

The **MT. MARATHON** Race 2016

Seward
ALASKA



Seward.com
Alaska Starts Here

We're used to running
down a good story.



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on the trail!

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WELCOME TO THE MADNESS! 2016

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

Whether you're racing your ripped abs up the mountain or plopping yourself down on the sidewalk to watch, we invite you and all your friends to join us in Seward for our infamous Fourth of July festivities.



Alaska's Focus Photography

Come early to enjoy the fresh ocean air, comb the beach, and check out the town. 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 starts at 9, 11 and 2:30, Mt. Marathon comes alive with runners of every walk. 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 our top two sponsors are in the injury prevention and body-healing business! (Thank you Advanced Physical Therapy and Orthopedic Physicians Alaska!)

Check out page 28 for a full list of Fourth of July festivities — and help us celebrate our independence from ordinary!

Cover: Racer and MMR Volunteer Susan Ernst. The Seward Chamber of Commerce and Mount Marathon Race Committee would like you to join us in thanking her for her years of support. Photo by Alaska's Focus Photography

SPONSORS WITH SPUNK

It takes a special breed of sponsors to support the Mount Marathon Race® and we give them our heartfelt thanks. We'd especially like to especially thank Orthopedic Physicians Alaska and Advanced Physical Therapy not only for their generous financial support but for their efforts to help runners run the race safely.

Platinum \$10,000



Gold \$7,500



Silver \$5,000



Bronze \$2,500



Copper \$1,000



In-Kind



Thank You for Your Support Orthopedic Physicians Alaska (OPA), Advanced Physical Therapy, Alpine Air, City of Seward, Resurrection Rentals, Alaska Rivers Company, The Bake Shop, Kenai Fjords Tours, 5th Ave Fitness, Orca Island Cabins, Seawolf Physical Therapy, Seward Parks & Rec, Sailing Inc, Skinny Raven, KTUU and add Carrs/Safeway.



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.



Alternating Starts: Beginning in 2016, women's and men's start times will alternate annually. In even-numbered years, men will start in the morning (11am) and women will start in the afternoon (2:30pm).

Two Waves: To reduce the congestion at various race points and increase runner safety, each adult division will have two waves, spaced 5 minutes apart. Adults running in the second wave will not report to the starting area until the first wave has departed.

No Dogs Allowed in Seward: 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.

New Sponsors, New Services: New platinum sponsors OPA - Orthopedic Physicians Alaska - will be providing pre-race taping and post-race orthopedic evaluations for racers at Race Headquarters located at 125 3rd Ave by the RAE building and Advanced Physical Therapy will be providing post-race care at the finish line in the parking lot next to Superman Moving & Delivery's RV.

Permanent Disqualification for Crossing Emergency Course Closures: Routes on the race course can be closed by emergency responders and by race officials. Racers who continue along a closed section may be disqualified from the current race and banned from participating in future races. The most commonly closed section is the waterfall. Race officials will station volunteers at intersections to inform racers of closures.

Race Terminology: To clarify the entry process, the term "special invite request" has been changed to "petition for a race spot" to distinguish racers asking for entry. In addition, since there are now two ways to earn a race spot (a Grand Prix race win or a top-10 Mount Marathon finish), the criteria and process for application are housed under "Earn a Race Spot."

ESSENTIAL TRIVIA



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 Kemppel, 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, 46 finishes | 1970 – Current

Ellyn Brown, 27 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.

2015 TOP FINISHERS



Mens Race

Place	Name	From	Time	Group
1	Kilian Jornet Burgada	Les Frasserands	41:48	M1829
2	Rickey Gates	Madison WI	42:56	M3039
3	Jim Shine	Anchorage AK	43:11	M3039
4	Eric Strabel	Anchorage AK	43:26	M3039
5	Nick Elson	Squamish	43:46	M3039
6	Matt Shryock	Anchorage AK	44:44	M1829
7	Adam Jensen	Anchorage AK	45:21	M3039
8	Erik Johnson	Seward AK 12	45:23	M3039
9	Matias Saari	Anchorage AK	45:40	M4049
10	Wylie Mangelsdorf	Lakewood CO	45:46	M1829



