

95th Running Mount Marathon Race



Welcome to Seward for The 4th of July

RACE TIMES

All races take place on July 4th on Fourth Ave.

JUNIORS — 9 a.m.
Mass start for boys & girls

WOMEN — 11 a.m.
Three waves at three minutes apart

MINI MT MARATHON - 11:08 a.m.
Round up begins by First National Bank at 10:45 a.m.

MEN — 2 p.m. on July 4th
Three waves at three minutes apart

See rosters inside for the full slate of runners. The rosters do not reflect changes made after June 16.

FESTIVAL INFORMATION

Booths along Adams and in lots along Fourth Ave.

SUNDAY, JULY 2 — 12 p.m. - 6 p.m.

MONDAY, JULY 3 — 10 a.m. - 7 p.m.

TUESDAY, JULY 4 — 9 a.m. - 6 p.m.

See inside for a full list of vendors and a detailed schedule of games and events going on throughout Seward all festival long!

Welcome to Seward for the 95th running of the Mount Marathon Race, the oldest and zaniest mountain race in North America!

We're thankful to again hold the race and the festival on the Fourth of July.

Start times this year are 9 a.m. for the juniors, 11 a.m. for the women and 2 p.m. for the men. And don't forget the exciting Mini Mount Marathon for 2-6-years-olds starting at 11:08 a.m.

If you've never watched from the base of the mountain at the end of Lowell Canyon Road, announcer Adam Verrier returns to engage and inform spectators there. Other viewing options include staying downtown (and using binoculars to view racers' progress) or ascending onto Mount Marathon itself on the Jeep Trail on First Ave.

This year's roster includes a record number of lottery winners and first-time racers. Help give them a Mount Marathon welcome they'll never forget!

This guide features an event schedule, Fourth of July Festival info, great photos and rosters with bib numbers for each race — plus an article about the legacy of the late Tom Gillespie, a feature on several rookie racers, insight into the wonderful life of Rubye Mayflower Blake, and a story about our expanded Livestream coverage. You'll also find previews of all three races, including an attempt to break the 50-year-old junior record, a wide-open women's event and a stacked men's field of Alaskans challenged by runners from the Lower 48.

Whether you're a hardened Alaskan, a first-time visitor to Seward, a newbie racer or a veteran of dozens of Mount Marathons, we're stoked you're here and wish you and your families an amazing experience.

— The Seward Chamber of Commerce and Mount Marathon Race Committee

SEE INSIDE FOR MAPS, ROSTERS, RACE
PREVIEWS, FESTIVAL FUN, AND MORE



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Spectator tips

With three races throughout the day, you'll have plenty of time to see the race from different vantage points. You can watch the start and finish on 4th Avenue, or head to Jefferson Street and see how racers tackle the mountain base.

For those who want to do some climbing of their own, spectators are invited on the trail, but please take the **HIKING TRAIL**, which starts at the intersection of 1st and Monroe Streets.

For the safety of all runners and spectators, **NO DOGS**, leashed or unleashed, are allowed in the downtown area or along the race course. This includes all race trails on the mountain. There are **NO DRONES** allowed to be flown in and around the race course and downtown unless given prior approval.

Wherever you watch, be sure to obey race officials and volunteers. And definitely **STAY OFF the RACE TRAIL**. Racers have trained hard for the Mount Marathon Race; don't be the person who messes up their day.

Getting around town

Visitors are encouraged to carpool or enjoy a scenic train ride from Anchorage to reduce the amount of traffic in town around the Fourth of July. Once here, hop on our free shuttle—maps are available at the Visitor Center—call a taxi, or rent a bike to get around. If you do have a car, park legally and avoid blocking private driveways.

For summer 2023, the City of Seward Free Shuttle will operate from 11 a.m. to 6 p.m. with the first and last stops being at the Seward Railroad Depot. The 5-mile route takes about 30 minutes for the shuttle to complete. Be sure to look for the Seward City Tours bus with **FREE SHUTTLE** printed in red, and to use the designated shuttle stops.

Seward is compact and easy to navigate. The majority of activities and attractions are found within one mile of the boat harbor, so walking and biking—especially along the waterfront path—are quite feasible. Many hotels, lodges, and tour operators offer complimentary shuttles.



Scan the QR code to see the most up-to-date shuttle map available.





Race Previews

By Matias Saari

Coby Marvin eyes Bill Spencer's 50-year-old Junior Record

Coby Marvin isn't satisfied with running the second-fastest time in the history of the Mount Marathon junior race last year.

The 16-year-old phenom from Palmer has a goal to break the longest-standing record in Alaska running: Bill Spencer's 1973 mark of 24 minutes, 30 seconds, that hasn't been seriously challenged since he set it a half-century ago.

"I would like to get the record but I'll have to see how that goes," Marvin said. "But (Spencer's time) is out there."

Spencer, now 67, will be watching Marvin with interest on July 4.

"I think he'll do it this year," said Spencer, an eight-time men's race champion who also held the adult record for 39 years until Eric Strabel broke it in 2013.

Is Spencer rooting for Marvin?

"Oh yeah," Spencer said, adding that he'd like to witness his record go down while he's still participating.

Coby Marvin, whose mom Christy is a two-time Mount

Marathon women's champion, will have two cracks at the record — he isn't eligible to enter the men's race until 2025.

Marvin showed great form on June 3 at the Government Peak Race, where he became the first teenager to win an Alaska Mountain Runners Grand Prix event since the series was established in 2000.

Marvin, who ran 25:27 last year at Mount Marathon to out-duel Ali Papillon, will need to improve by nearly a minute to dethrone Spencer.

"I feel like I can go faster," Marvin said, adding that he's been achieving personal bests in both running and skiing this year. "I'd like to climb around 50 seconds faster, but that depends a lot on conditions."

Marvin calls the road-running portion of Mount Marathon his weak point that needs improvement, especially the last few minutes through town on tired legs. If Marvin is to be challenged

this year, candidates include Robbie Annett (third last year) and Vebjorn Flagstad of Anchorage (a rookie this year).

Annett won a state 1,600-meter track and field title this spring in a blazing 4 minutes, 24 seconds, and may very well lead the juniors to the base of the mountain. (Flagstad ran 4:37 and Marvin ran 4:42 at the state meet).

Flagstad, the 15-year-old son of two-time Mount Marathon men's champion Trond Flagstad, impressed onlookers by placing eighth overall in June's Knoya Ridge Climb.

Raven Spangler, 14, of Palmer, is another up-and-comer who placed fifth overall at the Government Peak Climb and was seventh in the MMR junior race last year.

Meanwhile, Papillon, who tried to chase down Marvin last year, has graduated from the junior race and will make his men's debut on Independence Day.



Coby Marvin hustles on the climb to secure victory in 2022. (Nelson Brown Photography)



Tania Boonstra descends the mountain in 2022. (Nelson Brown Photography)

Conway and the Boonstras Headline Junior Girls' Race

Rose Conway faced a seemingly impossible task in the 2022 girls' race when she rounded the junior pole that marks the halfway point.

Conway trailed Jayna Boonstra of Kenai by 33 seconds and her younger sister, Tania, by 66 seconds.

Then she blitzed a downhill of 8:59 to pass Jayna on the mountain and Tania on the homestretch to win in 33 minutes, 18 seconds.

Conway, 15, said she feels a target on her back this year.

"I'm feeling nervous but very excited!" Conway said by text. "It's one of my favorite days of the year."

Due to racing high school

track and field, Conway hasn't spent as much time training in the mountains as she would like to prepare for Mount Marathon. She visited the mountain in Seward for the first time on June 14.

If Conway can improve her up-hill time this year she'll be tough to beat given her downhill skills.

"I really wanted to cut time on my climb this year and I think I've done some good preparation for that," she said. "But you never really know until race day."

If one of the Boonstra siblings break through, she would join her father as a Mount Marathon champion: Todd Boonstra is a three-time Olympian in Nordic skiing and won Mount Marathon

four times.

Emily Moore of Eagle River (fourth in 2022) also returns. So does Seward's Olive Jordan, who was fifth overall as a 12-year-old in 2021 and sped up last year while matching that place.

Wren Spangler, age 11, is another one to watch: she took 10th at the Government Peak up-and-down race in June ahead of several women assigned to the first wave of this year's Mount Marathon Race.

The junior race, with 150 boys and 150 girls entered (but fewer who actually race), starts at 9 a.m. on July 4. Boys and girls begin together in a one-wave mass start.

Consistent Marvin, Inokuma Among Women’s Favorites

A safe bet for prognosticators is that Christy Marvin finishes the Mount Marathon Race in the top three with a time of 51 to 54 minutes.

Nine times, Marvin has toed the start line on Fourth and Adams. Nine times, she has sped through town, labored up the steep peak overlooking Resurrection Bay and careened down scree to achieve the aforementioned result.

Twice she’s won (2013, 2016), twice she’s been runner-up and five times she’s stood on the third step of the podium. Why would 2023 be any different?

“I love MMR and I think that is why I race fairly consistently,” said Marvin, who grew up in tiny Glennallen and now lives in Palmer at the base of Lazy Mountain. “My times vary a little with weather, conditions and fitness, but my heart is always there.”

For Marvin, what makes the race special isn’t necessarily her success, but the time spent in Seward with her husband, Ben, and three boys (all of them also place well).

“MMR is important to our family as we have built many memories around it,” she texted while in Seward in mid-June. “Camping together, playing together, training together, and praying together!”

Marvin, 42, now has company from another Palmer runner in her 40s in Meg Inokuma, who

made some rookie mistakes in 2022 but still took fourth.

Inokuma, 43, had an adventure/ misadventure during her run of 52 minutes, 51 seconds, last year. A superb climber, she reached the race summit in third place in less than 40 minutes. But on the descent, though she caught Rosie Frankowski, Inokuma was passed by Marvin and runner-up Hannah LaFleur.

Inokuma would have been even faster had she scouted and remembered the course better. She lost the trail and had to bush-whack to reconnect to it, turned right onto Third Avenue (instead of Fourth) on the homestretch and temporarily mistook the start line (Fourth and Adams) for the finish line (Fourth and Washington).

Asked what a good race for her in 2023 would be, Inokuma said “not make the mistakes I made last year ... (and) not get critically injured.”

Inokuma is not among those who spend as much time as possible on Mount Marathon learning its nuances.

“I’m not training specifically for it. I just like to play in the mountains,” she said.

Anchorage native Klaire Rhodes is currently attending graduate school in Reno, Nev., so hasn’t been running many mountains in Alaska. She’s also been focused on longer races and her efforts recently paid off with 21st place at the 40-kilometer Trail World Champi-

onships in Innsbruck, Austria.

“I’ve put myself in a lot of very competitive races this year, so I feel pretty confident that I can be in the mix (at Mount Marathon),” said Rhodes, who placed fifth there in 2021 and 2022. “I’m looking forward to that short, max effort that Mount Marathon always brings!”

As always, there are notable omissions.

Allie McLaughlin of Colorado stunningly set a new record of 47:09 last year but will not return.

Neither will two-time champion LaFleur, a kayak company owner in Seward who is pregnant with her first child.

And as of June 15, Moose Pass native Ruby Lindquist (second in 2021, seventh in 2022) was on the fence about whether to participate.

“I am feeling a little mentally and physically burned out and flat at the moment,” said Lindquist, a North Face sponsored athlete who has moved to Truckee, Calif., to train at altitude.

Tabor Hemming of Colorado has the top credentials among Lower 48 entrants. She’s spent much of 2021 and 2022 racing highly competitive events around the U.S. and Europe representing Salomon, which also sponsors Mount Marathon.

She isn’t particularly familiar with the competition in Seward, nor does she sound overconfident.

“I’m not (familiar) and I like it that way,” Hemming said while in California June 15 preparing for the



Meg Inokuma approaches the top of Mount Marathon in 2022. (Nelson Brown Photography)

Broken Arrow Skyrace. “It’s exciting to show up to events like (Mount Marathon) and see who will humble you on the day.”

Taylor Deal (nee Ostrander) of Anchorage has trail, mountain and road skills and is just happy she got a bib. Deal was not among the 45 percent of women who won a spot in the women’s lottery in March and she planned to try her luck in the July 3 auction before Salomon passed along its third and final sponsor slot.

Other wildcards include Tsaina Mahlen (seventh in 2021),

Denali Strabel (top five every year from 2015-2019), 20-year-old Sophie Wright (10th last year) and ultrarunner Meghan Adair, a rookie from Utah.

Speaking of rookies, 300 remain in the overall race, including 98 women. As of June 16, the women’s field included 284 Alaskans and 55 others from 19 states and one Canadian province.

Ellyn Brown of Anchorage and two-time champ Patti Foldager of Hope have the greatest longevity among women; each will seek her 40th finish in 2023.

Record-Holder Norris Highlights Impressive Men’s Field

Race record-holder David Norris may be the favorite for the 95th Mount Marathon, but there’s no shortage of compelling contenders this year.

There’s Lars Arneson, a three-time overall champion of the Alaska Mountain Runners Grand Prix. Arneson has won the majority of trail and mountain races he’s entered in recent years in Alaska and placed third at Mount Marathon last year.

There’s Thomas O’Harra, an elite Nordic skier who dipped under the 45-minute milestone last year while placing runner-up. (“I’ll just try to keep David in sight.”)

