th race in 2016 to claim a coveted Longevity Award. His motto — written on his back — was “20 and done.” But he's addicted so he's going up again this year. Ed has lived in Seward for a couple decades.

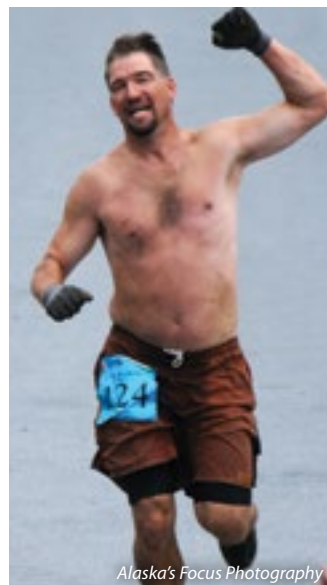
Why Race? It's a great race all around. I won't say that again until July 5th — it's nerve wracking even at the back of the pack. But it's great. I don't know when I will stop. I may push another 10 years till the next award.

Most Memorable Moments Oh man, there's always something. One year coming down the chute I got blocked and remembered an idea my 16-year old nephew gave me during our training together. I sat on my butt, slid right down the water, and hit the ground running. I gained ground and “looked awesome.” Another year I remembered how Brian “Birdman” Stoeker would always jump off a rock at the bottom. I did the same thing and leapt ahead of runners on my left and right. People were screaming. It worked out. The next year I tried the same thing but my legs buckled. I cannonballed, rolled into the trees and made fool of myself in front of the crowd.

Support From The Sidelines The biggest and best part is the handshakes coming down the road. I hate the road. It's those people giving you the high fives, saying “you can do it!” that keeps my body going.

On Competing With His Wife She's the rock star around here. She is amazing at the uphill; I call her “little miss billy goat.” The only recognition I can get is the longevity award.

Race Description Not fun going up, scary coming down.



Mariah Butters

Mariah Butters designed this year's logo and will be running her fourth Mt. Marathon Race this year. She moved to Seward in 2014 after her husband said she'd love living in this little mountain town by the sea with lots of other mountain runners.

Why Run This Mountain Because I can. Because it's there. Because I see it every day. It's right there in your face, really. And I love getting out there on it!

Most Memorable Moment Chasing my best friend up the mountain and catching up in time to finish at the exact same moment. It wasn't planned, but we'd been training together so it was perfect. This year I'm going to take her!

Favorite Part Of Event The months leading up to the race when you see all your friends on the mountain. It's really fun.

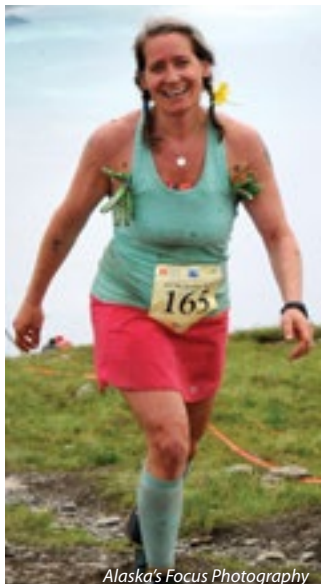
On Spectators They make you go faster. They have water on the mountain so you don't have to carry anything.

With your friends out there watching you, that makes you go faster. v

Life Beyond Running I used to work for a newspaper. Now I'm a waitress at the Cookery and a professional dog walker. My friend and I take 15-20 dogs at a time. It's a gas!

Logo Design Inspiration The stars a reference to the Alaska state flag. There's the mountain of course and the ocean at the bottom. My favorite part of the race is the downhill so I put the arrow in there. It's also bright and cheerful (like the race energy). I didn't expect it to be chosen, but I'm honored to be a part of the history.

Goals for the 2018 Race I'd love to get a 1:10 finish. And if I could beat Veronica Bunch, it would be a bonus!



Solomon D'Amico

Solomon D'Amico has run Mt. Marathon 23 consecutive times, including 8 junior and 15 adult races. He moved to Seward as a kid in 1994 and graduated from Seward High School, where he now coaches and volunteers.

How Do You Stay Motivated? it's still too much fun not to do it!

Favorite Part Of Event Getting around the top. I still really enjoy the downhill. My favorite thing is going down like a snowboarder or a surfer and carving up the mountain. I try to work out the biomechanics of it so I can really fly.

Hearing Voices I was coming off the mountain on the way to my first ever sub-60 race. My legs were wobbly and my mind was in a trance when I heard a voice above the crowd. It sounded like my mom's voice, but she is a hermit and would never brave the crowds. I slowed to look...and there she was. For real. Everything sort of froze in time. Then mom yelled at me to keep going. I was smiling, beaming ear to ear, all the way to the finish.

Scariest Cliff Encounters It was the year race leader Brent Knight collapsed of heat exhaustion a block before the finish. The uphill was a hot, muggy inferno. On the downhill, in one of the technical spots, my leg gave out. I went airborne, headed headfirst into a cliff base. Somehow I was able to push off and keep my face from hitting the cliff. After that I slowed way down to make sure I kept my head on.

Support From The Sidelines The spectator support is awesome. It's really nice when you're trying to get through that last half mile and the crowd super psyched. You can feed off that energy and sort of float on it.

Goals For 2018 Race Have fun. Try to improve on last year's performance but don't let pressure exceed the pleasure.





Scott Patterson's goal was to stay safe on the mountain. So he crushed the uphill portion of the course. He flew to the top with one of the fastest uphill splits ever.

"My strategy was to crank on uphill so I'd have flexibility on the downhill," he explained. "I built a nice, comfy lead at the turnaround rock. ...So while I was chasing the record, I didn't have to push too much."

His plan paid off in a victory (in 44:30) and in remaining injury-free, paving the way to a historic performance at the 2018 Winter Olympics in PyeongChang, Korea. In the grueling 50k classic ski, Patterson finished 11th — the best American finish in Olympic history. That's a record that hadn't been touched since Bill Koch placed 13th in 1980. Patterson also became the top American finisher in the 15k freestyle and 30k skiathlon (classic + freestyle) events.

Patterson has many other Nordic and running titles to his name. In 2017 alone, he won the 50k Skate U.S. Nationals, Supertour Overall and Distance Championship, Turnagain Arm Trail Race, Government Peak Hill Climb, Bird Ridge Hill Climb, and Lost Lake Run. He's also a four-time Crow Pass Crossing Champion and Kesugi Traverse Course Record Holder.

Patterson believes there's a connection between cross-country skiing and success on Mount Marathon. "Hill climbs cater toward Nordic skiers because they take a lot of leg strength, leg speed and raw power."

He expects to see more of that in the 2018 Mt. Marathon Race as more competition returns, including course record holder David Norris. "My first race was the year David set the record," Patterson remembers of his APU Nordic Center teammate. "We'd pushed each other the whole way. I'd sprained my ankle on the downhill so I was kind of limping down but it was awesome to hear crowds cheer for him as he came off the cliffs. We'd knocked the Europeans off the record!"

Like runners of every speed, Patterson loves the spectator energy. "They make the race. It's so awesome coming off the hill and hearing the crowds. We appreciate them all the up and all they way back down."

Patterson doesn't feel pressure to win again and says his goal is, once again, to come out uninjured. "I'd love to set the record, but my number one thing is staying safe."

Patterson, 26, was born in McCall Idaho and grew up in Anchorage. He and his older sister Caitlin both starting skiing as soon as they could walk, graduated from South Anchorage High School, hold engineering degrees from the University of Vermont, and skied for the 2018 U.S. Olympic Team. When not skiing, running, training or exploring the wilderness, Scott works as a mechanical engineer for Coffman Engineers in Anchorage.



At age 21, Allie Ostrander is already a Mount Marathon legend. In 2017, she added her first senior division win to her impressive collection of six junior race victories.

When she stepped up to race with the big kids in 2015, everyone already knew her name — and her potential. So it was no surprise that Ostrander beat Nancy Pease's 25-year-old record. The big surprise was that she didn't win the race; Swedish professional mountain runner Emilie Forsberg did. The following year Forsberg didn't enter...but neither did Ostrander, who sacrificed her beloved mountain race to compete in the Olympic Trials.

So 2017 looked promising. She'd recovered from two stress fractures. She'd won the 2017 NCAA Division 1 3k Steeplechase and had many other successes at Boise State. Things were looking good. But of course she wasn't alone on the mountain. Olympic skier Morgan Arritola and 2016 MMR Champion Christy Marvin were both in hot pursuit. And the bugs were waiting. Racers nearing the turnaround were met top by a swarm of large, half-inch long, highly annoying bugs.

Allie managed not to swallow any and soon tasted victory instead. She flew, slid, "penguined" and ran down the mountain to win with a 49:19 PR.

When asked about her favorite race memories, Ostrander didn't recall the thrill of any particular victory but instead the joys of training with family and friends. Her mother, father and sister all run. "It's a pretty special race to my family and the whole state of Alaska," says Ostrander. "It's hard not to do it!"

This year, Ostrander won't have much time to train. She'll be competing throughout June, starting with the NCAA Division I 2018 Outdoor Track & Field Championships. She's the top seed in the 3k Steeplechase.