Junior Boys

Place	Name	From	Time	Group
1	Luke Jager	Anchorage AK	27:39	M1517
2	Fintan Nakada	Anchorage AK	29:03	M1517
3	Hamish Wolfe	Anchorage AK	29:45	M1517
4	Charlie Latimer	Eagle River AK	30:00	M1517
5	Roan Hall	Eagle River AK	30:02	M1517
6	Kelemen Legate	Anchorage AK	30:11	M1214
7	David Spencer	Anchorage AK	30:17	M1214
8	Derek Steele	Anchorage AK	30:36	M1517
9	William Mans	Anchorage AK	31:06	M1517
10	Nicholas Carl	Eagle River AK	31:22	M1214



Womens Race

Place	Name	From	Time	Group
1	Emelie Forsberg	Les Frasserands	47:48	F1829
2	Allison Ostrander	Soldotna AK	50:28	F1829
3	Christy Marvin	Palmer AK	52:59	F3039
4	Najeeby Quinn	Anchorage AK	55:34	F3039
5	Denali Foldager-Strabel	Seward AK	56:17	F1829
6	Aubrey Smith	Seward AK	57:08	F3039
7	Rachel Dow	Seward AK	59:44	F3039
8	Heidi Doner	Palmer AK	59:46	F1829
9	Lydia Blanchet	Anchorage AK	1:00:20	F1829
10	Wendy Sailors	Anchorage AK	1:00:26	F4049



Junior Girls

Place	Name	From	Time	Group
1	Riana Boonstra	Ninilchik AK	32:38	F1214
2	Molly Gellert	Anchorage AK	34:00	F1517
3	Ruby Lindquist	Moose Pass AK	34:12	F1517
4	Hannah Booher	Chugiak AK	34:54	F1517
5	Annie Connelly	Chugiak AK	36:00	F1517
6	Briahna Gerlach	Gakona AK	36:30	F1517
7	Clare Cook	Eagle River AK	36:33	F1517
8	Hannah Brown	Anchorage AK	36:41	F1517
9	Heidi Booher	Chugiak AK	36:55	F1517
10	Alyson Kopsack	Palmer AK	37:42	F1517

Spectacular Spectating Tips

The best piece of advice is to plan ahead — and plan to walk. Find a legal parking spot, pack what you need for the day in a backpack or stroller then go eat, shop, watch, cheer and enjoy the day.

What to Bring

Camera | Binoculars | Sunscreen | Brimmed hat | Layers for sun, wind and rain | Umbrella | Camp chair | Water Bottle & Water!

It's important to stay well hydrated, especially on warm days. You don't want the medics come off the mountain to treat you!



What NOT to Bring – Your Dog – NO DOGS ALLOWED NEAR RACE COURSE OR DOWNTOWN

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.

How to Get Here – Carpool! Or, to avoid parking and traffic hassles, consider taking the train or bus into town. Taxis and a free shuttle between the train depot, Seward Boat Harbor and downtown are available to help you get around.

Where to Stay – If you plan to spend the night, make sure you have reservations, even for a camping spot. These book well in advance.

Where to Watch

Fireworks They shoot from the Harbor Uplands (where Mariner's Memorial stands) and 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 Find an open spot to stand anywhere along the route.

Race 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.

Where to Eat & Drink – There are plenty of restaurants and food vendors in town or get something to go for a picnic. Note: *no open alcohol containers allowed in public. Please be respectful and responsible.*

Keep Seward Clean! Pack it in, pack it out or throw it away in appropriate containers.

Seward Chamber of Commerce Stock



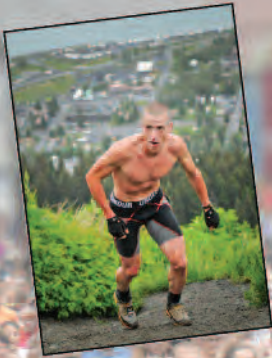
Mini Marathon, Maximum Fun



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.

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Injury Prevention Advice — Lynne Young, M.Ed., ATC, ITAT

This race is just crazy. If you're not prepared, your ankles, knees and just about every body part will pay the price. Here are a few ideas to help you prepare for a good race...and prevent injuries.

Train on Varied Terrain The race has a little, well, a lot, of everything from straight up to straight down and everything in between. Training on varied terrain — up, down, wet, dry, rocky, rooty, whatever — will strengthen the minuscule muscles in your joints that help you keep your balance, keep your joints stable, and run efficiently...and in a controlled manner. You just can't get all that on a treadmill.