There’s Lyon Kopsack of Palmer, last year’s fourth-place finisher who has been nursing a torn leg muscle and simply strives to be on the Seward start line this Fourth of July. (“If I don’t have any setbacks I’m hoping to race.”)

There’s Mount Marathon rookie Jordan Theisen, who starred as a runner growing up in Kenai and now is a competitive biathlete in Vermont. (“Knowing that the race field is full of absolute monsters, a successful race for me would be performing well enough to leave an impact on my competitors.”)

There’s Cole Nash, an All-American cross-country runner at UAA whose labrum injury may force a medical deferral.

And there’s first-timer Tracen Knopp, the record-holder at the Resurrection Pass 50-miler, a race about 16 times longer than Mount Marathon.

And that’s just some of the

top Alaskans.

Even with the withdrawal of defending champion Max King of Oregon — race fans had been anticipating a rematch of Norris’ narrow win over King in 2018 — an ample supply of Outside talent will travel to the 49th state.

There’s Darren Thomas of Reno, Nev., who placed third in his 2021 debut. (“I am SO PSYCHED to be back in Seward this year.”)

There’s last year’s sixth-place finisher Alexander King (no relation to Max) of Trout Lake, Wash.

There’s former Alaskan Ali Pappillon of Manitou Springs, Colo., who is making his men’s debut after winning the junior race in 2021 and placing runner-up last year while setting the third-fastest time in juniors’ history.

There’s Irishman Paddy O’Leary of San Francisco, who won the famous Dipsea Race in California on June 11. (“I think with my fitness, I can be right there in the podium mix after the climb at the turnaround. ... But I am fully prepared to be humbled on the descent.”)

There’s Eli Hemming of Kremmling, Colo., a Salomon-sponsored runner who has spent the last two seasons racing around the globe in the Golden Trail Series.

And, finally, there’s Zach Miller, who is notorious for his aggressive — some might say reckless — racing tactics and placed sixth at the Trail World Championships 85-kilometer event on June 9 in Austria. (“Hopefully my

legs will be decently recovered as I want to try to finish in the top ten so I have the option of coming back next year.”) In 2020, Miller successfully petitioned the race committee for entry but hasn’t yet competed at Mount Marathon for various reasons.

Norris, for one, is impressed by the caliber of the competition.

“I’m psyched to see that this race continues to draw a world-class field of runners,” he said.

Norris grew up in Fairbanks, spent a lengthy stint in Anchorage while a member of the Alaska Pacific University elite Nordic ski team, and now lives and coaches in Steamboat Springs, Colo. He has won Mount Marathon all three times he’s entered, including a record run of 41 minutes, 26 seconds, in 2016. That performance earned Norris hero status for returning the record to an Alaskan after Spanish star Kilian Jornet had seized it from Anchorage’s Eric Strabel a year earlier.

This past winter, despite reducing his competitive skiing schedule and beginning to coach juniors in Steamboat Springs, Norris won the prestigious American Birkebeiner and placed 22nd at the World Championships 50K in Slovenia.


“I’m optimistic that my base from ski season and transition to running should set me up well to run a decent race,” he said.

A “decent race” for Norris may make him untouchable, given his supreme climbing ability and technical downhill savvy.

But if Norris is slightly off his game and even one of the aforementioned racers overachieves, there could be drama on Fourth Avenue

Meanwhile, the ageless Fred Moore of Seward returns for his 53rd consecutive race. Last year, at 82, Moore — who has raced every Mount Marathon held since 1970 — completed the arduous course in 1:32, nearly an hour faster than the 2:30:00 cutoff for an official finish.

Another octogenarian, Chad Resari, finished officially in 2:29 in 2021 at the record age of 85. He completed the course last year, but beyond the cutoff. Now 87, Resari, a former physical education teacher, returns as a “Golden Racer”; he’ll go halfway up the mountain and back to town to the amazement and delight of Seward’s Independence Day crowd.



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Seward is full of FESTIVAL FUN

Fuel up before the race with some delicious food, pick up a souvenir to congratulate a racer, or try on a new pair of trail running shoes after being inspired by our runners!

The 2023 Seward Fourth of July Festival begins Sunday, July 2, with some vendors and booths at Adams St. and Fourth Ave. opening at noon. Festival activities continue through 6:00 p.m. on Tuesday, July 4.

VENDOR BOOTH SCHEDULE

Sunday, July 2:	12 PM – 6 PM	(some vendors)
Monday, July 3:	10 AM – 7 PM	(all vendors)
Tuesday, July 4:	9 AM – 6 PM	(all vendors)



SCAN THE ABOVE CODE FOR A FESTIVAL VENDOR MAP



Kids Games!

Seward will be host to a variety of family and community-oriented events all weekend long! You don't have to be racing to get a little competitive in Seward this Fourth of July!

Be sure to stop by Church Street and throughout downtown to see what family activities are planned for the day.

Thanks to the organizations hosting the events!



Games Schedule

SCAN THIS CODE FOR THE MOST CURRENT SCHEDULE

SUNDAY, JULY 2ND

6 PM -8 PM Skate Night (at AVTEC GYM, presented by Seward City Church)

MONDAY, JULY 3RD

10 AM-6 PM	Cornhole, basketball, water balloon toss & more, hosted by Seward Parks & Rec
11 AM-6PM	Bouncy House, hosted by Spruce Lodge
12 PM	Musical Chairs, hosted by AVTEC
1 PM	Bear Arm Wrestling, hosted by Good Buds
2 PM	Tug of War, hosted by Kenai Fjords Tours
3 PM	Egg Toss, hosted by Seward Chamber of Commerce
4 PM	Slow Bike Race, hosted Seward Bike Shop
5 PM	Ring Toss, hosted Seward Pride Alliance
7:30 PM	Downtown Fish Toss, hosted by the Seward Chamber & sponsored by OBI Seafoods
8:15 PM	Grease Pole, sponsored and hosted by Catalyst Marine

TUESDAY, JULY 4TH

9AM-5 PM	Cornhole, basketball, water balloon toss & more, hosted by Seward Parks & Rec
11:30 AM	Sawdust Hunt hosted by American Legion Post #5 & Andrew's and Sons
12PM	3-Legged Race, hosted by Stoney Creek Canopy Adventures
1:30 PM	Bowling, hosted by Youth 360
5:00 PM	Chubby Bunny Contest, hosted at Miller's Landing
6:00 PM	Lowell Point Fish Toss, hosted at Miller's Landing

Introducing the Seward Scavenger Hunt

SUBMIT PHOTOS OF YOUR TIME IN SEWARD FOR A CHANCE TO WIN

While you're out and about enjoying all the festivities, be sure to take a photo and submit it in the Seward Scavenger Hunt.

Take a selfie with your favorite vendor or snap a picture of the best float in the parade. Each photo you submit counts as one entry into our raffle, earning you a chance to win great prizes donated by our vendors and sponsors!

The more fun you have, the more chances you have to win!



Or visit platform.crowdriff.com/seward-4th

SCAN THIS CODE OR VISIT THE URL TO SUBMIT YOUR PHOTOS!

WE'RE EXCITED TO WELCOME A RECORD NUMBER OF VENDORS TO DOWNTOWN SEWARD THIS YEAR!

- Pioneer Peak Pretzel
- GG Macs
- Linnea Boreal Silverworks
- Alaska Soft Serve Co
- Arctic Pups Dog Gear
- Blue Hour Jewellery
- Beachcomber Creations
- Shyine Designs
- Alaska Girls Kick Ass
- It's Us
- La Joya
- Bear Botanicals CBD
- Deb's Upcycled Designs
- Downtown Seward House
- Hot Dogs Ala Carte
- Dippin' Dots
- Eli's Dyes
- Alpine Fit
- Array of Sweet & Savoury
- Art By Hailey Morgan
- Foo Foo's
- Alaska Highway Safety Office
- Moosequito Eatery
- Bitchin' Biscuits
- I.G.L.8
- King's Custom Designs
- Nonkie Bés Cajun Faves
- Halibut House
- Caines Head Coffee Company
- Wisconsin Cheese Store
- Original Gourmet Ice Cream Bars
- The Toy Lady
- Always June Alaska
- The Corn
- Sockeye36
- Dark North Art Co
- Happy Hippie
- Big Wild Alaskan Eats
- Swoop
- Stitched by Lizabella
- Higher Endeavors Digital Solutions
- Lighthouse Cafe & Bakery
- Arctic Wonder Marketplace
- SOA Dept. of Corrections
- SOA Division of Forestry & Kenai National Wildlife Refuge
- Alaska Russian Dumplings
- Seward High Track
- Clearview Creations
- Resurrection Bae
- Sipping Streams Tea Company
- Arctic Wax Art
- K. Paulson Illustrations
- Crafty Pickers
- Seward Coffee Company
- Smokehouse BBQ LLC

Parades on land and sea!

The Seward Chamber of Commerce is excited to host two parades this 4th of July holiday. Of course, we'll continue our time honored tradition of a parade through our downtown in between the women's and men's Mount Marathon Race. We're also continuing our newest tradition, the boat parade, now in it's third year!

Boat Parade - July 3rd at 11 p.m.

Join us at the Seward 4th of July Boat Parade on July 3rd at 11 p.m. It will take place right before the fireworks display along the waterfront near the Seward Boat Harbor. The theme this year is Pirates of Resurrection Bay. Cheer on the boat passengers and don't forget to vote for your favorite pirate ship! Only one can take home the gold.

Float Parade - July 4th at 1 p.m.

For a short period, the streets are taken over by floats instead of runners as the parade makes its way through Seward's historic downtown and waterfront. Almost every organization in town contributes a float! Make sure you secure a spot before it begins at 1:00 p.m. on Monday, July 4th.

Sensitive to loud noises and sound? This year the first block of the parade along Second Avenue will be a QUIET ZONE for those who may not like the sound of loud horns and sirens.



SCAN THIS CODE
TO VOTE FOR YOUR
FAVORITE FLOAT IN
EACH PARADE!

The Annual July 4th Fireworks Show!



The fireworks display begins at 12:01 a.m. on Tuesday, July 4th, marking the official start of the holiday.

You can view the fireworks display just about anywhere in town, but some popular viewing spots include the Waterfront Park or the Seward Boat Harbor.

As a reminder, dogs are not allowed throughout the festival, so please leave them at home! Be sure to collect all belongings and garbage.

The annual fireworks display is presented by the Seward Chamber of Commerce with the following community partners:

- JAG Alaska
Sunny Cove Kayaking
Seward Ocean Excursions
Firebrand BBQ
- Gateway Hotel
Major Marine Tours
Harbor 360 Hotel

Thank you to our 2023 fireworks display sponsors!





Honoring Tom Gillespie

By Ally Burdett

Tom Gillespie was born and raised in Seward. Like many Seward locals, the majority of his childhood was spent outdoors-hiking, fishing, trapping, hunting. As he got older, trail running and mountaineering were some of his favorite things to do. Tom whole-heartedly embodied what it means to be an Alaskan. Ask most locals in Seward about Tom and they'll have an amazing story about his adventurous life.

Climbing mountains was a part of who Tom was. In 1996, Tom and his friends were crossing the Harding Icefield after they meticulously planned the trip for weeks beforehand, when an unexpected

blizzard hit, trapping the men in their tents for three days. With determination that not many hold within themselves, the men eventually made the dreary trek back home to Seward.

An Alaskan that was always hungry for adventure but never full, you will understand why this wasn't the only time Tom got stuck adventuring with friends in a blizzard.

In 2008, Tom climbed and camped on top of the Hearth Mountain on the Kenai Peninsula which boasts 6182 feet of elevation. The trip took five days of battling with harsh Alaskan conditions. Tom and his friends had previously attempted to summit the mountain in the 1980s, but

were forced to turn back due to bad weather. He never stopped thinking about his goal to reach the top. Years later, standing at 6182 feet of elevation and strong icy winds, he had finally done it.

Tom was also a hard worker. He operated heavy machinery at Metco for 30 years, often taking on the toughest of jobs.

In the dark winter nights, when snow would fall for hours, Tom would be that person plowing the snow in the early mornings so it would all magically disappear on your way to work.

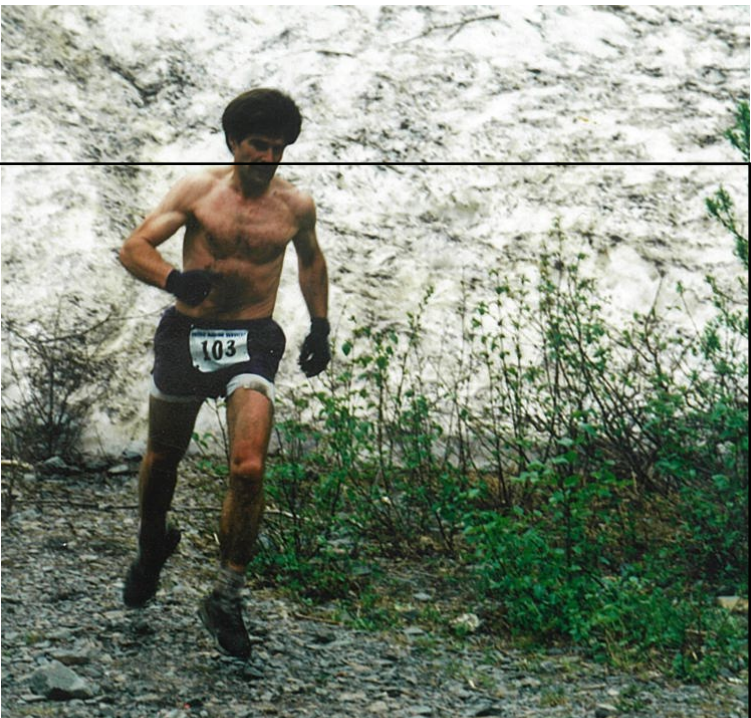
When Seward faced floods, Tom would take charge of damage control in his excavator by the Lowell Point waterfall. The riskiness of this work combined with the intensity of the weather did not go unnoticed, with a video of him at work even going viral on Facebook.