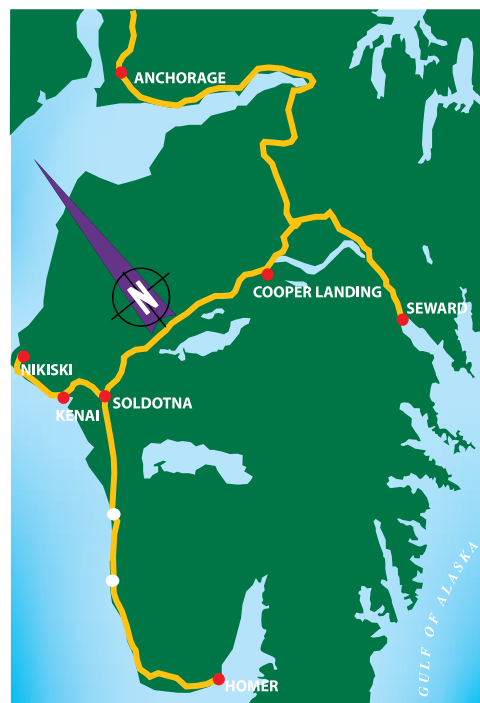
Her fans are hoping she'll run to defend her Mount Marathon title. It's just another steeplechase, right? Lots of barriers. A few water pits filled with mud and scree. Add a 38-degree pitch, a bunch of dirt and an extra 1.3 miles to the track and — viola! — Mount Marathon.

When asked how her coaches felt about her doing it she said, "When I was being recruited I told them I wanted to run this mountain race in Alaska. They said that'd be fine. But of course they didn't understand the race," she laughs. "So when they watched the live stream, they're like 'Whaaat?! This is crazy!'"

Ostrander is studying exercise science and psychology. Will she start psyching out her competition? "I haven't got to that part of the coursework yet," she deadpanned. "I'll let you know when I start using that."

She probably won't need to any time soon. Ostrander is crazy about running and has a promising NCAA and probable Olympic career ahead of her. "What I love about running is that it's a metaphor for life," she says. "You get out of it what you put into it."

Playing Around the Peninsula



KENAI PENINSULA

Seward isn't the only Peninsula community celebrating over Fourth of July weekend. Cooper Landing has its own Fourth of July parade and Girdwood is known for their famous Forest Fair. There's a first Friday art walk in Homer on the 3rd. And the communities, Hope, Moose Pass, Kenai and Soldotna never stop celebrating summer!

Whether you're looking to avoid the Seward mania or to enjoy other outdoor action ahead of time, the Peninsula invites you to play. Get your reservations early and go enjoy fishing, rafting, camping, hiking, biking, picnicking, sightseeing, clamming, beach walking, canoeing, kayaking, horseback riding and all sorts of fun throughout the region. Explore more by perusing our neighbors' web sites by going to:

Cooper Landing www.cooperlandingchamber.com
Girdwood www.girdwoodchamber.com
Homer www.homer.alaska.org
Hope www.hope.alaska.info
Kenai www.visitkenai.com
Kenai Peninsula Tourism Marketing Council www.kenaipeninsula.org
Moose Pass www.moosepass.alaska.com
Soldotna www.soldotna.chamber.com
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 ALASKA WILDLIFE CONSERVATION CENTER

CONGRATULATIONS TO LONNNNNNNNGEVITY AWARD WINNER

Braun Kopsack

40-TIME Finisher!



Braun Kopsack grew up watching his father run the race. Dick (Richard) Kopsack was a top contender, winning the race in 1960. Braun ran his first Mt. Marathon Race alongside his dad in 1977, finishing in an impressive 54:21. "After that, I was hooked!"

A few years later his younger brother Lance joined the fun. As did spouses, kids, and nieces and nephews. Today the mountain is crawling with Kopsacks. If families could win longevity awards, the Kopsack clan would be hard to beat, with more than 135 finishes — and counting.

Braun says many things keep him coming back. The adrenaline rush. The intensity of the course. And the feeling of camaraderie on the mountain where "everybody becomes family."

His favorite part about the race is the finish. Not only because the tumbles, shale shards and "all-out assault" on the downhill is done, but because he gets to stand around, talk to folks and catch up with friends.

"It's great group of people," beams Kopsack, appreciating his connection to the Mt. Marathon running community. "It's great to be there."

Kopsack, 61, lives in Palmer, AK. Although he doesn't train every day anymore, the physical demands of being a guide keep him in shape.



BRAUN 2008

Karol Fink

VOLUNTEER EXTRAORDINAIRE

Karol Fink loves a good challenge. So it's only natural that she'd take on Mount Marathon as both a competitor and long-time volunteer committee member.



Fink started running the race when she lived in Seward. "We had a routine among us Seward friends," she explained. "Every Friday or Saturday night we'd meet at the trailhead and go up." Fink said she established some of her best friends training for the race. "It's good for friendships."

It's also good for race results. Fink has nine top-10 finishes and scored her 20-year Longevity Award in 2016.

Fink joined the race committee at the invitation of Kathy Bingman, circa 2002. "I thought it would be fun to get to know (the committee members) better and work with them on the race," she explained. She enjoyed the connections as well as the challenges of managing an increasingly popular race.

"I love finding solutions and systems to make things more efficient," she says.

Fink has seen many changes over the years, the biggest of which is technology. Back when she first started, there was no lottery system, no time splits for runners, no website, and no data automation. Fink herself hand-entered times into a spreadsheet.

After Skinny Raven brought advanced race timing technology to the race, Fink was freed up to work on other improvements.

"Now I get to think about other things like communications with racers, visitors, sponsors, and spectators; online runner and volunteer registration; and how to improve the experience for both racers and spectators."

Fink has helped put many systems in place and envisions even more. She hopes to work out the kinks in the live stream with tickertape style real-time results. She'd also like to get big screen monitors along the course with live feeds from various parts of the course so spectators can see more of the action.

If there were a competition for ingenuity, anyone with Fink on their team would undoubtedly win. Certainly thousands of racers over the years have benefited from her efforts. 2009 MMR Champion Matias Saari agrees.

"In addition to being a long-standing competitor, Karol is one of those key volunteers who help make Mount Marathon run so smoothly by working tirelessly behind the scenes," says Saari. "Whether Karol is deciding on race committee policy, answering racer questions or even hosting out-of-town athletes, Mount Marathon wouldn't be quite as special without her."

Fink now lives in Anchorage and is the program manager for the State of Alaska Obesity Prevention and Control Program.

Interested in volunteering? Check out the opportunities at mmr.seward.com/volunteer

Feeding A Family Tradition

Nobody earns their Fourth of July barbecues more than multi-generation Mount Marathon families like the

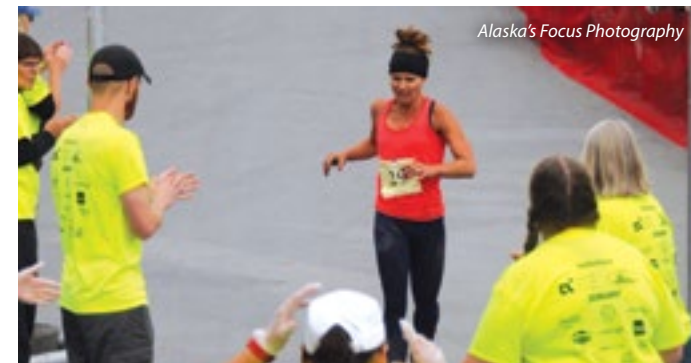
Conants of Seward

This year, the Conant Clan will be represented in every event. Jim, 63, will be running his 21st race. He'll be joined in the men's division by his son Jimmy. Daughter Amy (Harper), will return from California for her 18th race, in the women's race. Grandson Ridge (8) will represent the family in the junior boys' division. Granddaughter Ryah Thrall (7) will run with the junior girls.

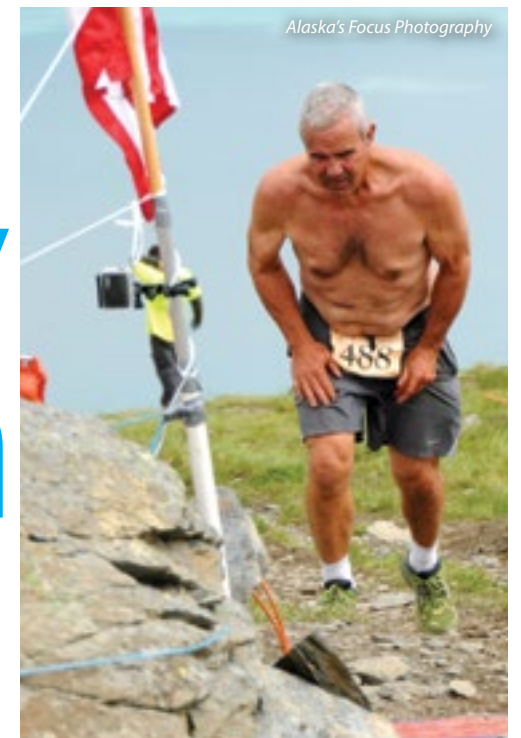
But wait, there's more. Count on the Conants to dominate the "Mini-Marathon" race with three 4-year-olds: Charly Harper, Cason Thrall, and Belle Conant. That's a lot of racers to support, cheer for and eventually feed.

"It's just a fun family thing to do," says Laura, who's completed four races herself. She, along with her other two daughters and former racers Erin and Teri, will now be running around town cheering for three generations of runners. "...At the end of all of the races, we have a big BBQ and bonfire in the back of the house. It's a great day!"

What keeps them going? "Back in the day, we'd videotape the kids getting ready and they'd be dragging. But they turned into mountain animals — and now they have to drag us out!" Jim also notes that the grandkids don't have their own lives yet so their parents keep 'em focused on going up.



Left to Right: Laura, Jim, Amy, Teri, Erin and Jimmy



Erin Thrall



Win extra cash!

Use the Harbor 360 ATM, May 16 – Aug. 30,
for your chance to win a \$100 bill.

Withdraw a minimum of \$20 for a chance to win a \$100 bill.
12 users will randomly be awarded extra cash May 16 – August 30.

HARBOR 360 HOTEL | 1412 4th Ave. | Seward, AK



LENDER NMLS# 640297



and other networks accepted, ATM fees may apply.