Strengthen Your Core You'll need a lot more than your legs to complete this race. There is a lot of jarring, pounding motion involved and having a strong core is key to preventing back and hip injuries.

Remember Your Upper Body Arm and shoulder muscles will help pull you up the mountain and help brace on the way down. Include upper extremities in your training to help spread the load.

Use Good Gear Properly fitted shoes — that support your specific arch type and other factors — are essential. Footwear can affect not only your foot but your knees and hips, too. Some racers wear ankle gaiters to prevent scree from getting in their shoes. I would caution against taping your shoe to your ankle because you don't want to impair your ankle function.

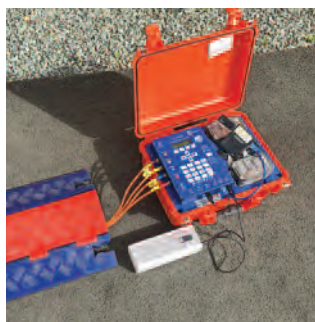
Race Day Prep Rest, Hydrate, Warm Up, Stretch, Have Fun! Give your muscles a rest and get plenty of sleep the night before. Drink lots of water. Hydration helps fuel your muscles, lungs and brain function, too. Warm up and loosen your muscles before the start (come see us at the OPA tent and we'll help). Then go have fun.

Run Your Race It's easy to get caught up in race fever and push yourself. Just don't push yourself over the edge. Literally. I encourage you to run to your ability, stay alert and play it safe so you get down the mountain and fully enjoy all the fun waiting for you at the bottom!



Lynne Young is Head Athletic Trainer at Orthopedic Physicians Alaska. She and her colleagues will be at the race offering taping, stretching, orthopedic evaluations and moral support.

The Skinny on Real-Time Timing Technology



Skinny Raven

Skinny Raven Events and Timing will be using its passive chip RFID system to capture and record timing data for the race. A passive chip does not require a battery, which means they are relatively small and disposable. The chips are applied to the back of each racer's bib prior to the bibs being handed out to racers. The timing crew lays down antennas at the start, midway, top and finish of the race to produce an RFID field. When one of the chips passes through this field, the time and racer information are recorded. Using software, the timers manipulate this time stamped data to produce the results. Wireless technology allows us to pull the timing information off of the race course in real-time, giving us the ability to produce live results for the viewing public.



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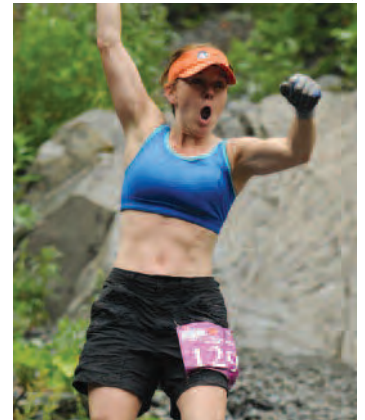
Volunteers Move Mountains


It takes some 200 volunteers to make the race and celebration happen and 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!

You Might Be Mountain Runneck If...

- Your warm up to Mt. Marathon is Mt. Alice.
- Your gym is open 24 hours and has no walls.
- You can stop running any time you want, as long as it's on the next ridge.
- When you gaze up at a mountain, you don't look for beauty. You look for routes.
- You have a killer rendition of Julie Andrews' "The hills are alive...!"
- Your feet aren't the only body part that periodically hits the dirt.
- You know the trails to the injury walk-in clinic and your PT office well.
- Your medical ID bracelet says, "Please pause my watch."
- When a bear runs away from you on the trail, you feel the impulse to run — and keep up with it.
- It's not the men who whistle at you, it's the marmots.

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Musings of the Masters

Miles Knotek Miles is a senior at Montana State University, studying science education, and will be interning with Teton Science Schools in Jackson Hole, Wyoming. Miles is a former MM Junior Race Champion and now is a top contender in the men's race with a time of 48:12 and 9th place finish under his shoelaces.

MMR Training Method: I generally like to spend as much time on Mt. Marathon as possible, reinforcing my muscle memory of routes as well as keeping an eye on conditions. I really have no structure and train how my body feels. But I definitely like to focus on hard uphill efforts and downhill footwork on tricky terrain.

Advice for First-time Runners: Take this opportunity to learn as much as possible and have as much fun as possible. You can learn a lot just by observing the racers around you and putting time in on the hill. Don't be afraid to ask people for advice, I don't know anyone who would turn you down. I can't emphasize enough to have fun!