Like many Sewardites, the Mount Marathon Race was always in Tom's heart. He first participated in the men's race when he was 25 years old. Unlike most racers, Tom was never really known to train for the marathon. He treated the trail like any other mountain or peak he would explore.

Showing up was his training. And, it seemed to work well for him. Tom ran the men's race 16 times, placing in the top 15 overall 10 times. In 1993, he held the 40-49 age group record at 52:33. He ran his last race in 2014 at 61 years old.



Tom enjoys winters at his family home on Bear Lake. (Photo courtesy of Gillespie Family)



Tom reaches the bottom of the mountain on race day. (Photo courtesy of Gillespie Family)

His wife, Cathy, recalls a time when Tom was longshoring more than 12 hours a day. On his lunch break, he showed up for his Mount Marathon start time, ran the race in under an hour, and made it back in time for his shift.

The race was also a family tradition. Both of his sons, Austin and Dylan Gillespie, would also participate in the festivities. Austin won the junior race in 2008.

If Tom wasn't participating in the Mount Marathon Race, he was volunteering for it. The year a man went missing on the moun-

tain, Tom was one of the first to volunteer in the search efforts. He spent hours navigating the mountain that can be so unforgiving. And unforgiving it was- Tom often volunteered at the bottom of the chute, where he provided aid to several injured runners.

Tom passed on May 13 after an unbelievable two-year battle with cancer. Despite also losing mobility in the right side of his body after a stroke in 2021, Tom spent his last two years smiling, laughing and getting outside at any opportunity he could.

"Although I only knew Tom for a few short years, I see him in every aspect of Seward. That is because he embodies the spirit of Seward. The spirit of perseverance, strength, remaining humble, of adventure, of beauty."

-- Ally Burdett

Remembering Rubye Mayflower Blake



Rubye approaches the race finish line in style. (Photo courtesy of Foldager Family)

By Denali Strabel

Growing up in Seward means Mount Marathon is the backdrop of your childhood. In the mountain's shadow, Rubye Mayflower Blake grew up learning how to navigate steep terrain and scale razor-sharp cliffs. She enjoyed a childhood full of adventure as she explored nearly every inch of Mount Marathon.

Rubye was a Sewardite, intertwined with the mountains and the sea. She enjoyed field trips to the Mount Marathon bowl, having picnics halfway up the trail, sunbathing on the cliffs, and icing her legs in Resurrection Bay. Like

many, Rubye didn't necessarily enjoy climbing Mount Marathon's steep slope. Instead, the view of the world below kept her climbing up the mountain. With the sight of Resurrection Bay from way up high, she'd sit and watch the boats buzz around, the waves crash about, and the reflection of the sparkling water.

The Mount Marathon Race, the actual race part, was secondary to Rubye. She loved the atmosphere around Mount Marathon. She called it a family event. She loved to be obnoxiously patriotic and enjoy the day her hometown became engulfed with racers, spectators, vendors, and food trucks

- a day where our humble nature takes a back seat, and it's as if everyone can finally keep up with her trash-talking. Rubye loved the entertainment of our modern-day gladiator show, but she also respected the mountain, and anyone else who felt the same. Mount Marathon deserves respect.

Rubye grew up in front of a crowd on a mountain with other locals who got an early start to the daunting race. She followed in her parents' footsteps as she became more involved in the Mount Marathon Race. Rubye took rookies under her wing, guided them to participate confidently, and encouraged everyone to go up the mountain at least once. Her unwavering love is shown through her actions. Rubye created a fun experience for many while suffering on Mount Marathon's aggressive grade alongside them.

Rubye physically left us on May 5, 2023.

In her racing career, Rubye finished the junior race seven times and the senior race eight times. Her highest finishes were a couple of runner-ups as a junior and 14th in the senior race. Outside of racing, Rubye helped bring children up the mountain. She also took friends and out-of-towners up. Rubye wanted people to love her hometown mountain, to be safe, and have a good experience. Rubye's support was above and beyond. Her twin sister broke the downhill record because of her race day pep talk. Rubye had a way of making you

believe anything is possible.

She is a daughter of the mountain, and may her spirit put a smile

on our faces as we take on the grueling Mount Marathon Race once again.



For the Foldager family, Mount Marathon is a family affair. (Photo courtesy of Foldager Family)

"I will miss hearing her yelling as I cascade down the soft shale. I'd throw myself down the mountain and wait for that familiar screech. Her cheering for me would echo and break my concentration... I will miss the race day trash-talking and the bets placed on who will be the last Foldager across the line."

-- Denali Strabel

Rookie Season: Get to know the new racers

By Doyle Woody

Todd Power

As a longtime hiker and search-and-rescue volunteer in the northwest corner of the Pacific Northwest – Burlington, Wash. – Todd Power savors the mountains and the backcountry. And as a survivor of colon cancer after a decade-long battle that included multiple surgeries and staggering chemotherapy, he doesn't wilt in the face of challenge.

Several years ago, Power surfed online and stumbled across Seward's Mount Marathon, the annual Fourth of July race in which athletes slog up the steeply angled 3,022-footer and roar down its perilous descent. Power was smitten.

"I went, 'I can do that,'" Power recalled. "It's uniqueness – I'd never seen anything like that before. And I like a challenge."

That triggered ambition: Wouldn't it be cool to race Mount Marathon on his 60th birthday, July 4, 2023, to simultaneously check off another challenge, celebrate remission and give cancer the finger?

One big problem: The semi-joke is that the only thing harder than racing Mount Marathon, with its limited-entry men's, women's and junior fields, is getting into it. Some newbies buy their way in through the annual auction, but that often costs four figures. A few elite athletes are granted bids to boost the quality at the front of the fields. Most rookies, though, get into the race through the annual lottery, where the odds have historically been long.

Power's son, Scott, found a workaround. Last September, Scott petitioned the race committee, outlining his father's long fight with cancer and his dream of racing Mount Marathon. Todd Power was granted a special exemption.

"I'm excited," said Todd, an industrial mechanic. "I'm always up for an adventure."

Power will be one of about 300 rookies – a record number, Saari said – racing the 95th edition. Scott and his brother Nathan will be there to celebrate with their dad (they hoped to also race but lost the lottery).

The record number of rookies is the result of a change, instituted for the 2021 race, in qualifying conditions. An athlete must finish in the top 50 percent of their age group to automat-

ically qualify for a spot in the following year's race. Previously, a runner only had to finish among the top 225 in their gender to seize a spot the following year.

"What the new rule did was open up a lot of slots," Saari said. "And now you have a shot at getting in through the lottery, where it used to be a prayer."

Before the rule change, Saari said, the odds of snagging a lottery spot in the men's field was down to about 3 percent. That number this year was 24 percent, Saari said, and women in the lottery this year had a 45 percent chance of getting in.

Todd Power said he's been hiking the steepest terrain he can find five times a week, strapped to a backpack. He also joined a gym and has been crushing a stair-climbing machine. All that work will benefit his search-and-rescue duties too.

"I've got to be able to keep up with those 20- and 30-year-olds in the mountains, so I'm training all the time," he said.

Jessie Pooler

Jessie Pooler of Duluth, Minn., became enamored with Mount Marathon when she lived in Alaska in the 2010s. She's climbed the mountain, even time-trialed it. And she's competitive too – she won her age group in the 2.5-mile America's Uphill in Aspen, Colo., in 2018, and finished ninth overall among women. That March race features 3,267 vertical feet of climbing and finishes at an altitude of more than 11,000 feet. Pooler in 2018 entered the Mount Marathon lottery, and was devastated when she did not get lucky.

"I literally cried and took the rest of the day off work," she recalled. Last year, though, Pooler won a bib through the lottery, and could not have been more psyched.

"When I got in," she said, I literally jumped up and down, like a little kid getting a lollipop."

Pooler received a medical deferral last year when she became pregnant prior to the race. She and fiancé Matt Peck welcomed daughter Zaylie earlier this year. Pooler, 35, an academic coach in student support services at the University of Wisconsin-Superior, is a longtime runner, dating back to middle school. Difficulties post-birth has her chasing fitness, but she's amped to race

on Independence Day.

"I'm stoked to finally do it," Pooler said, "but I'm a little bit nervous."

A family takes on the race together.

Meanwhile, Erin Thrall of Seward isn't technically a Mount Marathon rookie. She competed as a junior, then raced five consecutive times after aging into the senior division in the early 2000s. She is returning to Mount Marathon for the first time since 2006. Daughter Ryah (12) and son Cason (9), both entered in the junior race, and coaxed their mom into applying for the lottery, where she cashed in.

"They were like, 'C'mon, Mom, you should put your name in,'" Erin said. "I don't know – trying to inspire my kids? I don't know what I'm thinking. I know how dangerous it is. It's exciting, and it's frightening."

Thrall said she hasn't missed the Fourth of July in Seward since her family moved there from Washington state in 1989.

"We don't miss the Fourth of July here, ever," she said. "It's ingrained in us. It's part of being a local."

Thrall and her extended family will be all over Mount Marathon on race day. Besides her and her children, her sister Amy, brother Jimmy and three other related juniors will compete.

Thrall said she is thrilled her

kids will experience the race together – Ryah competed last year – and see mom compete too.

"I want them to have a blast," she said. "It gives me goosebumps just thinking about it."



Todd Power will be toeing the line for his first race this year (Photo courtesy T. Power)



Erin Thrall returns to the Mount Marathon Race alongside her kids. (Photo Courtesy of E.Thrall)



Jessica Pooler took 9th place in the America's Uphill in 2018. (Photo courtesy of J. Pooler)