**First National Bank
ALASKA** MEMBER FDIC

MOUNT MARATHON ROSTER 2018



Joel Krahn Photography

BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
1	Scott	Patterson	26	Anchorage	AK
2	Erik	Johnson	41	Seward	AK
3	Kenneth	Brewer	25	Chugiak	AK
6	Adam	Jensen	37	Anchorage	AK
7	Matias	Saari	47	Anchorage	AK
8	Peter	Mamrol	24	Anchorage	AK
9	Benjamin	Marvin	37	Palmer	AK
10	Lars	Kjerengtroenk	39	Salt Lake City	UT
11	Jim	Shine	41	Anchorage	AK
12	Derek	Steele	20	Anchorage	AK
13	Jacob	Kirk	25	Anchorage	AK
14	Matt	Shryock	31	Anchorage	AK
15	Rickey	Gates	37	Madison	CA
16	Chad	Trammell	34	Anchorage	AK
17	Eric	Strabel	36	Anchorage	AK
18	Lyon	Kopsack	22	Palmer	AK
19	Ben	Ward	43	Anchorage	AK
20	Will	Ross	29	Anchorage	AK
21	Max	King	38	Bend	OR
22	Ryan	Cox	28	Anchorage	AK
23	John	Novak	25	Anchorage	AK
24	Christopher	Kirk	21	Eagle River	AK
25	Hamish	Wolfe	19	Anchorage	AK
26	Conor	Deal	25	Anchorage	AK
27	Evan	Hone	40	Camarillo	CA
28	Jason	Lamoreaux	39	Anchorage	AK
29	A William	Stoll	38	Anchorage	AK
30	Lars	Arneson	28	Anchorage	AK
31	Craig	Taylor	40	Eagle River	AK
32	Brad	Benter	51	Anchorage	AK
33	Forrest	Mahlen	25	Anchorage	AK
34	Charles	DiMarzio	38	Seward	AK
35	Patrick	Conway	41	Anchorage	AK
36	David	Norris	27	Anchorage	AK
37	Isaac	Lammers	24	Eagle River	AK
38	Corey	Kline	40	Boulder	CO
39	Tadhg	Nakada	24	Anchorage	AK
40	Levi	Younger	30	Boulder	CO
41	Nick	Snow	20	Anchorage	AK
42	Matthew	Novakovich	44	Anchorage	AK
43	David	Apperson	30	Anchorage	AK
44	Miles	Knotek	23	Moose Pass	AK
45	Garth	Schulz	23	Anchorage	AK
46	Luke	Jager	18	Anchorage	AK
47	Paul	Butera	21	Anchorage	AK
48	Barney	Griffith	60	Anchorage	AK
49	Fred	Moore	78	Seward	AK
50	Fintan	Nakada	19	Anchorage	AK
51	Darin	Markwardt	37	Soldotna	AK
52	Luke	Cvancara	21	Anchorage	AK

53	Jerome	Ross	42	Anchorage	AK
54	Alex	Alonso	45	Eagle River	AK
55	Brandon	Rinner	43	Anchorage	AK
56	Trevor	Kreznar	29	Seward	AK
57	Mike	Kramer	50	Fairbanks	AK
58	Jeffrey	Levin	27	Anchorage	AK
59	Robert	Whitney	39	Anchorage	AK
60	Brian	Haviland	36	Anchorage	AK
61	William	Mans	20	Anchorage	AK
62	Keegan	Crow	21	Anchorage	AK
63	Shawn	Erchinger	50	Colorado Springs	CO
64	Mike	Heatwole	51	Anchorage	AK
65	Luke	Duffy	40	Anchorage	AK
66	Andrew	Stavich	52	Anchorage	AK
67	Dorian	Gross	40	Boulder	CO
68	Karl	Romig	60	Lawing	AK
69	Derek	Nottingham	42	Eagle River	AK
70	Alex	Youngmun	29	Anchorage	AK
71	Sean	Ulman	37	Seward	AK
72	John	Wros	29	Girdwood	AK
73	Lance	Kopsack	53	Palmer	AK
74	Patrick	Wolfe	55	Anchorage	AK
75	Mike	Wahlig	34	Anchorage	AK
76	Erik	Mundahl	31	Anchorage	AK
77	Kyle	Willard	23	Anchorage	AK
78	Connor	Curley	30	Durango	CO
79	Jack	Delaney	25	Dubuque	IA
80	Andrew	Duenow	53	Anchorage	AK
81	Michael	Quimby	36	Eagle River	AK
82	Joshua	Allely	39	Anchorage	AK
83	Casey	Volk	26	Eagle River	AK
84	Jacob	Streich	34	Kenai	AK
85	Riley	Martin	20	Anchorage	AK
86	Ryan	Bandy	35	Girdwood	AK
87	Mark	Brady	35	Anchorage	AK
88	Jacob	Thompson	31	Anchorage	AK
89	Josiah	Martin	23	Kenai	AK
90	Bret	Connor	41	Anchorage	AK
91	Matti	Silta	23	Soldotna	AK
92	Andrew	Dougherty	27	Anchorage	AK
93	Travis	Harrington	30	Anchorage	AK
94	Brian	Pautzke	37	Girdwood	AK
95	Chris	Held	51	Fairbanks	AK
96	Cameron	Reitmeier	40	Anchorage	AK
97	Todd	Bethard	44	Anchorage	AK
98	Joseph	Nyholm	26	Seward	AK
99	Michael	Bourdukofsky	39	Anchorage	AK
100	Patrick	Stinson	38	Sausalito	CA
101	Aaron	Dickson	33	Palmer	AK
102	Jonathan	Harvey	35	Anchorage	AK
103	Eugen	Beutler	53	Seward	AK
104	Brandon	King	23	Palmer	AK
105	John	Fick	62	Anchorage	AK
106	Dax	Cvancara	20	Anchorage	AK
107	Bryan	Hardy	42	Eagle River	AK
108	Lane	Reed	22	Wasilla	AK
109	Bryan	Templeman	48	Anchorage	AK
110	Joe	Hunner	30	Eagle River	AK
111	Marten	Martensen	49	Anchorage	AK
112	Brad	Precosky	51	Anchorage	AK
113	Isaac	Bertschi	46	Anchorage	AK
114	David	Rebischke	68	Anchorage	AK
115	John	Browne	48	Anchorage	AK
116	Braun	Kopsack	61	Palmer	AK
117	David	Aquino	70	Anchorage	AK
118	Ryan	Beckett	33	Anchorage	AK
119	Joe	DiVelbiss	18	Anchorage	AK
120	Paul	Ferucci	49	Anchorage	AK
121	Lee	Helzer	34	Anchorage	AK
122	Nathaniel	Herz	30	Anchorage	AK
123	Gage	Jarvis	18	Anchorage	AK
124	Daniel	Kane	33	Anchorage	AK
125	Shane	Piscoya-Shellabarger	19	Bozeman	MT
126	Trent	Foldager	34	Seward	AK
127	Flip	Foldager	61	Seward	AK
128	Stephen	Mayer	47	Anchorage	AK

129	Brian	Stoecker	54	Anchorage	AK
130	Brad	Carrell	72	Redmond	OR
131	Jeremy	Weaver	42	Anchorage	AK
132	Thomas	Nenahlo	32	Anchorage	AK
133	Brett	Vadla	25	Anchorage	AK
134	Justin	Smole	31	Anchorage	AK
135	Kegan	Storjohann	25	Anthem	AZ
136	David	Peterson	30	Anchorage	AK
137	Shawn	Naber	36	Anchorage	AK
138	John	Kogl	47	Valparaiso	IN
139	Joey	Klecka	29	Eagle River	AK
140	Jeremy	Weber	30	Wasilla	AK
141	Daniel	Virgin	61	Palmer	AK
142	Scott	Gage	47	Wasilla	AK
143	Kirk	Louthan	29	Anchorage	AK
144	Dallas	Seavey	31	Willow	AK
145	Troy	Larson	49	Anchorage	AK
146	John	Heimerl	37	Anchorage	AK
147	Jerre	Wills	81	Homer	AK
148	Luke	Martensen	18	Anchorage	AK
149	Joel	Wagner	48	Eagle River	AK
150	John	Clark	53	Palmer	AK
151	Daniel	Desaulniers	18	Anchorage	AK
152	Roan	Hall	20	Eagle River	AK
153	Lucas	Hepler	22	Anchorage	AK
154	Thomas	Hovden	31	San Jose	CA
155	Kyle	Kelley	44	Girdwood	AK
156	Kurt	Labonte	54	Eagle River	AK
157	Alex	Loan	23	Anchorage	AK
158	Jason	Moore	38	Anchorage	AK
159	Luke	Petersen	35	Catonsville	MD
160	AJ	Schirack	29	Anchorage	AK
161	William	Serra	35	Anchorage	AK
162	Rich	Wooten	35	Anchorage	AK
163	Shilan	Wooten	27	Anchorage	AK
164	Rocky	Elhard	39	Seward	AK
165	Troy	Jarvis	54	Anchorage	AK
166	Mike	McKnight		ALTRA	
167	Brian	Beckstead		ALTRA	