Advice for His Closest Competitor: There is always another race.

Preferred pre-MMR Meal: The Seward Nordic Ski Club spaghetti feed!

Safety Advice: The biggest thing that can keep you safe is your brain. I try to stay in check with my speed, conditions, fitness etc. and ask myself, "Am I going to make it back down to my friends and family safe, unharmed or alive?" If the answer is no, then I may need to reconsider my situation. I work to balance my hypercompetitive side and my conservative side.

On Motivation: I just love the place where my mind goes under high amounts of physical stress. I love that flow state that I've only found in running and try to chase that state. There's also a huge clock with red ticking numbers at the bottom so I guess that helps too.

Most Freeing Training Run Moment: Coming down the gulley in training, my shorts caught on a stray branch and stayed there while I kept going. Luckily, no one was immediately behind me and I was able to finish the run with both my shorts and dignity somewhat intact.



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Christy Marvin Christy is a top contender and, having only run the race three times, already has a first place finish and a best time of 52:51 to her creds. When she's not chasing better times titles, she chases her boys who keep her on toes and entertained.

Advice for First-time Runners: Find someone who has raced Mt. Marathon more years than you are old, and follow them up and down. Those guys do exist and are full of a wealth of knowledge and advice about the mountain.

Advice for Her Closest Competitor: I'm sorry, but this is going to hurt — both of us!

Preferred Pre-MMR meal: Anything we can cook over a camp stove on the beach.

Favorite Post-MMR Meal: Battered halibut from one of the local restaurants!

Most Harrowing Moment: In 2014, I fell six times on the downhill. I found out later I had a faster downhill time than all but six of the MEN in the race. So maybe literally falling down the mountain is the fastest way to the finish.

Safety Advice: (Ignore comment above about the fastest way to finish!) ...I practice the mountain as many times as I am able. Then I pray to God that my guardian angels are ready to go, and that He gets me safely back down (while flying as fast as possible)!

On Motivation: My faith, my husband, my boys, my parents and my friends keep me going. They are the reason for my success in running and in life. I never want to let them down.

Favorite Part of MMR: The downhill. More races should include the downhill! Uphill only races are not nearly as thrilling for the competitors or spectators.

On Life: Never stop dreaming, never stop believing. "It's time for us to do more than just survive. We were made to thrive!" — Casting Crowns



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Eric Strabel Erik Strabel is a four-time MMR champion. He broke Olympic skier Bill Spencer's 32-year old course record in 2013, with a time of 42:55. Strabel's time stands as the men's 30-39 age group record. This will be Strabel's 24th race. When he's not racing around the running trails, he's flying around the ski trails — and helping kids do the same— as a full-time cross country ski coach with Alaska Pacific University's Nordic Ski Center.

Safety Advice: I check out the mountain at least a dozen times, and I wear ankle braces to guard against sprains.

Advice to First-time Runners: Practice, practice, practice. There's no substitution for experiencing THE mountain before the race, and the conditioning that comes from hiking a couple mountains each week in the months leading up.

Advice to His Closest Competitor: Did you hear the race was moved to September?

Preferred Pre-MMR meal: The Patti Foldager special. ;)

Favorite Post-MMR meal: Anything in sight.

Favorite Part of the Event: The energy from all of the people. Spectators, fellow racers, the volunteers.

Most Harrowing moment? Nothing memorable

When your body wants to stop, what motivates you to keep going? The force of habit, built in training; and the sublime excitement of going really fast.

Wendy Sailors Wendy Sailors has run MMR 23 times — every year since 1992, except for 2014 when a few days before the race she suffered a calf injury playing ultimate frisbee. Her best time was just last year, finishing 10th and clocking in at 1:00:26. When she's not working out, she helps others do so as a fitness instructor at Anchorage Cycle. She's also a reentry caseworker for the Division of Juvenile Justice.

Safety Advice: Prepare. Know the mountain. Study the mountain. Be the mountain. Stay focused and respectful of other racers when passing, especially on the down.

Nutrition Advice: Plan and test your pre race diet and document what you do when you're feeling your absolute best. Have a routine and keep doing it. I have honed in my diet considerably in last few years; my pre-race meal is now a starchy carb, like oatmeal, rice or sweet potatoes and eggs. Something simple. A little coconut oil is also involved.