OUTDOOR BEER
GARDEN

FLAMINGO
Lounge

SEWARD, ALASKA

FIND US AT THE
FINISH LINE
JULY 2-4
12-8PM



JUNIOR RACE 2022 - PC NELSON BROWN

JUNIOR GIRLS' ROSTER

BIB	NAME	AGE	HOMETOWN
-----	------	-----	----------

201	Rose Conway	15--17	Anchorage, AK
202	Tania Boonstra	15--17	Kenai, AK
203	Jayna Boonstra	15--17	Kenai, AK
204	Emily Moore	15--17	Eagle River, AK
205	Olive Jordan	12--14	Seward, AK
206	Aubrey Virgin	12--14	Palmer, AK
208	Rylee Ruggles	12--14	Eagle River, AK
209	Addison Bailey	15--17	Anchorage, AK
210	Skyler Belmear	15--17	Eagle River, AK
211	Wren Spangler	7--11	Palmer, AK
212	Maddie Schuh	15--17	Anchorage, AK
213	Clara Sensabaugh	12--14	Palmer, AK
214	Alise Elliott	12--14	Anchorage, AK
215	Brynn Rathert	15--17	Anchorage, AK
216	Audra Burrill	15--17	Eagle River, AK
217	Ava Trembath	15--17	Eagle River, AK
218	Grace Ann Fleming	12--14	Seward, AK
219	Maddie Haas	15--17	Seward, AK
220	Gabby Kern	15--17	Anchorage, AK
221	Nina Varnell	12--14	Anchorage, AK
222	Sadie Haas	12--14	Seward, AK
223	Natalie Sieminski	15--17	Seward, AK
224	Ellie Stull	12--14	Fort Hood, TX
225	Azalea Daugherty	15--17	Eagle River, AK
226	Maya Tirpack	15--17	Anchorage, AK
227	Jane Malouf	15--17	Anchorage, AK
228	Lucy Olson	12--14	Anchorage, AK
229	Katie Van Buskirk	15--17	Seward, AK
230	Ellen Kruchoski	15--17	Eagle River, AK
231	Juniper Ingalls	12--14	Seward, AK
232	Greta Reese	15--17	Anchorage, AK
233	Haley Finch	15--17	Anchorage, AK
234	Brooklyn Bailey	15--17	Anchorage, AK
235	Ada Burrup	15--17	Eagle River, AK
236	Selah Brueckner	12--14	Seward, AK
237	Carolyn Burrill	15--17	Eagle River, AK
238	Jacey Spencer	15--17	Eagle River, AK
239	Tirzah Brueckner	12--14	Seward, AK
240	Maeli Weaver	12--14	Anchorage, AK
241	Scarlet Parr	15--17	Anchorage, AK
242	Piper Sears	15--17	Anchorage, AK
243	Kaebrii Weaver	15--17	Anchorage, AK
244	Sylvie Kastning	7--11	Anchorage, AK
245	Olivia Soderstrom	15--17	Anchorage, AK
246	Lake Bethard	15--17	Anchorage, AK
247	Brittan Nelson	12--14	Eagle River, AK
248	Brianna Bailey	15--17	Anchorage, AK
249	Annabelle Conant	7--11	Seward, AK
250	Addison Lemme	15--17	Seward, AK
251	Tali Novakovich	15--17	Anchorage, AK
252	Rain Rubeo	7--11	Wasilla, AK
253	Brighton Bailey	12--14	Anchorage, AK
254	Alta Liljemark	12--14	Seward, AK
255	Adele Matthews	15--17	Anchorage, AK
256	Casey Bland	12--14	Anchorage, AK
257	Ruby Willman	12--14	Anchorage, AK
258	Kate Norvell	15--17	Seward, AK
259	Samantha Jones	15--17	Palmer, AK
260	Sophie Novakovich	12--14	Anchorage, AK
261	Anna Burrup	12--14	Eagle River, AK
262	Eden Rinner	12--14	Anchorage, AK
263	Tui Stanbury	12--14	Anchorage, AK
264	Kohl Lang	7--11	Eagle River, AK
265	Kylee Newman	7--11	Anchorage, AK
266	Makena DesErnia	15--17	Seward, AK
267	Ava Elhard	7--11	Seward, AK
268	Margaret Adams	12--14	Anchorage, AK
269	Brianna Gill Anderson	15--17	Anchorage, AK
270	Rebecca Brackin	12--14	Seward, AK
271	Olivia Burrup	15--17	Eagle River, AK
272	Mia Moorman	12--14	Seldovia, AK
273	Annabel Uffenbeck	12--14	Anchorage, AK
274	Crimson Rose Townsend	7--11	Chugiak, AK
275	Aurora Johnson	12--14	Chugiak, AK
276	Harper Willman	12--14	Anchorage, AK
277	Emily Anger	15--17	Seward, AK
278	Everly Elhard	7--11	Seward, AK
279	Morgan Buckbee	7--11	Soldotna, AK
280	Catherine Merriner	15--17	Anchorage, AK
281	Olivia Thompson	15--17	Kremmling, CO
282	Rosemary Maixner	7--11	Big Lake, AK
283	Olivia Tidlow-Tranel	15--17	Yellowstone NP, WY
284	Bernadette Maixner	7--11	Big Lake, AK
285	Ava Moore-Smyth	15--17	Willow, AK
286	Stella Dow	15--17	Seward, AK
287	Amara Ransom	12--14	Seward, AK
288	Mackenzie Kogl	12--14	Valparaiso, IN
289	Soryn Rinner	7--11	Anchorage, AK
290	Karina Fry	12--14	Anchor Point, AK
291	Ellie Trevithick	7--11	Anchorage, AK
292	Brooklyn Mauger	7--11	Eagle River, AK
293	Annika Haussner	15--17	Anchorage, AK
294	Payton Nelson	12--14	Eagle River, AK
295	Sienna Himes	15--17	Chugiak, AK
296	Greta Bochenek	15--17	Anchorage, AK

297	Meadow Moore	12--14	Anchorage, AK
298	Lily Poray	12--14	Eagle River, AK
299	June Poray	7--11	Eagle River, AK
300	Holly Rogness	15--17	Anchorage, AK
301	Arden Bressler	7--11	Anchorage, AK
302	Zoja Witczak	7--11	Palmer, AK
303	Hannah Bodkin	15--17	Eagle River, AK
304	Stella Schwartz	7--11	Eagle River, AK
305	Juniper Gill Dickson	7--11	Anchorage, AK
306	Hana Varnell	7--11	Anchorage, AK
307	Lucy Bamford	15--17	Seward, AK
308	Cora Ellsworth	12--14	Moose Pass, AK
309	Alivia Johnson	15--17	Weston, FL
310	Elsie Conant	12--14	Seward, AK
311	Evelyn Galloway	12--14	Eagle River, AK
312	Alana Varys	7--11	Wasilla, AK
313	Avery Newell	7--11	Eagle River, AK
314	Londyn Newell	12--14	Eagle River, AK
315	Samantha Jensen	15--17	Eagle River, AK
316	Kendall Humbert	7--11	Seward, AK
317	Addison Eldridge	15--17	Eagle River, AK
318	Taylor-Jane Ingalls	7--11	Seward, AK
319	Isabelle Lemas	7--11	Gainesville, FL
320	Lia Shank	12--14	Seward, AK
321	Ayla Simonson	15--17	Silverbay, MN
322	Anna Rajek	15--17	Eagle River, AK
323	Cora Seavey	7--11	Seward, AK
324	Emma Seavey	7--11	Seward, AK
325	Hannah Shaha	15--17	Eagle River, AK
326	Claire Shaha	7--11	Eagle River, AK
327	Chloe Shaha	7--11	Eagle River, AK
328	Freja Bardarson	7--11	Seward, AK
329	Swift Blackstock	12--14	Homer, OR
330	Ellie Naber	7--11	Anchorage, AK
331	Parker Stephens	15--17	Anchorage, AK
332	Monica Owens	7--11	Anchorage, AK
333	Teagan Rude	15--17	Glennallen, AK
334	Adeleine Robson	7--11	Eagle River, AK
335	Alice Robson	7--11	Eagle River, AK
336	Ryah Thrall	12--14	Seward, AK
337	Olivia Jones	15--17	Seward, AK
338	Jordan Hartman	15--17	Seward, AK
339	Molly Sullivan	7--11	Cooper Landing, AK
340	Elliot Sensabaugh	12--14	Palmer, AK
341	Winter Wallace	12--14	Anchorage, AK
342	Ella Duffy	7--11	Anchorage, AK
343	Abigail Somerville	7--11	Anchorage, AK
344	Lola Swanson	15--17	Seward, AK

JUNIOR BOYS' ROSTER

BIB	NAME	AGE	HOMETOWN
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1	Coby Marvin	15--17	Palmer, AK
2	Vebjorn Flagstad	15--17	Anchorage, AK
3	Robbie Annett	15--17	Anchorage, AK
4	Blake Hanley	15--17	Anchorage, AK
5	Owen Young	15--17	Anchorage, AK
6	Corbin Wilson	15--17	Palmer, AK
7	Raven Spangler	12--14	Palmer, AK
8	Blaze Rubeo	12--14	Wasilla, AK
9	Sebastian Kogl	15--17	Valparaiso, IN
10	Rowan Robinson	15--17	Anchorage, AK
11	Logan Cuddy	15--17	Anchorage, AK
12	Nathan Rehberg	15--17	Anchorage, AK
13	Mason Newell	15--17	Eagle River, AK
14	Colton Merriner	15--17	Anchorage, AK
15	Britton Bethard	15--17	Anchorage, AK
16	Gabe Black	15--17	Palmer, AK
17	Miles Numme-Worrell	15--17	Anchorage, AK
18	Ole Reese	12--14	Anchorage, AK
19	Jaxon Henrie	15--17	Anchorage, AK
20	Weston Sensabaugh	15--17	Palmer, AK
21	Gideon Schrock	15--17	Seward, AK
22	Kaeden Anderson	15--17	Healdsburg, CA
23	Easton Roads	12--14	Anchorage, AK
24	Storm Rubeo	12--14	Wasilla, AK
25	Aaron Mehl	15--17	Eagle River, AK
26	Fenn Reese	7--11	Anchorage, AK
27	Luke Elhard	12--14	Seward, AK
28	Mason Elhard	15--17	Seward, AK
29	Axel Kiskaddon	15--17	Anchorage, AK
30	Oliver Casurella	15--17	Anchorage, AK
31	Alex Casurella	12--14	Anchorage, AK
32	Ridge Conant	12--14	Seward, AK
33	Jebediah Marvin	12--14	Palmer, AK
34	Marcus Walsted	15--17	Anchorage, AK
35	Isaac Marvin	7--11	Palmer, AK
36	Creed Cvancara	15--17	Anchorage, AK
37	Oles Witczak	15--17	Palmer, AK
38	Elias Barnard	12--14	Anchorage, AK
39	Elliott Beals	12--14	Anchorage, AK
40	Julio Ramirez	15--17	Anchorage, AK
41	Quinn Humbert	12--14	Seward, AK
42	Breyden Nottingham	12--14	Eagle River, AK
43	Simon Nelson	15--17	Anchorage, AK
44	Beck Bethard	15--17	Anchorage, AK
45	Zac Buckbee	15--17	Soldotna, AK
46	Elias Williams	12--14	Anchorage, AK
47	Logan Williams	7--11	Anchorage, AK
48	Harlow Wilson	12--14	Palmer, AK
49	Jake Black	12--14	Palmer, AK
50	Ryan Annett	12--14	Anchorage, AK
51	Landon Bobo	15--17	Chugiak, AK
52	Ian Naylor	12--14	Palmer, AK
53	Ice Rubeo	7--11	Wasilla, AK
54	Russell Adams	12--14	Anchorage, AK
55	Micah Brueckner	15--17	Seward, AK
56	Jacob Strausbaugh	15--17	Soldotna, AK
57	Jaxon Murphy	15--17	Anchorage, AK
58	River Johnson	15--17	Chugiak, AK
59	Braxton Thornley	12--14	Anchorage, AK
60	Thijs Lloyd	12--14	Ketchum, ID
61	Kai Reed	15--17	Seward, AK
62	Aidan Houser	15--17	Palmer, AK
63	Olin Liljemark	15--17	Seward, AK
64	Keenan Berrigan	15--17	Palmer, AK
65	Hunter Forshee-Kurtz	15--17	Seward, AK

66	Aidan Schilling	15--17	Seward, AK
67	Kai Finch	12--14	Anchorage, AK
68	Chace Hardy	12--14	Anchorage, AK
69	Jack Fineman	15--17	Anchorage, AK
70	Dane Sieminski	7--11	Seward, AK
71	Corbin Reitmeier	15--17	Anchorage, AK
72	Andrew Arthur	15--17	Soldotna, AK
73	Barret Malouf	12--14	Anchorage, AK
74	Reyce Lee	7--11	Anchorage, AK
75	Victor Sparrs	7--11	Palmer, AK
76	Johnny Stull	15--17	Fort Hood, TX
77	Lane Petersen	15--17	Seward, AK
78	Brayden Sparrs	12--14	Palmer, AK
79	Owen Harth	15--17	Anchorage, AK
80	Merik Rinner	12--14	Anchorage, AK
81	Rhett Jones	15--17	Monument, CO
82	Brayden Licht	15--17	Palmer, AK
83	Charles Daugherty	7--11	Eagle River, AK
84	Andrew Mehl	12--14	Eagle River, AK
85	Holden Aquino	12--14	Anchorage, AK
86	Legend Kopsack	12--14	Palmer, AK
87	Austin Mehl	7--11	Eagle River, AK
88	Payden Henrie	7--11	Anchorage, AK
89	Vendelin Maixner	7--11	Big Lake, AK
90	Colton Hegna Bailie	15--17	Eagle River, AK
91	Judah Brueckner	15--17	Seward, AK
92	Taysom Weaver	7--11	Anchorage, AK
93	Paxton Thompson	7--11	Anchorage, AK
94	Gus Olson	15--17	Anchorage, AK
95	Rowan Lynch	12--14	Seward, AK
96	Austin Merriner	12--14	Anchorage, AK
97	Martin Fink	15--17	Seward, AK
98	Charles Moore	12--14	Kasilof, AK
99	Preston Szymoniak	12--14	Anchorage, AK
100	Adam Mehl	7--11	Eagle River, AK
101	Jesse Dickson	7--11	Palmer, AK
102	Nash Paprocki	12--14	Anchorage, AK
103	Derian Crenshaw/Carpenter	12--14	Seward, AK
104	Leif Stanbury	7--11	Anchorage, AK
105	Nathan Reitmeier	12--14	Anchorage, AK
106	Torin Lynch	12--14	Seward, AK
107	Carter Ivy	12--14	Seward, AK
108	Gideon Kern	12--14	Anchorage, AK
109	Wyatt Barlow	7--11	New Port Richey, FL
110	Hudson Hegna	12--14	Eagle River, AK
111	Oliver Banse	7--11	Seward, AK
112	Matthew Moore	7--11	Kasilof, AK
113	Andrew Moore Somerville	7--11	Anchorage, AK
114	Luke Owens	12--14	Anchorage, AK
115	Nash Smedley	12--14	Eagle River, AK
116	Merik Silba	15--17	Anchorage, AK
117	Logan Fellman	12--14	Juneau, AK
118	Porter Wilkerson	7--11	Seward, AK
119	Lucas Craytor	7--11	Seward, AK
120	Elijah Lang	12--14	Eagle River, AK
121	Cason Thrall	7--11	Seward, AK
122	Thomas Erickson	15--17	Anchorage, AK
123	Alex Burrill	7--11	Eagle River, AK
124	Julian Salao	7--11	Anchorage, AK
125	Miles Hadley	7--11	Eagle River, AK
126	Easton Hadley	7--11	Eagle River, AK
127	Cooper Kelley	12--14	Girdwood, AK
128	Clark Brownson	7--11	Anchorage, AK
129	Casey Ellsworth	7--11	Moose Pass, AK
130	Tucker Whittingham	12--14	Anchorage, AK
131	Jack Whittingham	12--14	Anchorage, AK
132	Trevor Guernsey	15--17	Moose Pass, AK
133	Jake Keener	7--11	Palmer, AK
134	Jett Gay	15--17	Becker, MN
135	River Jackson	7--11	Seward, AK
136	Sharp Matthews	15--17	Orem, UT
137	Nick Fleming	12--14	Seward, AK
138	Mark Ransom	12--14	Seward, AK
139	Titus Sullivan	7--11	Cooper Landing, AK
140	Logan Johnson	12--14	Seward, AK
141	Jack DeKay	7--11	Eagle River, AK
142	Alexander Green	12--14	Anchorage, AK
143	Hunter Smith	12--14	Seward, AK
144	Memphis Stanley	12--14	Seward, AK
145	Austin Murphy	12--14	Bird Creek, AK
146	Van Shank	15--17	Seward, AK
147	Alex Fink	12--14	Seward, AK
149	Liam Duffy	12--14	Anchorage, AK
150	Brantley Gallagher	7--11	Seward, AK
151	Liam Cuddy	12--14	Anchorage, AK