For more information
about the race, visit
mmr.seward.com

170	RAFFLE				
171	AUCTION				
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179	AUCTION				
180	AUCTION				
401	Jamin	Agosti	28	San Francisco	CA
402	Timothy	Branson	60	La Habra	CA
403	Bruce	Davison	70	Anchorage	AK
404	Mark	Fineman	48	Anchorage	AK
405	Patrick	Baumann	61	Custer	SD
406	Steve	Gilles	60	Indian	AK
407	Jeffrey	Bryden	51	Moose Pass	AK
408	David	Buhite	43	Anchorage	AK
409	Kerry	Klauder	32	Anchorage	AK
410	Jeff	Zavala	46	Anchorage	AK
411	Gregory	Beam	61	Anchorage	AK
412	David M	Lorring	34	Soldotna	AK
413	Michael	Lucas	56	Anchorage	AK
414	Peter	McEnaney	53	Eagle River	AK
415	Robert	Bayze	61	Tucson	AZ
416	Michael	Rubeo	33	Wasilla	AK
417	Solomon	D'Amico	34	Seward	AK
418	Michael	Squires	60	Anchorage	AK
419	Jeremiah	Simono	33	Helena	MT
420	Nicholas	Swann	32	Seward	AK
421	Mark	Chase	28	Anchorage	AK
422	Norman Anthony	Adams	53	Eagle River	AK
423	Connor	Sperry	26	Phoenix	AZ
424	Nicholas	Whitmore	29	Anchorage	AK
425	Adam	Berg	31	Chicago	IL
426	Jeremy	Weller	27	Wasilla	AK
427	Michael	Craytor	35	Seward	AK
428	Alec	Kay	52	Anchorage	AK
429	James	Conant	36	Seward	AK
430	Roman	Hamner	19	Seward	AK
431	James	Murray	57	Wasilla	AK
432	Kris	Burnett	52	Anchorage	AK

433	David	Brown	52	Anchorage	AK
434	Matthew	Moore	22	Seward	AK
435	John	Cosgrave	19	Anchorage	AK
436	Eric	Lawson	39	Eagle River	AK
437	Michael	Davidson	71	Green River	WY
438	Shane	Topf	25	Eagle River	AK
439	Michael	Tranel	59	Skagway	AK
440	George	Haugen	72	Anchorage	AK
441	Bennett	Lee	49	Anchorage	AK
442	Ron	Nelson	45	Seattle	WA
443	Ted	Paprocki	40	Anchorage	AK
444	Wayne	Humbert	38	Seward	AK
445	Westley	Dahlgren	36	Anchorage	AK
446	Brian	Durr	20	Anchorage	AK
447	Joshua	Thomas	37	Seward	AK
448	Michea	Westbrook	38	Eagle River	AK
449	Jacob	Parker	34	Fairbanks	AK
450	Edwin	Shutt	45	Anchorage	AK
451	Chad	Resari	82	Anchorage	AK
452	Kevin	Lauver	56	Soldotna	AK
45	Jared	Kern	42	Anchorage	AK
454	Paul	Ostrander	50	Soldotna	AK
455	Jeremy	Hinshaw	43	Anchorage	AK
456	Todd	Stull	41	Yokota Air Base, Fussa	JAPAN
457	Steve	Nimmo	61	North Bonneville	WA
458	Chris	Reynolds	48	Anchorage	AK
459	Conway	Seavey	21	Anchorage	AK
460	Jeff	Keller	52	Anchorage	AK
461	Logan	Rachow	19	Eagle River	AK
462	Daniel	Brunnhoelzl	26	Wasilla	AK
463	Rick	Hansen	45	Anchorage	AK
464	Philip	Joyce	75	Oceanside	NY
465	Dan	Linkhart	40	Seward	AK
466	Matthew	Waliszek	41	Anchorage	AK
467	Brian	Boyle	28	Chugiak	AK
468	David	Retherford	44	Wasilla	AK
469	Travis	Beals	26	Seward	AK
470	Michael	Zidek	48	Anchorage	AK
471	Nathanael	Salima	20	Anchorage	AK
472	Zach	Momberger	24	Chugiak	AK
473	Thomas	Meacham	75	Anchorage	AK
474	Eric	Troxell	45	Anchorage	AK
475	Charles	Utermohle	68	Anchorage	AK
476	Jason	Buckbee	38	Soldotna	AK
477	Daniel	Crumpacker	39	Anchorage	AK
478	Noah	Zogas	36	Anchorage	AK
479	Andy	Montgomery	41	San Francisco	CA
480	Caleb	Wolfe	21	Wasilla	AK
481	Ryan	Comer	38	Eagle River	AK
482	Matthew	Roberts	53	Brooklyn	NY
483	Mike	Beiergrohslein	42	Eagle River	AK
484	Keith	Sanfacon	43	Anchorage	AK
485	Jason	McLennan	37	Anchorage	AK
486	Lee	Barloon	42	Anchorage	AK
487	Gunner	Bahn	31	Anchorage	AK
488	Christopher	Crosta	33	Anchorage	AK
489	John	Pahkala	29	Anchorage	AK
490	Eric	Carl	49	Eagle River	AK
491	David	Owens	48	Eagle River	AK
492	Greg	Roads	40	Wasilla	AK
493	Michael	Johnson	19	Anchorage	AK
494	Joshua	Zuber	42	Anchorage	AK
495	Matt	Crow	47	Anchorage	AK
496	Brendan	Ryan	36	Seward	AK
497	Mike	McLaughlin	65	Anchorage	AK
498	Bill	Spencer	62	Anchorage	AK
499	Samuel	Young	63	Seward	AK
500	Steve	Baer	42	Portland	OR
501	Robert	Walgren	25	Anchorage	AK
502	Jason	Wright	40	Nanaimo	BC
503	Peter	Adams	45	Anchorage	AK
504	Shayne	Wescott	26	Eagle River	AK
505	Glen	Anderson	54	Seward	AK
506	Rod	Anderson	65	Anchorage	AK
507	Everett	Billingslea	57	Seattle	WA
508	Trent	Boggs	56	Eagle River	AK
509	Christopher	Booth	40	Edina	MN
510	Dirk	Brodish	57	Anchorage	AK
511	Brian	McMahon	73	Anchorage	AK
512	Kevin	Chartier	49	Anchorage	AK
513	Allen	Clendaniel	40	Anchorage	AK
514	Chris	Clifford	57	Anchorage	AK

515	James	Conant	63	Seward	AK
516	James	Conley	55	Chugiak	AK
517	Andrew	Daoust	56	Anchorage	AK
518	Harold	Faust	64	Seward	AK
519	Christopher	Gionet	48	Anchorage	AK
520	Edward	Hartman	46	Seward	AK
521	Joseph	Hawkins	51	Pal er	AK
522	Matt	Hemry	49	Anchorage	AK
523	Mark	Jacobsen	58	Anchorage	AK
524	David	Jensen	54	Chugiak	AK
525	David	Knapp	49	Palmer	AK
526	David W	Lorring	65	Fairbanks	AK
527	Darin	Marin	57	Anchorage	AK
528	Roger	Kemppel	76	Anchorage	AK
529	Walter	Moore	32	Kasilof	AK
530	Steven	More	41	Fort Greely	AK
531	Steve	Parrish	48	Anchorage	AK
532	Paul	Pedersen	59	Soldotna	AK
533	Barry	Bruninga	63	Anchorage	AK
534	DuWayne	Ruzicka	56	Anchorage	AK
535	Corbin	Stirling	34	Seward	AK
536	Ernest	Stolen	69	Anchorage	AK
537	Thomas	Swann	60	Seward	AK
538	Kneeland	Taylor	70	Anchorage	AK
539	Mark	Tuovinen	55	Anchorage	AK
540	Bill	Wamsganz	59	Anchorage	AK
541	Daniel	Willman	45	Anchorage	AK
542	George	Rogers	67	North Pole	AK
543	Kalvin	Young	53	Anchorage	AK
544	Robert	Milby	37	Eatonville	WA
545	Steve	Carroll	56	Anchorage	AK
546	Michael	Chard	64	Anchorage	AK
547	Thomas	Conley	59	Chugiak	AK
548	Gregory	Lincoln	50	Bethel	AK
549	Tab	Ballantine	63	Anchorage	AK
550	Clarence	Pautzke	72	Anchorage	AK
551	Michael	Valantas	49	Anchorage	AK
552	Russell	Storjohann	52	Anthem	AZ
553	Evan	Steinhauser	55	Eagle River	AK
554	Elias	Davis	18	Seward	AK
555	Daniel	Casey	18	Eagle River	AK
556	Brent	Vandenbos	46	Anchorage	AK
557	Donald	Fanning	47	Anchorage	AK
558	Cole	Norcross	18	Seward	AK
559	Brooks	Berry	18	Moose Pass	AK
560	Steve	McKeeever	64	Anchorage	AK
561	Dylan	Miller	18	Anchorage	AK
562	Michael	Lucas	18	Anchorage	AK
563	Levi	Gionet	18	Anchorage	AK
564	Norm	Johnson	73	Anchorage	AK
565	Cody	Miller	18	Anchorage	AK
566	Brian	Gross	46	Anchorage	AK
567	John	Williams	63	Palmer	AK
568	Dennis	Long	64	Anchorage	AK
569	Paul	Gionet	62	Anchorage	AK
570	Kory	Cain	22	Anchorage	HI
571	Davis	Dunlap	26	Palmer	AK
572	Robert	Forgit	56	Anchorage	AK
573	Tannen	Berry	22	Moose Pass	AK
574	Thomas	Blum	80	Pasadena	CA
575	Aaron	Kusano	40	Anchorage	AK
576	David	McCorkell	60	Wasilla	AK
577	Robert	Haan	19	Palmer	AK
578	Keith	Zemke	35	Anchorage	AK
579	Jeremy	Beckett	29	Anchorage	AK
580	Todd	Brownson	38	Anchorage	AK
581	Brad	Carmer	58	Seattle	WA
582	Matthew	Anderson	30	Anchorage	AK
583	Dane	Crowley	45	Palmer	AK



BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
1	Allie	Ostrander	21	Soldotna	AK
3	Holly	Brooks	36	Anchorage	AK
4	Denali	Foldager-Strabel	28	Seward	AK
5	Ann	Spencer	23	Anchorage	AK
6	Najeeby	Quinn	38	Anchorage	AK
7	Hannah	Lafleur	29	Boulder	CO
8	Allison	Barnwell	26	Seward	AK
9	Anna	Dalton	28	Anchorage	AK
10	Abby	Jahn	25	Anchorage	AK
11	April	McAnly	36	Eagle River	AK
12	Sarah	Glaser	29	Seward	AK
13	Jessica	Yeaton	26	Anchorage	AK
14	Lauren	Fritz	30	Anchorage	AK
15	Mackenzie	Barnwell	24	Seward	AK
16	Aubrey	Smith	38	Talkeetna	AK
17	Sadie	Fox	21	Soldotna	AK
18	Karol	Fink	50	Seward	AK
19	Rachel	Dow	39	Seward	AK
20	Sheryl	Loan	59	Eagle River	AK
21	Isabel	Barnwell	22	Seward	AK
22	Justine	Reese	34	Wasilla	AK
23	Kristen	Sieminski	39	Seward	AK
24	Lauren	Spinelli	39	Anchorage	AK
25	Alice	Baker	26	Durango	CO
26	Hannah	Booher	20	Chugiak	AK
27	Rachel	Russell	24	Eagle River	AK
28	Christie	Hauptert	42	Anchorage	AK
29	Brook	Wedin	19	Mora	MN
30	Gyongyver Pearl	Schilling	45	Hope	AK
31	Wendy	Sailors	49	Anchorage	AK
32	Jocelyn	Kopsack	21	Palmer	AK
33	Julianne	Dickerson	30	Anchorage	AK
34	Tsaina	Mahlen	23	Anchorage	AK
35	Amy	Harper	39	Arroyo Grande	CA
36	Jolie	Glaser	32	Seward	AK
37	Rya	Berrigan	19	Palmer	AK

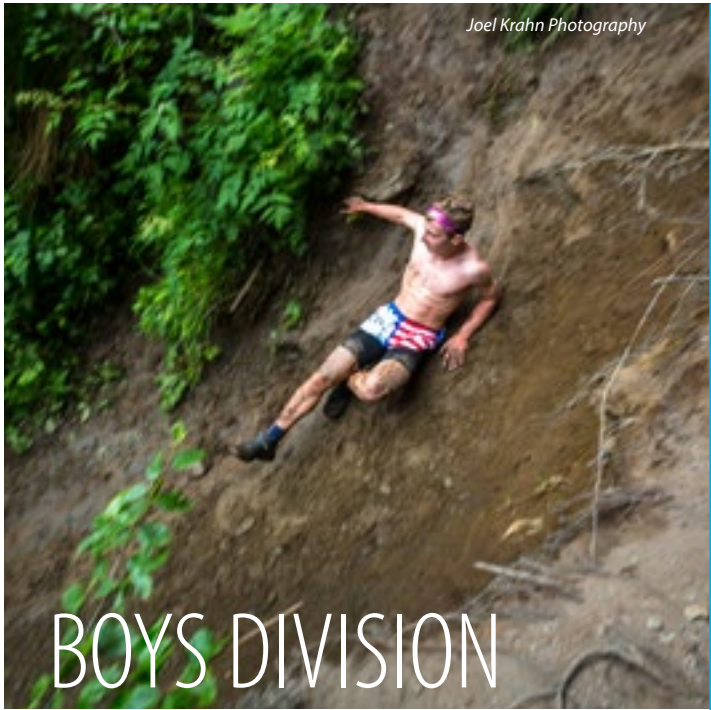
65	Elizabeth	Hooper	52	Anchorage	AK
66	Kaylee	Heck	18	Anchorage	AK
67	Teresa	Comer	36	Eagle River	AK
68	Hallidie	Phillips	29	Anchorage	AK
69	Kristy	De Yong	38	Anchorage	AK
70	Ruby	Woodings	19	Palmer	AK
71	Jessica	Pahkala	23	Anchorage	AK
72	Kristen	Peters	25	Cooper Landing	AK
73	Shannon	Donley	47	Anchorage	AK
74	Christy	Jordan	45	Seward	AK
75	Leah	Legate	53	Anchorage	AK
76	Karen	Carswell Kirk	52	Eagle River	AK
77	Stacy	Schaffer	40	Seward	AK
78	Mira	Hopkins	24	Anchorage	AK
79	Ellyn	Brown	65	Anchorage	AK
80	Stephanie	Wright	32	Seward	AK
81	Amy	De Schweinitz	38	Anchorage	AK
82	Karen	Williams	57	Anchorage	AK
83	Gina	Robinson	47	Anchorage	AK
84	Bronwen	Nicholls	30	Anchorage	AK
85	Tekla	Seavey	29	Seward	AK
86	Kinsey	Loan	25	Eagle River	AK
87	Tatjana	Spaic	21	Palmer	AK
88	Kayla	Rowe	22	Anchorage	AK
89	Meredyth	Richards	31	Anchorage	AK
90	Jane	Baldwin	57	Chugiak	AK
91	Megan	Olson	47	Anchorage	AK
92	Heather	Moon	39	Soldotna	AK
93	Kellyn	Brothis	31	Parker	CO
94	Heidi	Friese	26	Palmer	AK
95	Milissa	Knox	32	Eagle River	AK
96	Darcy	Waddell	51	Pueblo West	CO
97	Noelle	Coniglio	20	JBER	AK
98	Jennifer	Barnard	44	Anchorage	AK
99	Cheryl	Shellabarger	57	Bozeman	MT
100	Jennifer	Anderson	45	Seward	AK
101	Tiffany	Hall	36	Anchorage	AK
102	Laura	Tuttle	29	Anchorage	AK
103	Marion	Woods	23	Anchorage	AK
104	Hannah	Ingrim	23	Girdwood	AK
105	Christine	Bennett	46	Chugiak	AK
106	Deb	Essex	49	Girdwood	AK
107	Tara	Craytor	34	Seward	AK
108	Alejandra	Legate	19	Anchorage	AK
109	Dyann	Hardy	37	Eagle River	AK
110	Jennifer	Frazier	49	Eagle River	AK
111	Elizabeth	Butera	60	Anchorage	AK
112	Patricia	Foldager	60	Seward	AK
113	Troyce	Allen	42	Anchorage	AK
114	Leslie	Dickson	50	Anchorage	AK
115	Krystal	Nelson	45	Anchorage	AK
116	Michelle	Dickson	48	Anchorage	AK
117	Jania	Tumey	18	Anchorage	AK
118	Amber	Walker	34	Anchorage	AK
119	Ruby	Foldager	28	Seward	AK
120	Mara	Rabinowitz	51	Anchorage	AK
121	Danielle	Harris	33	Eagle River	AK
122	Marcie	Lovgren	37	Bozeman	MT
123	Cynthia	Cacy	36	Anchorage	AK
124	Andrea	Kettler	34	Anchorage	AK
125	Binget	Nilsson	51	Seward	AK
126	Andria	Hayes	45	Anchorage	AK
127	Alina	Rubeo	36	Wasilla	AK
128	Charlotte	Edmondson	44	Anchorage	AK
129	Hannah	Lies	23	Anchorage	AK
130	Laurel	DeVore	29	Nibley	UT
131	Evie	Bear	44	Cooper Landing	AK
132	Sadie	Ulman	36	Seward	AK
133	Shani	Rinner	44	Anchorage	AK
134	Angela	DiBerardino	41	Anchorage	AK
135	Amanda	Hegna	39	Eagle River	AK
136	Rachelle	Kanady	28	Anchorage	AK
137	Jennifer	Baker	30	Anchorage	AK
138	Heidi	Conway	50	Anchorage	AK
139	Mary Beth	Koster	53	Seward	AK
140	Zoe	Hickel	25	Anchorage	AK
141	Jennifer	Uriarte	41	Seward	AK
142	Nancy	Osborne	67	Seward	AK
143	Jana	Seaman	37	Anchorage	AK
144	Megan	Volk	30	Eagle River	AK
145	Betty	Delgado	53	Riobamba	Ecuador
146	Heidi	Sinclair	39	Seward	AK

147	Vicky	Knudson	75	Shakopee	MN
148	Suzanne	Knudsen	63	Indian	AK
149	Christy	Marvin	37	Palmer	AK
150	Lisa	Anglen	37	Anchorage	AK
151	Veronica	Bunch	42	Seward	AK
152	Mariah	Butters	44	Seward	AK
153	Kelsey	Coolidge	30	Anchorage	AK
154	Mari	Eaton	49	Anchorage	AK
155	Brandy	Eber	35	Eagle River	AK
156	Beth alta	Fletcher	37	Anchorage	AK
157	Sable	Hodson	27	Los Angeles	CA
158	Rachel	James	37	Anchorage	AK
159	Jessica	Larrabee	26	Wasilla	AK
160	Maggie	Meeds	18	Anchorage	AK
161	Daisy	Meyers	40	Seward	AK
162	Anita	Ortiz	54	Eagle	CO
163	Colleen	Powers	34	Boulder	CO
164	Pamela	Richter	60	Anchorage	AK
170	RAFFLE				
171	AUCTION				
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401	Aurora	Agee	38	Juneau	AK
402	Wendy	Bryden	50	Moose Pass	AK
403	Katrina	Cain	52	Anchorage	AK
404	Heather	Anderson	47	Eagle River	AK
405	Taylor	Holman	18	Palmer	AK
406	Joey	Eski	48	Anchorage	AK
407	Sherry	Warnke	53	Eagle River	AK
408	Autumn	Sperry	23	Eagle River	AK
409	Billie Jo	Kopsack	65	Palmer	AK
410	Robin	Reich	49	Anchorage	AK
411	Cynthia	Martensen	52	Anchorage	AK
412	Amy	Brumbaugh	45	Anchorage	AK
413	Amber	Mcglasson	30	Kenai	AK
414	Merrienne	Etter	53	Altadena	CA
415	Lauran	Mcnaughton	37	Anchorage	AK
416	Amber	Sheffield	48	Big Lake	AK
417	Kathryn	Jacobsen	45	Anchorage	AK
418	Jasper	Wallace	35	Anchorage	AK
419	Emilie	Springer	40	Homer	AK
420	Kelsey	Tranel	29	Anchorage	AK
421	Mary Lee	Garcia	46	Fairbanks	AK
422	Frances	Evarts	46	Homer	AK
423	Catherine	Bodry	41	Anchorage	AK
424	Denielle	Beilfuss	42	Shorewood	WI
425	Gwendolynn	Stuart	34	Anchorage	AK
426	Josephine	Braun	20	Seward	AK
427	Jamie	Whiteman	23	Anchorage	AK
428	Christy	Phillips	37	Seward	AK
429	Lisa	DeCora	52	Anchorage	AK
430	Jean	Labonte	58	Eagle River	AK
431	Holly	Willman	38	Anchorage	AK
432	Carolyn	Boone	47	Chugiak	AK
433	Rebecca	Dixon	35	Seward	AK
434	Christine	Youngblood	33	Anchorage	AK
435	Theresa	Wheeler	51	Wichita	KS
436	Klecka	Jacqueline	24	Eagle River	AK
437	Eileen	Audette	24	Seward	AK
438	Anne	French	34	Lakewood	WA
439	Nancy	Schierhorn	58	Anchorage	AK
440	Tracie	Haan	22	Palmer	AK
441	Andrea	Snowden	44	Anchorage	AK
442	Ava	Harren	22	Boise	ID
443	Hope	Basinger	28	Anchorage	AK
444	Linnea	Hollingsworth	38	Seward	AK
445	Hilary	Nicol	28	San Francisco	CA
446	Anna	Widman	34	Kenai	AK
447	Jody	Robershaw	51	Temecula	CA
448	Halley	Werner	33	Seward	AK
449	Jessica	Heinrich	38	Anchorage	AK
450	Meredith	Sadin	37	San Francisco	CA
451	Summer	Frazier	19	Eagle River	AK
452	Cecilia	Jarvis	45	Anchorage	AK
453	Brenna	Berry	22	Homer	AK