JUNIOR RACE 2022 - PC NELSON BROWN



WOMEN'S ROSTER - WAVE 1

BIB NAME AGE HOMETOWN

2	Tabor Hemming	18--29	Kremmling, CO
3	Christy Marvin	40--49	Palmer, AK
4	Meg Inokuma	40--49	Palmer, AK
5	Klaire Rhodes	18--29	Anchorage, AK
6	Tsaina Mahlen	18--29	Anchorage, AK
7	Ruby Lindquist	18--29	Moose Pass, AK
8	Nowelle Spencer	18--29	Anchorage, AK
9	Sara Conrad	40--49	Minneapolis, MN
10	Sophie Wright	18--29	Bellingham, WA
11	Kala Maus	30--39	Anchorage, AK
12	Denali Strabel	30--39	Palmer, AK
13	Sarah Haubert	30--39	Ouray, CO
14	April McAnly	40--49	Eagle River, AK
15	Meghan Adair	18--29	Logan, UT
16	Lauren Fritz	30--39	Girdwood, AK
17	Megan Neale	18--29	Anchorage, AK
18	Rya Berrigan	18--29	Palmer, AK
19	Elizabeth Ruimveld	30--39	Wasilla, AK
20	Sabrina Farmer	18--29	Anchorage, AK
21	Julianne Dickerson	30--39	Anchorage, AK
22	Claire Nelson	18--29	Eagle River, AK
23	Hannah Lies	18--29	Salt Lake City, UT
24	Lisa Anglen	40--49	Anchorage, AK
25	Lucy Young	18--29	Anchorage, AK
26	Annie Connelly	18--29	Chugiak, AK
27	Jennifer Sandvik	50--59	Eagle River, AK
28	Charity Duley	40--49	Anchorage, AK
29	Leah Besh	30--39	Anchorage, AK
30	Rachel Dow	40--49	Seward, AK
31	Allison Barnwell	30--39	Seward, AK
32	Katey Houser	18--29	Palmer, AK
33	Kinsey Loan	30--39	Eagle River, AK
34	Cassandra Delgado	30--39	Seward, AK
35	Sarah Thomas	40--49	Eagle River, AK
36	Tara Swanson	30--39	Seward, AK
37	Lauren Spinelli	40--49	Anchorage, AK
38	Sarah Freistone	18--29	Anchorage, AK
39	Carly Venzke	18--29	Palmer, AK
40	Kristina Storlie	30--39	Anchorage, AK
41	Cecelia Nocas	30--39	Anchorage, AK
42	Sarah Cosgrave	18--29	Anchorage, AK
43	Kylie Judd	18--29	Anchorage, AK
44	Jessica Pooler	30--39	Duluth, MN
45	Cara Wallschlaeger	30--39	Seward, AK
46	Jocelyn Kopsack	18--29	Palmer, AK
47	Amy Harper	40--49	Arroyo Grande, CA
48	Kristen Sieminski	40--49	Seward, AK
49	Jordan Strausbaugh	18--29	Soldotna, AK
50	Isabel Barnwell	18--29	Seward, AK
51	Anna Widman	30--39	Kenai, AK
52	Aila Berrigan	18--29	Palmer, AK
53	Laura Tuttle	30--39	Anchorage, AK
54	Kelly Ann Cavaretta	30--39	Seward, AK
55	Rachel Schneider	18--29	Eagle River, AK
57	Viviana Mina	30--39	Eagle River, AK
58	Mackenzie Barnwell	18--29	Seward, AK
59	Shelby Sieminski	18--29	Seward, AK
60	Jillian Gavalya	18--29	Chugiak, AK
61	Amanda Hegna	40--49	Eagle River, AK
62	Amy De Schweinitz	40--49	Anchorage, AK
63	Michelle Richards	50--59	Palmer, AK
64	Tasha Folsom	30--39	Sitka, AK
65	Brenna Flannery	18--29	Anchorage, AK
66	Zoe Hickel	30--39	Anchorage, AK
67	Hannah Ingram	18--29	Girdwood, AK
68	Hannah Beutler	18--29	Seward, AK
69	Gina Robinson	50--59	Anchorage, AK
70	Alina Rice	40--49	Palmer, AK
71	Katie Conway	40--49	Anchorage, AK
72	Karina Packer	30--39	Anchorage, AK
73	Katie Sela	30--39	Seward, AK

74	Sheryl Loan	60--69	Eagle River, AK
75	Emily Walsh	18--29	Eagle River, AK
76	Karol Fink	50--59	Anchorage, AK
77	Gyongyver Schilling	50--59	Hope, AK
78	Erika Arthur	18--29	Soldotna, AK
79	Justine Reese	30--39	Wasilla, AK
80	Teresa Russell	50--59	Eagle River, AK
81	Sofija Spaic	18--29	Palmer, AK
82	Jenn Donovan	30--39	Superior, MT
83	Sarah Lucas	18--29	Anchorage, AK
84	Grace Fritzel	18--29	Anchorage, AK
85	Tatjana Spaic	18--29	Palmer, AK
86	Kelsey Coolidge	30--39	Anchorage, AK
87	Carrie Koso	30--39	Wasilla, AK
88	Kimberly Riggs	40--49	Anchorage, AK
89	Amber McDonough	40--49	Anchorage, AK
90	Kathleen Sorensen	30--39	Seward, AK
91	Zoe Chang	18--29	Anchorage, AK
92	Heidi Booher	18--29	Chugiak, AK
93	Erica Shafer	40--49	Anchorage, AK
94	Teresa Comer	40--49	Eagle River, AK
95	Dreanna Owens	18--29	Eagle River, AK
96	Jana Seaman	40--49	Anchorage, AK
97	Kristen Peters	30--39	Eagle River, AK
98	Danielle Harris	30--39	Eagle River, AK
99	Trish Kopp	50--59	Anchorage, AK
100	Jordin Thompson	30--39	Anchorage, AK
101	Teal Hall	30--39	Moose Pass, AK
102	Jennifer Anderson	50--59	Seward, AK
103	Stephanie Wright	30--39	Seward, AK
104	Milissa Lewis	30--39	Seward, AK
105	Andrea Kettler	30--39	Anchorage, AK
106	Jessica Pahkala	18--29	Anchorage, AK
107	Marion Woods	18--29	Anchorage, AK
108	Kendra Watson (Paskvan)	18--29	Anchorage, AK
109	Lucy Hankins	18--29	Seward, AK
110	Kaylee Wilcox	18--29	Anchorage, AK
111	Marcelle Roemmich	30--39	Seward, AK
112	Susan Casey	50--59	Eagle River, AK
113	Heather Moon	40--49	Soldotna, AK
114	Ruth Cvancara	18--29	Anchorage, AK
115	Cydney Reynolds	18--29	Anchorage, AK
116	Rachael Gano	30--39	Anchorage, AK
117	Katie Nash	18--29	Anchorage, AK
118	Angela DiBerardino	40--49	Anchorage, AK
119	Ali Bronsdon	30--39	Missoula, MT
120	Erica Dye	30--39	Anchorage, AK
121	Alecia Williams	30--39	Pincher Creek, CAN

WOMEN'S ROSTER - WAVE 2

BIB NAME AGE HOMETOWN

201	Adrienne McVey	40--49	Anchorage, AK
202	Leah Legate	50--59	Anchorage, AK
203	Julia Ruimveld	30--39	Homer, AK
204	Meredyth Richards	30--39	Eagle River, AK
205	Ivy Eski	18--29	Anchorage, AK
206	Jessica Davis	30--39	Wasilla, AK
207	Elizabeth Butera	60--69	Anchorage, AK
208	Patricia Foldager	60--69	Hope, AK
209	Lynn Spencer	60--69	Anchorage, AK
210	Leslie Varys	40--49	Wasilla, AK
211	Sondra Stonecipher	40--49	Soldotna, AK
212	Stacy Schaffer	40--49	Seward, AK
213	Gina Valdes	30--39	Anchorage, AK
214	Megan Olson	50--59	Anchorage, AK
215	Ellyn Brown	70--79	Anchorage, AK
216	Kristine Percival	40--49	Anchorage, AK
217	Ingrid Reese	40--49	Anchorage, AK
218	Kay Sind	30--39	Anchorage, AK
219	Eline Cove	30--39	Anchorage, AK
220	Karen Boschenstein	50--59	Anchorage, AK
221	Karen Looney	50--59	Palmer, AK
222	Erin Hamilton	40--49	Anchorage, AK
223	Kim Kersten	40--49	Anchorage, AK
224	Caitlin Gohr	18--29	Anchorage, AK
225	Alina Rubeo	40--49	Wasilla, AK
226	Samantha Allen	18--29	Seward, AK
227	Clare Shea	40--49	Eagle River, AK
228	Jennifer Smith	40--49	Anchorage, AK
229	Janee Moore	30--39	Sterling, AK
230	Binget Nilsson	50--59	Seward, AK
231	Brittany Chambers	30--39	East Glacier Park, MT
232	Christie Hauptert	40--49	Anchorage, AK

233	Amy Belmear	50--59	Eagle River, AK
234	Karen Carswell Kirk	50--59	Eagle River, AK
235	Megan Volk	30--39	Eagle River, AK
236	Heidi Conway	50--59	Anchorage, AK
237	Megan Nelson	18--29	Anchorage, AK
238	Bryinna Gerlach	18--29	Gakona, AK
239	Patricia Casey	18--29	Eagle River, AK
240	Renee Elhard	18--29	Seward, AK
241	Tiffany Hall	40--49	Anchorage, AK
242	Jackie Marshall	60--69	Seward, AK
243	Jasmine Hatton	30--39	Tacoma, WA
244	Darcy Waddell	50--59	Pueblo west, CO
245	Joey Caterinichio	50--59	Anchorage, AK
246	Karen Williams	60--69	Anchorage, AK
247	Cynthia Martensen	50--59	Anchorage, AK
248	Verena Gill	50--59	Anchorage, AK
249	Kelsey Tranel	30--39	Anchorage, AK
250	Mary Beth Koster	50--59	Seward, AK
251	Carolyn Boone	50--59	Chugiak, AK
252	Suzanne Knudsen	60--69	Bird Creek, AK
253	Kaitlyn Kogl	18--29	Valparaiso, IN
254	Carole Holley	40--49	Anchorage, AK
255	Kellie Arthur	18--29	Soldotna, AK
256	Kristyn Turney	18--29	Anchorage, AK
257	Kelly Gerlach	50--59	Gakona, AK
258	Jessica Nelsen	40--49	Turnwater, WA
259	Samantha Bassler	30--39	Anchorage, AK
260	Sasha Goldsberry	40--49	Loveland, CO
261	Sara Deveraux	40--49	Billings, MT
262	Grace Kubitz	18--29	Anchorage, AK
263	Kaley Fleming	18--29	Anchorage, AK
264	Carly Besh	18--29	Anchorage, AK
265	Christy Jordan	50--59	Seward, AK
266	Jill Simek	40--49	Anchorage, AK
267	Rachelle Kanady	30--39	Anchorage, AK
268	Annika Goozen	18--29	Eagle River, AK
269	Josephine Crawford	18--29	Anchorage, AK
270	Ava Harren	18--29	Boise, ID
271	Rebekah Stoner	40--49	Bozeman, MT
272	Rachel Gordon	30--39	Seward, AK
273	Hana Cooney	18--29	Moose Pass, AK
274	Rachel Fischer	18--29	Anchorage, AK
275	Sarah Nicholas	18--29	Anchorage, AK
276	Katera Seybert	18--29	Anchorage, AK
277	Kara Troglin	30--39	Seward, AK
278	Heidi Sinclair	40--49	Seward, AK
279	Justine Pechuzal	40--49	Seward, AK
280	Michelle Dickson	50--59	Anchorage, AK
281	Alejandra Legate	18--29	Anchorage, AK
282	Sarah Marino-Babcock	18--29	San Francisco, CA
283	Amie Wu	40--49	Anchorage, AK
284	Danielle Varney	40--49	Anchorage, AK
285	Alyse Loran	30--39	Anchorage, AK
286	Elizabeth Hooper	50--59	Anchorage, AK
287	Jenna Frederic	30--39	Anchorage, AK
288	Ivy Bowler	30--39	Anchorage, AK
289	Lauren Dorris	18--29	Anchorage, AK
290	Addison Capozzi	18--29	Eagle River, AK
291	Annie Johnson	30--39	Seward, AK
292	Ryann Dorris	18--29	Anchorage, AK
293	Natalie Hunter	18--29	Seward, AK
294	Claire Marshalek	18--29	Seward, AK
295	Ali Bair	30--39	Eagle River, AK
297	Hope Lorenz	18--29	Anchorage, AK
298	Elizabeth Egnew	18--29	Anchorage, AK
299	Shanda Demorest	30--39	Anchorage, AK
300	Amanda Omar	40--49	Chandler, AZ
301	Abby Webb	18--29	Seward, AK
302	Natalie Snyder	18--29	Anchorage, AK
303	Maggie Keffalos	18--29	Anchorage, AK
304	Delainey Zock	18--29	Anchorage, AK
305	Gly Larson	30--39	Anchorage, AK
306	Jennifer Matthews	30--39	Orem, UT
307	Aly Guernsey	18--29	Moose Pass, AK
308	Erin Thrall	40--49	Seward, AK
309	Marianne Mowat	50--59	Medina, WA
310	Nicole Wollgast	30--39	Anchorage, AK
311	Tonia Baklanova	30--39	Anchorage, AK
312	Laurel Walker	30--39	Lakewood, CO
314	Miranda Beach	18--29	Anchorage, AK
315	Kim Schuster	30--39	Fritz Creek, AK
316	Beth Fletcher	40--49	Anchorage, AK
317	Victoria Johansen	18--29	Anchorage, AK
318	Rosalind Cuneo	18--29	Seattle, WA
319	Gillian McPherson	30--39	Seward, AK
320	Ashton LeKites	18--29	Eagle River, AK