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454	Jodie	Wood	41	Roseville	CA
455	Sara	Kennedy	35	Eagle River	AK
456	Jill	Simek	44	Anchorage	AK
457	Dani	Buckley	27	Palmer	AK
458	Kristen	Hansen	46	Anchorage	AK
459	Courtney	Lyons	31	Anchorage	AK
460	Emily	Helland-Carlson	35	Anchorage	AK
461	Amie	Wu	38	Anchorage	AK
462	Meghan	Dooley	33	Anchorage	AK
463	Carole	Holley	43	Anchorage	AK
464	Jillian	Ryan	31	Seward	AK
465	Ingrid	Gavalya	41	Chugiak	AK
466	Jennifer	Sonne	30	Anchorage	AK
467	Arika	Browne	36	Anchorage	AK
468	Sondra	Stonecipher	35	Soldotna	AK
469	Trina	Resari-Salao	38	Anchorage	AK
470	Dreanna	Owens	20	Eagle River	AK
471	Jenn	Parchem	29	Columbus	WI
472	Elizabeth	Mans	19	Anchorage	AK
473	Kelly	Murray	45	Edinburg	VA
474	Pamela	Dreyer	36	Eagle River	AK
475	Rosemary	Reynolds	19	Anchorage	AK
476	Linda	Rao	38	Boulder	CO
477	Katelyn	Christensen	31	Anchorage	AK
478	Kerri	Garcia	38	Fairbanks	AK
479	Jane	Mulcahy	30	Jefferson	NY
480	Joan	Ryan	34	Anchorage	AK
481	Annie	Johnson	29	Snohomish	WA
482	Taylor	Thorn	25	Wasilla	AK
483	Ali	Tremaine	27	Knoxville	TN
484	Kim	Kersten	39	Anchorage	AK
485	Sarah	Histand	36	Valdez	AK
486	Tammy	Weaver	37	Anchorage	AK
487	Cydney	Reynolds	22	Anchorage	AK
488	Katee	Chard	28	Anchorage	AK
489	Rebekah	Koenigbauer	35	Bozeman	MT
490	Jennifer	Heininger	40	Austin	TX
491	Rebecca	Sjostrom	36	Anchorage	AK
492	Regina	Daniels	44	Soldotna	AK
493	Julie	Ross	40	Wasilla	AK
494	Karen	Looney	51	Palmer	AK
495	Amy	Scharpf	39	Anchorage	AK
496	Cassandra	Delgado	31	Seward	AK
497	Marion	Glaser	34	Seward	AK
498	Jill	McLeod	52	Anchorage	AK
499	Tammy	LaFrancois-DeGraeve	54	Soldotna	AK
500	Rosy	Audette	38	Oakland	CA
501	Summer	Levy	40	Port Angeles	WA
502	Rachelle	Alger	49	Anchorage	AK
503	Karen	Barnes	49	Redding	CA
504	Lela	Benson	55	Anchorage	AK
505	Sidney	Billingslea	59	Anchorage	AK
506	Sheri	Boggs	56	Eagle River	AK
507	Myla	Liljemark	39	Seward	AK
508	Lynn	Spencer	64	Anchorage	AK
509	Brittany	Kuehl	29	Columbia	MO
510	Margaret	Griffin	48	Soldotna	AK
511	Kris	Kile	50	Austin	TX
512	Michelle	Hensel	50	Seward	AK
513	Paige	Hodson	56	Anchorage	AK
514	Saundra	Hudson	49	Homer	AK
515	Mary	Kemppe	76	Anchorage	AK
516	Chloe	Billingslea	20	Seattle	WA
517	Cynthia	Kupczynski	59	Anchorage	AK
518	Heather	Shank	47	Seward	AK
519	Bonnie	Moore	35	Anchorage	AK
520	Nancy	Murphy	58	Eagle River	AK
521	Emily	Rhodes	50	Boise	ID
522	Carly	Besh	24	Anchorage	AK
523	Yereth	Rosen	59	Anchorage	AK
524	Pamela	Skogstad	64	Hope	AK
525	Alesia	Thon	51	Anchorage	AK
526	Katharine	Tongue	56	Kasilof	AK
527	Sherry	Trumpower	54	Anchorage	AK
528	Mary	Vollendorf	48	Anchorage	AK
529	Emily	Veenstra	29	Anchorage	AK
530	Sarah	Bosch	29	Anchorage	AK
531	Katie	Peot	31	Missoula	MT
532	Holly	Holman	54	Palmer	AK
533	Carey	Quiring	49	Seward	AK
534	Michelle	Smith	34	Anchorage	AK
535	Lanara	Forgit	47	Anchorage	AK

536	Joyce	Hudson	35	Anchorage	AK
537	Ingrid	Reese	39	Anchorage	AK
538	Teresa	Russell	52	Eagle River	AK
539	Susan	Windle Beam	58	Anchorage	AK
540	Genia	Van Wormer	58	Paducah	KY
541	Jenny	Sheasley	22	Anchorage	AK
542	Brooke	Andrews	39	Seward	AK
543	Kari	Gdula	34	Soldotna	AK
544	Mystery	Showalter	18	Palmer	AK
545	Lori	Luff	38	Palmer	AK
546	Kathleen	Morrison	41	Soldotna	AK
547	Mary	Lynn	54	Anchorage	AK
548	Corey	Frazier	18	Eagle River	AK
549	Sarah	Hurkett	35	Eagle River	AK
550	Grace	Miller	18	Palmer	AK
551	Erin	Sivitz	18	Anchorage	AK
552	Hannah	Beutler	23	Seward	AK
553	Kimberley	Graham	36	Hope	AK
554	Melinda	Greig Walker	60	Anchorage	AK
555	Jennifer	Parnell	54	Kodiak	AK
556	Willow	Hetrick	33	Moose Pass	AK
557	Laura	McGinley Kline	38	Boulder	CO
558	Stacey	Kolstad	46	Palmer	AK
559	Meret	Beutler	21	Seward	AK
560	Jessica	Clifford	20	Anchorage	AK
561	Isabella	Anderson	18	Eagle River	AK
562	Suzie	Mauro	40	Eagle River	AK
563	Jordin	Thompson	31	Anchorage	AK
564	Alexandra	Okeson	23	Anchorage	AK
565	Patrice	Icardi	64	Anchorage	AK
566	Diana	Schwendemann	29	Redding	CA
567	Gretta	Pickett	19	Anchorage	AK
568	Michele	Buchicchio	40	Lisle	IL
569	Jena	Petersen	36	Seward	AK
570	Kaleen	Haines	36	Anchorage	AK
571	Elizabeth	Saunders	29	Anchorage	AK
572	Willow	Schlenker	22	Gakona	AK
573	Kelley	Lane	36	Seward	AK
574	Joan	Antonson	66	Anchorage	AK
575	Elisha	Brownson	36	Anchorage	AK
576	Ronna	Martin	51	Kenai	AK
577	Hedwig	Faber	58	Wasilla	AK
578	Jillaine	Hensel	52	St. Paul	MN
579	Kelly	Mann	64	Palmer	AK
580	Eliza	Zugg	22	Palmer	AK



BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
201	Gavin	Block	16	Palmer	AK
202	Ali	Papillon	13	Boulder	CO
203	Michael	Earnhart	15	Eagle River	AK
204	Kelemen	Legate	17	Anchorage	AK
205	Michael	Connelly	16	Chugiak	AK
206	Max	Beiergrohslein	16	Eagle River	AK
207	Bodhidharma	Gross	17	Boulder	CO
208	David	Spencer	17	Anchorage	AK
209	Luke	Fritzel	17	Anchorage	AK
210	Roman	Gross	17	Talkeetna	AK
211	Nicholas	Carl	17	Eagle River	AK
212	Gabe	Martin	17	Anchorage	AK
213	Jacob	Lestina	15	Eagle River	AK
214	Kurtis	Brumbaugh	16	Anchorage	AK
215	George	Cvancara	17	Anchorage	AK
216	Camden	Benter	16	Anchorage	AK
217	Aven	Elsberg	13	Anchorage	AK
218	Bjorn	Nilsson	16	Seward	AK
219	Dylan	Kearns	16	Anchorage	AK
220	Daniel	Bausch	17	Anchorage	AK
221	Samuel	Koster	15	Seward	AK
222	Ian	Beals	17	Anchorage	AK
223	Conner	Lowe	15	Anchorage	AK
224	Brayden	Rachow	17	Eagle River	AK
225	Nicholas	Chard	16	Anchorage	AK
226	Josh	Novakovich	17	Anchorage	AK
227	Cole	Burnett	17	Anchorage	AK
228	Eldon	Zinis	17	Seward	AK
229	Christopher	Kingsland	17	Seward	AK
230	Michael	Moriarty	16	Seward	AK
231	Alexander	Carl	15	Eagle River	AK
232	Max	Pfeiffenberger	15	Seward	AK
233	Ben	Martensen	17	Anchorage	AK
234	Neil	Lindquist	15	Moose Pass	AK
235	Blaise	Rinner	12	Anchorage	AK
236	Logan	Dudinsky	17	Eagle River	AK
237	Cole	Valantas	16	Anchorage	AK
238	Tasman	Duenow	17	Anchorage	AK
239	Cody	Bryden	15	Moose Pass	AK
240	Rennick	Heatwole	13	Anchorage	AK
241	Corbin	Smith	15	Anchorage	AK
242	Carter	Eaton	17	Anchorage	AK
243	Coby	Marvin	11	Palmer	AK
244	Jaxon	Lee	15	Palmer	AK
245	Teddy	Bahr	17	Anchorage	AK

246	Zac	Buckbee	12	Soldotna	AK
247	Trey	Ingalls	15	Seward	AK
248	Eli	Robinson	14	Anchorage	AK
249	Casey	Bryden	12	Moose Pass	AK
250	Forrest	Larson	17	Anchorage	AK
251	Trapper	Allen	17	Seward	AK
252	Logan	Larson	14	Anchorage	AK
253	Braun	Precosky	10	Anchorage	AK
254	Aiden	Gannon	17	Anchorage	AK
255	Bret	Brumbaugh	14	Anchorage	AK
256	Kael	Westbrook	10	Eagle River	AK
257	Dylan	Garbe	17	Eagle River	AK
258	Blake	Hanley	12	Anchorage	AK
259	Johnny	Stull	11	Yokota Air Base, Fussa	JAPAN
260	Andrew	Arthur	12	Soldotna	AK
261	London	Lee	12	Palmer	AK
262	Mason	Elhard	10	Seward	AK
263	Olin	Liljemark	10	Seward	AK
264	Tylere	Vinciguerra	13	Palmer	AK
265	Sebastian	Kogl	12	Valparaiso	IN
266	Tucker	Lien	15	Eagle River	AK
267	Kai	Meyers	17	Anchorage	AK
268	Jonah	Gage	15	Wasilla	AK
269	Nathan	Hankins	12	Seward	AK
270	Connor	Degnan	16	Seward	AK
271	Liam	Fick	16	Anchorage	AK
272	James	Auld	13	Wasilla	AK
273	Cole	Posthumus	14	Eagle River	AK
274	Henry	Zidek	11	Anchorage	AK
275	Ben	Michaelson	17	Anchorage	AK
276	Samuel	Anders	10	Kenai	AK
277	Keenan	Berrigan	11	Palmer	AK
278	Jebediah	Marvin	9	Palmer	AK
279	Leon	Daugherty	15	Eagle River	AK
280	Rylan	Kirby	9	Eagle River	AK
281	Beck	Bethard	11	Anchorage	AK
282	Aidan	Houser	12	Palmer	AK
283	Daniel	Ferucci	13	Anchorage	AK
284	Paul	Cvancara	13	Anchorage	AK
285	Ransom	Hinshaw	10	Anchorage	AK
286	Race	Rome	15	Anchorage	AK
287	Max	Keller	16	Anchorage	AK
288	Finnigan	Donley	13	Anchorage	AK
289	Rowan	Robinson	12	Anchorage	AK
290	Ethan	Eski	13	Anchorage	AK
291	Hunter	Hayes	16	Wasilla	AK
292	Legend	Kopsack	9	Palmer	AK
293	Samuel	McLain	11	Seward	AK
294	Rider	Allen	12	Seward	AK
295	Bengimin	Ambrosiani	12	Seward	AK
296	Owen	Farr	13	Chugiak	AK
297	Nickolas	Ambrosiani	12	Seward	AK
298	Gregory	Fallon	12	Kenai	AK
299	Brendan	McMurray	17	Seward	AK
300	Clayton	Petersen	14	Seward	AK
301	Quinn	Humbert	8	Seward	AK
302	Talon	Lemme	11	Seward	AK
303	John	Van Buskirk	12	Seward	AK
304	Allen	Fisher	14	Seward	AK
305	Van	Shank	11	Seward	AK
306	Luke	Elhard	8	Seward	AK
307	Hunter	Forshee-Kurtz	11	Seward	AK
308	Everett	Cason	16	Anchorage	AK
309	Lance	Chilton	16	Soldotna	AK
310	Guy	Johnson	13	Mt Pleasant	SC
311	Henry	Michener	13	Eagle River	AK
312	Lyle	Johnson	17	Mt Pleasant	SC
313	Sebastian	Szweda	16	Indian	AK
314	Jaxon	Henrie	10	Anchorage	AK
315	Cru	Petersen	10	Catonsville	MD
316	Miles	Browne	12	Anchorage	AK
317	Beck	Haywood	16	Anchorage	AK
318	Finn	Mackinaw	17	Fairbanks	AK
319	Aaron	Maves	14	Anchorage	AK
320	Zachary	Crawford	13	Anchorage	AK
321	Avi	Johnson	17	Anchorage	AK
322	Colton	Merriner	11	Anchorage	AK
323	Robbie	Annett	11	Anchorage	AK
324	Anthony	Calvert	13	Palmer	AK
325	Rowan	Morse	14	Anchorage	AK
326	Jacob	Strausbaugh	11	Soldotna	AK
327	Gus	Olson	11	Anchorage	AK

328	Kai	Finch	8	Anchorage	AK
329	Ryan	Hansen	11	Anchorage	AK
330	Connor	Owens	17	Palmer	AK
331	Kaeden	Anderson	11	Anchorage	AK
332	Max	Hartke	17	Chugiak	AK
333	Alex	Cadieux	16	Wasilla	AK
334	Miles	Dennis	17	Chugiak	AK
335	Hyrum	Nelson	15	Eagle River	AK
336	Britton	Bethard	10	Anchorage	AK
337	William	Michener	17	Eagle River	AK
338	Charlie	Bland	10	Salt Lake City	UT
339	Liam	Browne	9	Anchorage	AK
340	Memphis	Stanley	8	Seward	AK
341	Tucker	Mechtenberg	13	Seward	AK
342	Sidney	Mechtenberg	9	Seward	AK
343	Lane	Petersen	10	Seward	AK
344	Derrian	Crenshaw/Carpenter	7	Seward	AK
345	Ridge	Conant	9	Seward	AK
346	Steven	Harshman	14	Seward	AK
347	Connor	Martin	13	Seward	AK
348	Noah	Bird	11	Seward	AK
349	Joseph	Walling	16	Palmer	AK
350	Bryce	Bethard	13	Anchorage	AK
351	Kelby	Buckley	15	Mill Valley	CA



BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
1	Riana	Boonstra	17	Kenai	AK
2	Katey	Houser	14	Palmer	AK
3	Adrianna	Proffitt	16	Chugiak	AK
4	Aubrey	LeClair	17	Anchorage	AK
5	Teagan	Smith	13	Anchorage	AK
6	Sadie	Benter	13	Anchorage	AK
7	Sadie	Lindquist	17	Moose Pass	AK
8	Colette	Zidek	13	Anchorage	AK
9	Kaitlyn	Kogl	14	Valparaiso	IN
10	Ivy	Eski	16	Anchorage	AK
11	Samantha	Legate	13	Anchorage	AK
12	Maria	Cvancara	15	Anchorage	AK
13	Erika	Arthur	15	Soldotna	AK
14	Morgan	Coniglio	16	JBER	AK
15	Roxanna	Reynolds	17	Anchorage	AK
16	Emily	Unrein	14	Seward	AK
17	Miracle	Fontana	15	North Pole	AK
18	Kiana	Trupp	16	Anchorage	AK
19	Naomi	Ifflander	16	Seward	AK
20	Lucy	Hankins	14	Seward	AK
21	Liz	Novakovich	15	Anchorage	AK
22	Zoe	Beiergrohslein	14	Eagle River	AK
23	Sarah	Warnke	17	Eagle River	AK