WOMEN'S ROSTER - WAVE 3

BIB

NAME

AGE

HOMETOWN

401	Joey Eski	50--59	Anchorage, AK
402	Carey Quiring	50--59	Seward, AK
403	Rebecca Haviland	40--49	Anchorage, AK
404	Lanara Forgit	50--59	Anchorage, AK
405	Kathy Jacobsen	50--59	Anchorage, AK
406	Amy Brumbaugh	50--59	Anchorage, AK
407	Jean Labonte	60--69	Eagle River, AK
408	Nancy Osborne	70--79	Bellbrook, OH
409	Wendy Bryden	50--59	Moose Pass, AK
410	Leslie Dickson	50--59	Anchorage, AK
411	Yereth Rosen	60--69	Anchorage, AK
412	Holly Holman	50--59	Anchorage, AK
413	Bonnie Moore	40--49	Anchorage, AK
414	Piper Belmear	18--29	Eagle River, AK
415	Jodi Harskamp	40--49	Anchorage, AK
416	Kathryn Rose	40--49	Anchorage, AK
417	Nikole Boggs	18--29	Seattle, WA
418	Katie Peot	30--39	Missoula, MT
419	Kathleen Morrison	40--49	Aumsville, OR
420	Hope Szymoniak	30--39	Anchorage, AK
421	Marlee Ross	30--39	Denton, TX
422	Cara Jacobson	50--59	Walla Walla, WA
423	Eve Nicknair	50--59	Millville, NJ
424	Alyse Lincoln	30--39	Bethel, AK
425	Leah Bland	18--29	Anchorage, AK
426	Sidney Billingslea	60--69	Anchorage, AK
427	Mari Eaton	50--59	Anchorage, AK
428	Alesia Thon	50--59	Anchorage, AK
429	Carly Donlan	30--39	Anchorage, AK
430	Sherri Warnke	50--59	Eagle River, AK
431	Elisha Brownson	40--49	Anchorage, AK
432	Christine Williams	50--59	Anchorage, AK
433	Kristi Ellsworth	30--39	Moose Pass, AK
434	Melissa Bowler	60--69	Santa Barbara, CA
435	Natalie Carson	18--29	Wasilla, AK
436	Willow Hetrick	30--39	Moose Pass, AK
437	Colleen Miller	40--49	Girdwood, AK
438	Kayce James	30--39	Seward, AK
439	Susanne Rieder	50--59	Seward, AK
440	Jade Simek	18--29	Anchorage, AK
441	Brigitte Ennis	50--59	Anchorage, AK
442	Eileen Fisher	40--49	Fairbanks, AK
443	Ilana Lohr-Schmidt	30--39	Studio City, CA
444	Kaleen Haines	40--49	Anchorage, AK
445	Andrea Nelson	40--49	Eagle River, AK
446	Paige Nelson	18--29	Eagle River, AK
447	Amber Sheffield	50--59	Wasilla, AK
448	Amber Weaver	40--49	Anchorage, AK
449	Elyse Delaney	30--39	Seattle, WA
450	Katie Chriest	40--49	Anchorage, AK
451	Kali Smedley	18--29	Eagle River, AK
452	Kaitlyn Gallagher	30--39	Seward, AK
454	Andrea Davidson	40--49	Brooklyn, NY
455	Samantha Case	18--29	Seward, AK
456	Anna Schoon	40--49	Bellevue, WA
457	Lucy McGrew	18--29	Seward, AK
458	Maria Peters	18--29	Eagle River, AK
459	Vickie Kern	40--49	Anchorage, AK
460	Erin Naber	40--49	Anchorage, AK
461	Demitra Apergis	30--39	Seward, AK
462	Kylee Lambert	30--39	Seward, AK
463	Erin Tulip	30--39	Eagle River, AK
464	Helena Jagielski	50--59	Seward, AK
465	Shantel Asman	30--39	Bend, OR
466	Summer Schell	40--49	Anchorage, AK
467	Jessie O'Brien Herson	30--39	Bend, OR
468	Teresa Gallo	30--39	S. Portland, ME
469	Kaylee Cabana	30--39	Anchorage, AK
471	Katie Melvin	30--39	Anchorage, AK
473	Sofia Caylor	30--39	Houston, TX
474	Mary Reinbold	18--29	Anchorage, AK
475	Rachel Elizabeth Walker	18--29	Hyde Park, NY
477	Brie Kuhn	30--39	Anchorage, AK
478	Arianna Sosnowski	18--29	Anchorage, AK
479	Haley Bartolaba	18--29	Anchorage, AK
480	Shannon Bennett	30--39	Los Angeles, CA
481	Sarah Davidson	40--49	Green River, WY
482	Mikala Fulsang	30--39	Cameron, NC
483	Rachel Moore	30--39	Leander, TX
484	Margaux Donell	30--39	Buxton, ME
485	Ashlee Champion-Hibetts	30--39	Seward, AK

486	Amy Fogle	50--59	Wallis, TX
487	Michaela Wellman	18--29	Wasilla, AK
488	Bethany Shiguango	18--29	Anchorage, AK
490	Stevie Klaark	30--39	Ann Arbor, MI
491	Erin Pavek	30--39	Anchorage, AK
492	Amanda Chapman	30--39	Anchorage, AK
493	Erin Shaha	40--49	Eagle River, AK
494	Erin Rajek	40--49	Eagle River, AK
495	Jessie Angell	30--39	Anchorage, AK
497	Ashlee Johnson	40--49	Chugiak, AK
498	Carolyn Townsend	40--49	Chugiak, AK
499	Tziporah Lax	18--29	Seward, AK
500	Kelly Mann	60--69	Palmer, AK
501	Jyl Glancey	40--49	Boise, ID
502	Ashley Harner	30--39	Portsmouth, VA
503	Hollie Ashby	30--39	Remington, VA
504	Chelsea Rhodes	30--39	Kimberly, AL
505	Karrisa Shuey	30--39	Wasilla, AK
506	Amanda Skogstad	30--39	Wasilla, AK
509	Kristine Koliadko	18--29	Palmer, AK
510	Emily Coleman	30--39	Seattle, WA
511	Robyn Hurley	30--39	Anchorage, AK

MEN'S ROSTER - WAVE 1

BIB

NAME

AGE

HOMETOWN

2	Thomas O'Harra	18--29	Anchorage, AK
3	Lars Arneson	30--39	Anchorage, AK
4	Lyon Kopsack	18--29	Palmer, AK
5	David Norris	30--39	Steamboat Springs, CO
6	Alexander King	18--29	Trout Lake, WA
7	Darren Thomas	18--29	Reno, NV
8	Galen Hecht	18--29	Anchorage, AK
9	Benjamin Marvin	40--49	Palmer, AK
10	Eli Hemming	18--29	Kremmling, CO
11	Zach Miller	30--39	Columbia, PA
12	Joshuah Taylor	18--29	Wasilla, AK
13	Erik Johnson	40--49	Seward, AK
14	Michael Earnhart	18--29	Eagle River, AK
15	Bodhi Gross	18--29	Manitou Springs, CO
16	Bayden Menton	18--29	Joseph, OR
17	Pyper Dixon	30--39	Seward, AK
18	Chad Trammell	30--39	Anchorage, AK
19	Zack Bursell	30--39	Juneau, AK
20	Kenneth Brewer	30--39	Fairbanks, AK
21	Matias Saari	50--59	Anchorage, AK
22	Paddy O'Leary	30--39	San Francisco, CA
23	William Zenker	30--39	Anchorage, AK
24	Taylor Turney	18--29	Anchorage, AK
25	Ryan Cox	30--39	Anchorage, AK
26	Nick Snow	18--29	Anchorage, AK
27	Ari Endestad	18--29	Anchorage, AK
28	Ben Ward	40--49	Anchorage, AK
29	Christopher Kirk	18--29	Missoula, MT
30	Jordan Theisen	18--29	Hinesburg, VT
31	John Novak	30--39	Anchorage, AK
32	Tom Ritchie	40--49	Anchorage, AK
33	Jason Lamoreaux	40--49	Anchorage, AK
34	Jeffrey Stern	30--39	Mill Valley, CA
35	Charles DiMarzio	40--49	Seward, AK
36	Brady Burrough	18--29	Anchorage, AK
37	Bjorn Nilsson	18--29	Seward, AK
38	Cole Nash	18--29	Anchorage, AK
39	Patrick Conway	40--49	Anchorage, AK
40	Tracen Knopp	18--29	Wasilla, AK
41	Sebastian Szweda Mittelstadt	18--29	Indian, AK
42	Eric Vilce	30--39	Anchorage, AK
43	James Carlberg	30--39	Park City, UT
44	Matthew Novakovich	40--49	Anchorage, AK
45	Ethan Howe	18--29	Anchorage, AK
46	Kurtis Brumbaugh	18--29	Anchorage, AK
47	Gabe Martin	18--29	Anchorage, AK
48	Conor Deal	30--39	Anchorage, AK
49	Craig Taylor	40--49	Eagle river, AK
50	Jacob Kirk	30--39	Anchorage, AK
51	Jesse Miller	18--29	Anchorage, AK
52	Paul Butera	18--29	Anchorage, AK
53	Collin Atkinson	30--39	Seward, AK
54	Ali Papillon	18--29	Manitou Springs, CO
55	Bryce Bethard	18--29	Anchorage, AK
56	Dylan Miller	18--29	Anchorage, AK
57	Kaleb Beloy	18--29	Anchorage, AK
58	Ethan Eski	18--29	Anchorage, AK
59	Trevor Kreznar	30--39	Seward, AK

60	Allan Spangler	30--39	Anchorage, AK
61	Elias Johnson	18--29	Chugiak, AK
62	Barney Griffith	60--69	Anchorage, AK
63	Forrest Mahlen	30--39	Anchorage, AK
64	Brenton Knight	30--39	Mountain Green, UT
65	Miles Knotek	18--29	Moose Pass, AK
66	Darin Markwardt	40--49	Wasilla, AK
67	Jared Kirkham	40--49	Anchorage, AK
68	Shawn Erchinger	50--59	Colorado Springs, CO
69	Jeffrey Levin	30--39	Anchorage, AK
70	Derek Nottingham	40--49	Eagle River, AK
71	Daniel Kane	30--39	Anchorage, AK
72	Andre Lovett	18--29	Anchorage, AK
73	Christopher Brenk	18--29	Sitka, AK
74	Brandon Rinner	40--49	Anchorage, AK
75	Brian Boyle	30--39	Boston, MA
76	Joseph Nyholm	30--39	Seward, AK
77	Ryan Beckett	30--39	Anchorage, AK
78	Christopher Smith	18--29	Anchorage, AK
79	James Miller	40--49	Anchorage, AK
81	Noel Nocas	30--39	Anchorage, AK
82	Mike Wahlig	30--39	Anchorage, AK
83	Mark Brady	40--49	Anchorage, AK
84	Andrew Stavich	50--59	Anchorage, AK
85	David Apperson	30--39	Anchorage, AK
86	Brad Benter	50--59	Anchorage, AK
87	Dorian Gross	40--49	Manitou Springs, CO
88	Jack Delaney	30--39	Anchorage, AK
89	Evan Hone	40--49	Ventura, CA
90	Andrew Duenow	50--59	Anchorage, AK
91	Isaac Bertschi	50--59	Anchorage, AK
92	Joe Engel	30--39	Anchorage, AK
93	Alex Alonso	50--59	Eagle River, AK
94	Mike Heatwole	50--59	Anchorage, AK
95	Joshua Thomas	40--49	Seward, AK
96	Thomas Nenahlo	30--39	Anchorage, AK
97	Trent Lafleur	30--39	Seward, AK
98	Alex Youngmun	30--39	Anchorage, AK
100	Karl Romig	60--69	Cooper Landing, AK
101	Trent Fritzel	18--29	Anchorage, AK
102	Franklin Dekker	30--39	Anchorage, AK
103	Christopher Cornelius	40--49	Anchorage, AK
104	Jacob Streich	30--39	Spokane, WA
105	Harlow Robinson	50--59	Anchorage, AK
106	Andrew Dougherty	30--39	Salt Lake City, UT
107	Samuel Adams	30--39	Palmer, AK
108	Hunter Burns	18--29	North Sutton, NH
109	Cole Fritzel	18--29	Anchorage, AK
110	Kieran Ryan	30--39	Stawell, AUS
111	William Mans	18--29	Anchorage, AK
112	Casey Volk	30--39	Eagle River, AK
113	Luke Duffy	40--49	Anchorage, AK
114	Jimmy Sliwa	30--39	Palmer, AK
115	John Carey	30--39	Seward, AK
116	John Finn	30--39	Dallas, TX

MEN'S ROSTER - WAVE 2

BIB

NAME

AGE

HOMETOWN

201	Jeremy Hoagland	40--49	Wasilla, AK
202	Patrick Lewis	30--39	Seward, AK
203	Corey Kline	40--49	Boulder, CO
204	Daryll Vispo	30--39	Anchorage, AK
205	Jim McDonough	50--59	Anchorage, AK
206	Noah Zogas	40--49	Anchorage, AK
207	Gunner Bahn	30--39	Anchorage, AK
208	Benjamin Uffenbeck	40--49	Anchorage, AK
209	Marten Martensen	50--59	Anchorage, AK
210	Connor Curley	30--39	Soda Springs, CA
211	Steven Pavek	30--39	Anchorage, AK
212	Brian Haviland	40--49	Anchorage, AK
213	Cameron Reitmeier	40--49	Anchorage, AK
214	David Owens	50--59	Eagle River, AK
215	Shawn Naber	40--49	Anchorage, AK
216	Dylan Beck	30--39	Seward, AK
217	Ted Paprocki	40--49	Anchorage, AK
218	James Murray	60--69	Wasilla, AK
219	John Pahkala	30--39	Anchorage, AK
220	Mark Fineman	50--59	Anchorage, AK
221	John Heimerl	40--49	Anchorage, AK
222	John Clark	50--59	Palmer, AK
223	Brian Pautzke	40--49	Girdwood, AK
224	Samuel Young	60--69	Seward, AK
225	Lance Kopsack	50--59	Palmer, AK
226	Steve Gilles	60--69	Indian, AK
227	Bryan Templeman	50--59	Anchorage, AK
228	Scott Gage	50--59	Anchorage, AK
229	Evan Jones	40--49	Monument, CO
230	Douglas Ketterer	50--59	Anchorage, AK
231	Wayne Humbert	40--49	Seward, AK
232	Mike Kramer	50--59	Talkeetna, AK
233	Brede Emtman	50--59	Eagle River, AK
234	Alec Kay	50--59	Anchorage, AK
235	Aaron Dickson	30--39	Palmer, AK
236	Brian Fish	50--59	Palmer, AK
237	Joey Klecka	30--39	Anchorage, AK
238	Michael Rubeo	30--39	Wasilla, AK
239	Stephen Mayer	50--59	Anchorage, AK
240	David Peterson	30--39	Anchorage, AK
241	Jason Bressler	30--39	Anchorage, AK
242	Henry Michener	18--29	Eagle River, AK
243	Max Kiskaddon	18--29	Anchorage, AK
244	Paul Cvancara	18--29	Anchorage, AK
245	Samuel Cryder	18--29	Chugiak, AK
246	Benjamin Huyard	18--29	Harrisonburg, VA
247	Paul Hlasny	18--29	Anchorage, AK
248	Zachary Crawford	18--29	Anchorage, AK
249	Owen Farr	18--29	Chugiak, AK
250	Peter McEnaney	50--59	Eagle River, AK
251	Kris Burnett	50--59	Anchorage, AK
252	John Kogl	50--59	Valparaiso, IN
253	Kerry Klauder	30--39	Anchorage, AK
254	Bryan Hardy	40--49	Anchorage, AK
255	Flip Foldager	60--69	Hope, AK
256	Braun Kopsack	60--69	Palmer, AK
257	David Rebischke	70--79	Anchorage, AK
258	Michael Tranel	60--69	Yellowstone NP, WY



259	Russell Storjohann	50--59	Anchorage, AK
260	David Aquino	70--79	Anchorage, AK
261	Brian Stoecker	50--59	Anchorage, AK
262	Keith Weinhold	50--59	Anchorage, AK
263	Jason Moore	40--49	Anchorage, AK
264	Connor Sperry	30--39	Mesa, AZ
265	Rocky Elhard	40--49	Seward, AK
266	Solomon D' Amico	30--39	Seward, AK
268	Justin Smole	30--39	Anchorage, AK
269	Michael Lucas	18--29	Anchorage, AK
270	Jason Leslie	40--49	Seward, AK
271	Scott Wamsganz	30--39	Anchorage, AK
272	Sean Ulman	40--49	Seward, AK
273	Matthew Waliszek	40--49	Anchorage, AK
274	Logan Schulz	30--39	Palmer, AK
275	Caleb Cotter	30--39	Anchorage, AK
276	Kegan Storjohann	30--39	Phoenix, AZ
277	Edwin Shutt	50--59	Anchorage, AK
278	Chris Ruggles	30--39	Eagle River, AK
279	Dane Crowley	50--59	Wasilla, AK
281	Robert Butera	60--69	Anchorage, AK
282	Brett Ekstrand	30--39	Anchorage, AK
283	Ian Autrey	40--49	Anchorage, AK
284	Andrew Baalerud	30--39	Eagle River, AK
285	Robert Hixon	30--39	Chugiak, AK
286	Clay Roberts	30--39	Cantwell, AK
287	Zachary Gibson	40--49	Eagle River, AK
289	Sam O'Melia	18--29	Anchorage, AK
290	Orion Satori	40--49	Soldotna, AK
291	James Schloemer	30--39	Homer, AK
292	Vince Lombardo	50--59	Palmer, AK
293	Tim Johnson	30--39	Anchorage, AK
294	Matthew Smith	30--39	Anchorage, AK
295	Jacob Mendenhall	30--39	Anchorage, AK
296	Matthew Coburn	30--39	Anchorage, AK
297	Nicholas Lehman	40--49	Anchorage, AK
298	Kevin Rankin	30--39	Long Beach, CA
299	Thomas McIntyre	30--39	Anchorage, AK
300	Christopher Gardeline	18--29	Anchorage, AK
301	Jake Schaefer	18--29	Boise, ID
302	Josh Wolter	40--49	Nashville, TN
303	Cory Leppert	40--49	Colorado Springs, CO
304	Freddy Luis	40--49	Santa Monica, CA
305	Tristan Denny	18--29	Palmer, AK
306	Brian Mathwich	18--29	Eagle River, AK
307	Matthew Tong	40--49	Eastsound, WA
308	Breck Stewart	30--39	Waterbury, VT
310	David Popiel	40--49	Anchorage, AK
311	Jason Larson	30--39	Golden Valley, MN
312	Mark Jacobsen	60--69	Anchorage, AK
313	Michael Lucas	60--69	Anchorage, AK
314	Everett Billingslea	60--69	Seattle, WA
315	Walter Moore	30--39	Kasilof, AK
316	Patrick Stinson	40--49	Anchorage, AK
317	Kurt Blumberg	70--79	Fairbanks, AK
318	Alexander Woody	30--39	Anchorage, AK
319	Dylan Grimsrud	30--39	Green Bay, WI
320	Johnathan McGlasson	30--39	Kenai, AK
321	Blake Gaylord	18--29	Seward, AK

MEN'S ROSTER - WAVE 3

BIB	NAME	AGE	HOMETOWN
402	Neil Lamothe	60--69	Anchorage, AK
403	Alex Best	30--39	Anchorage, AK
404	Brandt Kiesel	40--49	Anchorage, AK
405	Chester Showalter	60--69	Palmer, AK
406	Tim Dion	18--29	Albuquerque, NM
407	Steve Buchanan	60--69	Seward, AK
408	Bill Spencer	60--69	Anchorage, AK
409	Billy Stull	18--29	Fort Hood, TX
410	Rennick Heatwole	18--29	Anchorage, AK
411	Glenn Tinker	70--79	Soldotna, AK
412	Tab Ballantine	60--69	Anchorage, AK
413	James Conley	60--69	Chugiak, AK
414	Trent Boggs	60--69	Soldotna, AK
415	Kneeland Taylor	70--79	Anchorage, AK
416	Chad Resari	80--89	Anchorage, AK
417	Corbin Stirling	30--39	Seward, AK
418	Kyle Kelley	40--49	Girdwood, AK
419	Joseph Hawkins	50--59	Palmer, AK
420	DuWayne Ruzicka	60--69	Anchorage, AK
421	John Browne	50--59	Anchorage, AK
422	Fred Moore	80--89	Seward, AK
423	Steve Carroll	60--69	Anchorage, AK
424	David M Lorring	30--39	Soldotna, AK
425	Bruce Davison	70--79	Anchorage, AK
426	Evan Steinhauser	60--69	Eagle River, AK
427	Roger Kemppe	80--89	Anchorage, AK
428	Paul Pedersen	60--69	Soldotna, AK
429	Paul Gionet	60--69	Anchorage, AK
430	Timothy Branson	60--69	La Habra, CA
431	Mark Tuovinen	60--69	Anchorage, AK
432	Gregory Lincoln	50--59	Bethel, AK
433	William Thompson	70--79	St Helena, CA
434	Andrew Daoust	60--69	Anchorage, AK
435	Steve Parrish	50--59	Palmer, AK
436	Michael Craytor	40--49	Seward, AK
437	Christopher Booth	40--49	Burnsville, MN
438	Ron Nelson	50--59	Seattle, WA
439	Kevin Lauver	60--69	Soldotna, AK
440	James Fischer	40--49	Anchorage, AK
441	Patrick Johnson	30--39	Anchorage, AK
442	Tim Nienhueser	30--39	Anchorage, AK
443	Evan Twarog	18--29	Anchorage, AK
444	John Burns	40--49	Anchorage, AK
445	David Mayer	50--59	Palmer, AK
446	Terry Hubler	70--79	Caldwell, ID
448	Stone Conroy	30--39	Chicago, IL
449	Daniel Frashier	18--29	Anchorage, AK
450	Joseph Hernandez	30--39	Anchorage, AK
451	Curtis Rooney	60--69	Washington, DC
452	Mike Xanders	50--59	Indianapolis, IN
453	Leroy Manivong	30--39	Austin, TX
455	Ryan Syvertson	30--39	Anchorage, AK
456	Scott Groff	40--49	Madison, WI
457	Sean Markle	30--39	Anchorage, AK

458	Douglas Thomason	40--49	Woodlake, CA
459	Carson Bulver	18--29	Waterloo, IA
460	David Nahom	50--59	JBER, AK
461	Vince Stewart	30--39	Anchorage, AK
462	George Gaisey	30--39	Bethlehem, PA
463	Avraham Johnson	18--29	Anchorage, AK
464	Bryan Williamson	18--29	Anchorage, AK
465	Jeremy Pietrobono	30--39	Fort Wainwright, AK
466	Brad Coy	40--49	Anchorage, AK
467	Daniel Brown	40--49	Anchorage, AK
469	Michael Kingsley	50--59	Layton, UT
470	Russ Dixon	50--59	Golden, CO
471	Manuel Urrego	30--39	Delta Junction, AK
472	Douglas Wight	70--79	St. Petersburg, FL
475	Shon Robinson	50--59	Kimberly, ID
476	Robert Bernardi	18--29	Seward, AK
477	Todd Power	60--69	Burlington, WA
478	Cody Furstenau	30--39	Oxbow, ND
479	Michael Squires	60--69	Anchorage, AK
480	John Williams	60--69	Palmer, AK
481	Donald Fanning	50--59	Anchorage, AK
482	Cory Jones	40--49	Wasilla, AK
483	John White	40--49	Eagle River, AK
484	Jesse Brady	30--39	Anchorage, AK
485	Alexander Brandt	30--39	Folsom, CA
487	Cole Schierman	30--39	Palmer, AK
488	Randall Johnson	40--49	Spokane, WA
489	Timothy Bowler	70--79	Santa Barbara, CA
490	Kevin Murphy	60--69	Forestville, CA
491	Casey Schwenk	30--39	Gig Harbor, WA
492	James Conant	40--49	Seward, AK
493	Matheus Hanson	18--29	Westminster, CO
494	Chris Dabbs	50--59	Anchorage, AK

495	Stefan Otterson	60--69	Anchorage, AK
496	Shane Metcalf	50--59	Wasilla, AK
497	Matthew Vwehrle	50--59	Bainbridge, WA
498	Dustin Glazier	40--49	Eagle River, AK
499	Ray Michaelson	60--69	Palmer, AK
500	Jack Ransom	40--49	Seward, AK
501	Brendon Boston	30--39	Eagle River, AK
503	Jeremy Richards	40--49	Fairbanks, AK
504	Justin Farr	50--59	Chugiak, AK
505	Aaron Chapman	30--39	Alexandria, VA
506	Anders Hanson	30--39	Seattle, WA
507	Derek McDaniel	40--49	Anchor Point, AK
508	Jess Franco	40--49	Anchorage, AK
509	Greg Harris	50--59	Toronto, CAN
510	Chad Newkirk	40--49	Eagle River, AK
511	John Shafer	40--49	Longmont, CO
512	Jeremy Vancil	40--49	Anchoraga, AK
513	Barry Bazemore	60--69	Hixson, TN
514	Paul Young	30--39	Eagle River, AK
516	Kyle Samber	30--39	Anchorage, AK
517	Nuuese Talamoni	18--29	Anchorage, AK
518	Ben Morrill	30--39	Anchorage, AK
519	Craig Van Arsdale	30--39	Soldotna, AK
520	Ben Yu Schott	40--49	Whitehorse, CAN
521	Joshua Fidler	30--39	Anchorage, AK
522	Bogdan Ilnitski	30--39	Anchorage, AK
523	Mark Snyder	30--39	Milford, DE
524	Carson Ratky	18--29	Soldotna, AK
525	Chris Wilson	50--59	Palmer, AK
526	Jeff Clowers	50--59	San Jose, CA
527	Ray Harren	18--29	Anchorage, AK
528	Ian Ramsey	40--49	Brunswick, ME
529	Calvin Lundell	30--39	Chugiak, AK



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SEWARD, ALASKA
JULY 4, 2023

Tune in to the livestream

By Doyle Woody

Production stalwarts Scott Jensen and Shirley Sakaye will deliver a livestream broadcast of the Mount Marathon Race for the second straight year, and pulling off their best performance on race day requires preparation and execution akin to the runners whose journeys they will document.