24	Allie	Dixon	13	Seward	AK
25	Brooklyn	Kopsack	16	Palmer	AK
26	Tali	Novakovich	12	Anchorage	AK
27	Brianna	Hansen	16	Anchorage	AK
28	Aliann	Schmidt	17	Soldotna	AK
29	Danica	Schmidt	17	Soldotna	AK
30	Sarah	Uschmann	14	Palmer	AK
31	Colleen	Haan	17	Palmer	AK
32	Haley	Buckbee	17	Soldotna	AL
33	Keegan	Lorring	14	Soldotna	AK
34	Annika	Nilsson	14	Seward	AK
35	Brooke	Wagner	11	Eagle River	AK
36	Kellie	Arthur	17	Soldotna	AK
37	Kylar	Westbrook	12	Eagle River	AK
38	Gwyneth	Gavalya	17	Chugiak	AK
39	Josephine	Crawford	15	Anchorage	AK
40	Emily	Anger	10	Seward	AK
41	Katie	Stull	15	Yokota Air Base, Fussa	JAPAN
42	Quincy	Donley	15	Anchorage	AK
43	Maria	Bunch	11	Seward	AK
44	Emerson	Lorring	12	Soldotna	AK
45	Aila	Berrigan	15	Palmer	AK
46	Brittyn	Werner	15	Palmer	AK
47	Araya	Fejes	15	Seward	AK
48	Emma	Craig	15	Soldotna	AK
49	Zoe	Chang	14	Anchorage	AK
50	Sorcha	Bowers	13	Anchorage	AK
51	Shelby	Sieminski	14	Seward	AK
52	Elizabeth	Johnson	17	Anchorage	AK
53	Patricia	Casey	13	Eagle River	AK
54	Tiernan	Mcgrath	16	Seward	AK
55	Brianna	Gill Anderson	11	Anchorage	AK
56	Hanna	Henrie	14	Anchorage	AK
57	Breanna	Day	16	Eagle River	AK
58	Haley	Finch	11	Anchorage	AK
59	Julianne	Auld	16	Wasilla	AK
60	Margaret	Adams	9	Anchorage	AK
61	Grace	Annett	17	Anchorage	AK
62	Abigail	Beveridge	17	Anchorage	AK
63	Kalyn	McGillivray	17	Soldotna	AK
64	Renee	Elhard	13	Seward	AK
65	Azalea	Daugherty	11	Eagle River	AK
66	Ella	Silverman	15	Anchorage	AK
67	Lake	Bethard	12	Anchorage	AK
68	Sophia	Cvancara	15	Anchorage	AK
69	Eden	Rinner	9	Anchorage	AK
70	Tagan	Rinner	10	Anchorage	AK
71	Anevay Marie	Ambrosiani	15	Seward	AK
72	Abigail	Tidlow-Tranel	11	Skagway	AK
73	Olivia	Tidlow-Tranel	10	Skagway	AK
74	Alexis	Black	15	Anchorage	AK
75	Isabella	Dammeyer	15	Soldotna	AK
76	McKenna	Meyers	12	Seward	AK
77	Julia	Johnson	16	Anchorage	AK
78	Grace	Blohm	16	Wasilla	AK
79	Amy	Baxter	17	Palmer	AK
80	Brooklyn	Bailey	11	Anchorage	AK
81	Addison	Bailey	10	Anchorage	AK
82	Natalie	Sieminski	11	Seward	AK
83	Leah	Fallon	14	Kenai	AK
84	Brianna	Bailey	10	Anchorage	AK
85	Jordan	Strausbaugh	14	Soldotna	AK
86	Dareena	Doyle	17	Kenai	AK
87	Claire	Anger	8	Seward	AK
88	Kylie	Judd	17	Anchorage	AK
89	Keira	Dixon	11	Seward	AK
90	Addison	Lemme	11	Seward	AK
91	Wren	Dougherty	14	Seward	AK
92	Hana	Cooney	15	Moose Pass	AK
93	Alexi	Walker	12	Seward	AK
94	Hannah	Farr	14	Chugiak	AK
95	Leah	Bland	13	Anchorage	AK
96	Kendall	Kramer	16	Fairbanks	AK
97	Nowelle	Spencer	15	Anchorage	AK
98	Catherine	Uschmann	15	Palmer	AK
99	Ainsley	Rinner	14	Anchorage	AK
100	Teresa	Fallon	9	Kenai	AK
101	Kiah	Widener	15	Anchorage	AK
102	Noelle	Buck	11	Wasilla	AK
103	Hannah	Gross	16	Anchorage	AK
104	Erin	Lowe	13	Anchorage	AK
105	Kalima	Glascott	12	Anchorage	AK

106	Ryah	Thrall	7	Seward	AK
107	Meika	Lee	12	Palmer	AK
108	Claire	Nelson	15	Eagle River	AK
109	Madeleine	Reckmeyer	12	Anchorage	AK
110	Emma	Axelsson	16	Fairbanks	AK
111	Ruby	Tarango	12	Seward	AK
112	Bergen	Parrish	8	Anchorage	AK
113	Emily	Gage	17	Wasilla	AK
114	Abigail	Robinson	14	Anchorage	AK
115	Sofija	Spaic	16	Palmer	AK
116	Amanda	Michener	15	Eagle River	AK
117	Kaebrii	Weaver	11	Anchorage	AK
118	Harper	Willman	9	Anchorage	AK
119	Caitlin	Gohr	17	Anchorage	AK
120	Jaelyn	Crites	9	Seward	AK
121	Piper	Belmear	14	Eagle River	AK
123	Skyler	Belmear	12	Eagle River	AK
124	Josie	Andrews	9	Seward	AK
125	Brooklyn	Shankar	8	Anchorage	AK
126	Maire	Hartman	12	Anchorage	AK
127	Alivia	Bailey	8	Anchorage	AK

128	Brighton	Bailey	8	Anchorage	AK
129	Alana	Lim	13	Anchorage	AK
130	Jade	Simek	16	Anchorage	AK
131	Ava	Cook	14	Eagle River	AK
132	Dylenn	Donovan	8	Eagle River	AK
133	Olive	Jordan	8	Seward	AK
134	Amelia	Stanley	7	Seward	AK
135	Riley	Stanley	7	Seward	AK
136	Sophie	Wright	15	Palmer	AK
137	Hannah	Nelson	14	Anchorage	AK
138	Megan	Nelson	13	Anchorage	AK
139	Marley	Dixon	7	Seward	AK
140	Winter	Wallace	7	Anchorage	AK
141	Anna	Burrup	9	Eagle River	AK
142	Ada	Burrup	10	Eagle River	AK
143	Hailey	Ingalls	12	Seward	AK
144	Juniper	Ingalls	9	Seward	AK
145	Olivia	Jones	10	Seward	AK
146	Audrey	Bird	9	Seward	AK
147	Mia	Nappi	12	Seward	AK
148	Alta	Liljemark	8	Seward	AK

Age Group Records

Junior Race

The Junior Race (ages 7-17) began in 1964. The age group divisions were created in 1994. This race follows the same route as the senior race but racers turn around halfway to the summit. Junior racers may race as individuals as well as on teams.

Boys' Record: Bill Spencer 1973 24:30

Girls' Record: Allison Ostrander 2014 28:54

Boys' Age Group Records

7- 11 Aaron Thrall 1994 30:51

12-14 Michael Marshall 2010 28:48

15-17 Miles Knotek 2011 26:18

Girls' Age Group Records

7- 11 Allison Ostrander 2008 37:35

12-14 Allison Ostrander 2011 30:32

15-17 Allison Ostrander 2014 28:54

Women's Race

In 1985, a separate race for women was established with 54 women finishing the race. In 1996, the race was filled for the first time with 300.

Record: Emelie Forsberg 2015 47:48

Women's Age Group Records

18-29 Emelie Forsberg 2015 47:48

30-39 Carmen Young 1986 50:54

40-49 Teresa Brady 2007 58:42

50-59 Sheryl Loan 2012 59:23

60-69 Ellyn Brown 2015 1:08:12

70-79 Mary Hensel 2008 1:57:02

Men's Race

The challenge of the mountain entices racers every year and intrigues visitors from all over the world.

Record: David Norris 2016 41:26

Men's Age Group Records

18-29 David Norris 2016 41:26

30-39 Eric Strabel 2013 42:55

40-49 Trond Flagstad 2012 44:26

50-59 Barney Griffith 2012 48:09

60-69 Thomas Coolidge 2013 59:14

70-79 Fred Moore 2010 1:07:09

80-89 Corky Corthell 2009 1:52:59

Joel Krahn PHOTOGRAPHY

The Mount Marathon Event Guide features photos by Joel Krahn, an award-winning photojournalist and editorial photographer based in Vancouver, BC.



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Independence Day Celebration

SCHEDULE OF EVENTS

Monday, July 2nd

12-6 pm Some festival booths open (Adams & Washington Streets)

Tuesday, July 3rd

9-6 pm Festival booths open (Adams & Washington Streets)
5-8 pm Bib pick-up (Seward High School)
7:00 pm Raffle & Auction for Men's and Women's Race (Seward High School)
7:45 pm Race Safety Meeting (Seward High School)
Midnight Fourth of July Fireworks Display presented by Subway (waterfront)

Wednesday, July 4th

8:00 am Race HQ at Rae Building (125 Third Avenue, between Railway & Washington)
9:00 am Festival booths open (Adams & Washington Streets)
8:40 am Opening Ceremony (grandstand on Fourth Avenue, between Washington & Adams)
8:50 am The "Star Spangled Banner" sung by Teresa Koop
9:00 am Annual Pie Sale at the Methodist Church (Fourth & Church)
9:00 am Junior Mt. Marathon Race – Fourth & Adams
10:45 am Mini Mount Marathon Racer Round Up (Fourth & Adams)
11:00 am Chicken BBQ at the Catholic Church (Fifth & Jefferson)
11:00 am Sloppy Joe Booth at the Lutheran Church (Third & Jefferson)
11:00 am BBQ Rib Feed at the American Legion (Fifth & Jefferson)
11:00 am Wells Fargo Family Games (Fire Hall on Fourth Avenue)
11:00 am Men's Race 1st Wave – Fourth & Adams
11:05 am Men's Race 2nd Wave – Fourth & Adams
11:15 am Mini Mount Marathon Race for 2-6 year olds (Fourth & Adams)
1:00 pm July Fourth Parade (downtown; see p.12)
1:30 pm Revival Nail Driving Competition (Ages 18 & Up – Fire Hall on Fourth Avenue)
2:00 pm Wells Fargo Family Games (Fire Hall on Fourth Avenue)
2:00 pm Women's Race 1st Wave – Fourth & Adams
2:05 pm Women's Race 2nd Wave – Fourth & Adams
6:00 pm Awards Ceremony – AVTEC Gymnasium (519 Fourth Avenue, between Madison & Monroe)



Joel Krahn Photography

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