Jensen, the livestream's technical producer, and Sakaye, the director, have spent months spit-balling ideas. They've planned for best-case and worst-case scenarios. They've reviewed last year's broadcast. That work matches the months of specific training most Mount Marathon runners log prior to the starter's gun firing on the Fourth of July.

Jensen and Sakaye intend to spend the last few days before July 4 setting up equipment, conducting technical tests, organizing staff and volunteers, and finalizing a game plan.

Like a longtime racer who possesses experiences both good

and bad on which to draw, Jensen and Sakaye will use decades of broadcast experience to adjust on the fly and push perceived limits right to the edge, but not over it. (Presumably, the technical equivalent of a runner bonking/faceplanting is a livestream that goes dark.)

"I'm not sure why we do this?" Jensen said with a laugh.

"You know what?" Sakaye added. "I think we're kind of adrenaline junkies. It's actually really fun."

Jensen, part owner of Tudor Road Studios, which will produce the livestream, and Sakaye have known each other since they were teenagers working at KTUU Channel 2 in the basement of the Fourth Avenue Theatre in 1992.

Jensen is a video journalist who has worked for television stations and online publications in Anchorage for decades. Sakaye was a longtime director at KTUU Channel 2, then KTVA Channel 11, managing mobile operations and coverage of Mount Marathon for those broadcasters. Both have

covered the race extensively, and they've done so live — both KTUU and KTVA produced live race broadcasts in the past.

But gone are the expensive TV broadcasts that used satellite trucks, cables up and down the mountain and even helicopters for aerial footage. The new model for mountain and trail running events is livestream broadcasting and Mount Marathon was eager to get in on the action.

After a bare-bones trial run in 2022, this year's livestream — with financial help from primary sponsor Hilcorp Alaska — will feature more comprehensive coverage of the men's and women's action. There will also be a separate "finish line cam" where fans can see all racers — including juniors — cross the line, not just the most competitive ones.

Both the livestream and the finish cam will be viewable on YouTube Live and Facebook Live with links posted on Mount Marathon's website.

Mount Marathon race director Matias Saari said he wants the



The livestream team was hard at work in 2022, and ready for 2023. (Tudor Road Studios)

livestream to not only chronicle the races and the athletes, but also highlight the town of Seward and the spectacle of a unique sports event.

"We're going to grow this thing and make it better every year," Saari said. "My hopes are to have a broadcast that's professional, so people throughout Alaska and beyond can watch and enjoy."

Jensen said this year's production will include two cameras on the crowded streets of downtown Seward, a camera at mid-mountain and another on the summit, and footage provided by drones. Several volunteer runners, using iPhones on gimbal holders, will also follow racers to create additional footage on the mountain.

Anyone who has tried to make a cell phone call or send a text on race day in Seward knows that can feel like an impossible dream. Jensen said one of Mount Marathon's corporate partners, GCI, has furnished significant technological help that should make for an efficient production.

Former World Cup and U.S. Olympic Nordic skier Holly Brooks, a two-time Mount Marathon champion who last year shared livestream announcing duties and has broadcast several editions of the race, will

be among those behind the mic. She's a walking encyclopedia of Alaska mountain running, and has proved capable of illuminating both the big picture and the smaller, colorful details of Mount Marathon and its athletes.

Brooks said she appreciated that Jensen and Sakaye last year gave her and co-host Lex Treinen ample leeway.

"What I really appreciated is I felt they weren't micro-managing," Brooks said. "Give me a feed, and I have no lack of things to talk about. We want to do play-by-play, but also tell stories, touch on weather and conditions and training, talk about the pros and the locals. There are so many things to talk about."

A little drama from the races, of course, wouldn't hurt. Take the 2014 women's race, for instance. Brooks led Christy Marvin (another two-time champ) by a whopping 1 minute, 55 seconds as she rounded the rock at the summit and began her descent. Victory seemed assured. Brooks slowed, though, and Marvin ate into Brooks' lead before Brooks crossed the line a winner by a scant two seconds.

"Sport is unpredictable," Brooks said, "and that's why we love it."



Holly Brooks interviews 2022 men's race winner Max King at the finish line. (Livestream screenshot)

Hilcorp Alaska

Committed to Alaska for the long run.

Good luck to all Mount Marathon racers!

The Mini Mount Marathon Race



Created in 1989 by Kim and Skip Reiersen as a way to involve their 2-year-old daughter in Seward's Fourth of July festivities, the annual Mini Mount Marathon plants the seeds for new generations of young Mount Marathon racers.

It's open to children ages 2 to 6 and over the past 30 years thousands of children have participated, with many going on to race in the junior and senior divisions.

Today, the mini race is a beloved Fourth of July tradition and one of the most anticipated events of the day.

Petro Marine has been a sponsor for the Mini Mount Marathon Race since the beginning, each year supporting the race. A core group of long-time volunteers makes sure the mini race goes off without a hitch.

Mini Racer Round Up - July 4 at 10:45 a.m.
(in the First National Bank parking lot)

Mini Racer Start - July 4 at 11:08 a.m.

THANK YOU PETRO MARINE!

Introducing the To The Top classic guessing game

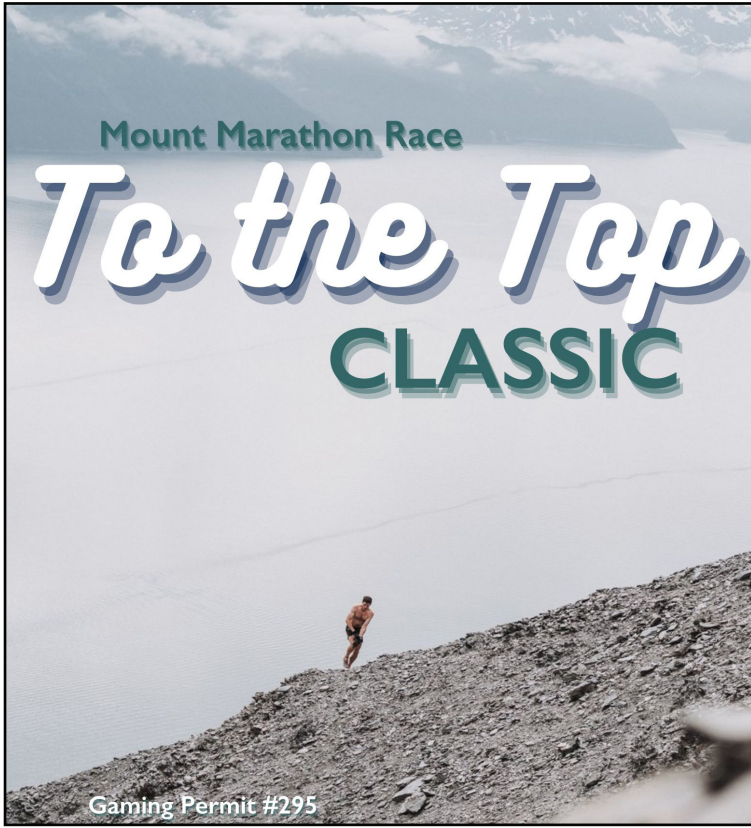
Take a guess at what elapsed time the first man and first woman will reach the top of Mount Marathon during the race on July 4.

Each ticket costs \$5. One ticket earns you a guess on either the men's or women's race. You may enter as many times as you like. The winning time may have multiple winners, meaning the prize would be split among each winner.

Eighty percent of proceeds for each category will be split among the winners. The other 20% goes to the Seward Chamber of Commerce to fund Seward-area programming, like the Mount Marathon Race!

Tickets will be available starting June 27. Visit mmrclassic.square.site or stop by the Seward Chamber of Commerce at 2001 Seward Highway for your chance to win!

Gaming Permit #295



A Big Thank You to our Volunteers!

From traffic control to trail sweeping to racer check-in, every volunteer is vital for the success of our race. We literally could not do it without the hundreds of volunteers that help each year. The Seward Chamber of Commerce and Mount Marathon Race Committee would like to thank you for your commitment and care for our Mount Marathon racers and keeping our 4th of July Festival tradition alive!

Interested in volunteering in the future? Give the Seward Chamber of Commerce a call at 907 224 8051.



Schedule of Events

SUNDAY, JULY 2ND

- 12 PM – 6 PM Some festival booths open (Adams St. & Fourth Ave.)
- 9 PM The Jangle Bees at the Yukon Bar

MONDAY, JULY 3RD

- 10 AM – 7 PM Festival booths open (Adams St., Church St., & Fourth Ave.)
- 5 PM – 7 PM Annual Pie Sale at Seward Memorial United Methodists Church
(Starting on July 4th at 9 a.m., pies will continue to be available until sold-out.)
- 5 PM – 8 PM Bib pick-up for returning runners. (Seward High School)
- 5 PM – 8 PM Pre-race pasta feed hosted by the Seward Booster Club (Seward High School)
- 6:00 PM Raffle & auction for men's and women's race (Seward High School)
- 6:45 PM Mandatory safety meeting and bib pick-up for first time runners (Seward High School)
- 6PM- 8 PM Live Music From VO!D (Flamingo Lounge parking lot, 208 Fourth Ave.)
- 9 PM Nervis Rex at the Yukon Bar
- 9 PM DJ Gre at the Seward Alehouse
- 11:00 PM Boat Parade (Seward Harbor & Waterfront Park)
- 11:45 PM Live Music From Roland Roberts Band (Tufted TeaPot parking lot, 408 Port Ave.)
- MIDNIGHT Fourth of July Fireworks Display (Seward Harbor & Waterfront Park)

TUESDAY, JULY 4TH

- 8 AM Bib pick-up (Flamingo Lounge parking lot, 208 Fourth Ave.)
- 8:50 AM Singing of the National Anthem
- 9 AM – 6 PM All festival booths open (Adams St., Church St., & Fourth Ave.)
- 9:00 AM Junior Race (Mass start for boys and girls) (Fourth Ave. & Adams St.)
- 10:00 AM Junior Podium Awards Presentation (Announcer grandstand, Fourth Ave.)
- 10:45 AM Mini Mount Marathon Racer Round Up (Fourth Ave. & Adams St.)
- 11:00 AM Sloppy Joe Booth at the Lutheran Church (Third Ave. & Jefferson St.)
- 11:00 AM BBQ Rib Feed at the American Legion (Fifth Ave. & Jefferson St.)
- 11:00 AM Chicken BBQ at the Sacred Heart Catholic Church (409 Fifth Ave.)
- 11:00 AM Women's Race 1st Wave (Fourth Ave. & Adams St.)
- 11:03 AM Women's Race 2nd Wave (Fourth Ave. & Adams St.)
- 11:06 AM Women's Race 3rd Wave (Fourth Ave. & Adams St.)
- 11:08 AM Mini Mount Marathon Race Begins (Fourth Ave. & Adams St.)
- 11:30 AM Live Music From H3 Hawaiian Reggae Band (Dr. Moriarty office parking lot, 400 Fourth Ave.)
- 12:15 PM Women's Podium Awards Presentation (Announcer grandstand, Fourth Ave.)
- 1:00 PM Fourth of July Parade (Downtown)
- 2:00 PM Men's Race 1st Wave (Fourth Ave. & Adams St.)
- 2:03 PM Men's Race 2nd Wave (Fourth Ave. & Adams St.)
- 2:06 PM Men's Race 3rd Wave (Fourth Ave. & Adams St.)
- 3:15 PM Men's Podium Awards Presentation (Announcer grandstand, Fourth Ave.)
- 6:00 PM Awards Ceremony – AVTEC Gymnasium (519 Fourth Ave.)
- 9 PM Nervis Rex at the Yukon Bar
- 9 PM Blackwater and Friends at the Seward Alehouse