First-time MMR Advice: Be prepared — in every way you can imagine: mentally, emotionally and physically. Find an experienced racer to take you up the mountain a couple times, and do the mountain at least 5 times before you race. Don't take it lightly, Mount Marathon deserves respect.

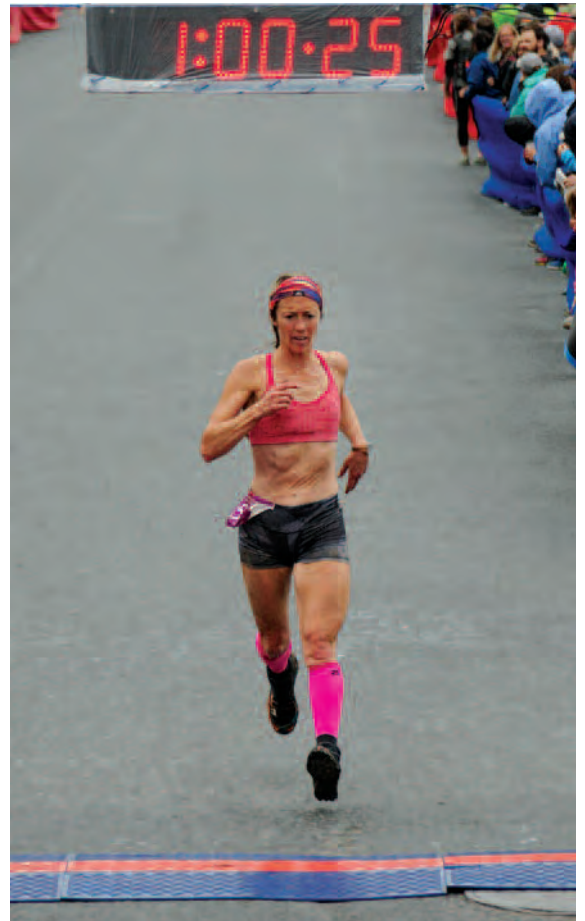
Advice to Closest Competitor: "Someone may beat me, but they are going to have to bleed to do it." (Steve Prefontaine) ...And I mean that in the nicest way.

Favorite Post-Race Meal:

Whatever the @\$%!# I want! Usually whiskey is involved.

Most Harrowing Moment: In 2005 or 2006 I got hit by a boulder that was rolling down the mountain. It popped my calf open. I kept going but lost a couple minutes and ended up getting stitches and missing the men's race.

Favorite part of the event: The community. The beginning and the end.



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Celebrate Independence from Ordinary!



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Every year on July Fourth weekend, Seward is flooded with literally thousands of fun-loving, happy people. The population swells from 2500 to an estimated 30,000. It's the place to be! Whether you come to run or watch the fireworks, experience the parade or eat and shop your way through all the vendor booths, you're sure to have a great time. See the parade route below.

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



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2016 Booth Attractions

Raymond-Super Jewelry / K.L. Enterprises/CornRoaster / Alaska Girls Kick Ass / Ran's Net Alaskan Sweet Things / Hot Dogs Ala Carte / Dippin Dots / Becky's Original Kettle Corn Alaskan Soda Jerk / Simply Southern / Wrap N' Roll / Celmor/Roger Cranford / Yukon Concessions / The Original Gourmet Ice Cream Bars / Lord of the Wings / Red Bird Kitchen / Harkey Concessions / Skinny Raven Sports / Eagle Eye Photography / Hamajang / Wiki Wiki Hawaiian Shaved Ice / Smokehouse BBQ



Playing Around the Peninsula

Seward isn't the only Peninsula community celebrating over Fourth of July weekend. Cooper Landing has its own Fourth of July parade. There's a first Friday art walk in Homer on the 3rd. And the communities Girdwood, 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.hopealaska.info
- Kenai** - www.visitkenai.com
- Kenai Peninsula Tourism Marketing Council**
- www.kenaipeninsula.org
- Moose Pass** - www.moosepassalaska.com
- Soldotna** - www.soldotnachamber.com
- Whittier** - www.whittieralaskachamber.com



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Official Rules & Regulations for the Mount Marathon Race®

Racer Selection

The Mount Marathon Race® made some major changes in 2013 to the adult race application process. The priority registration system used before 2013 was no longer sustainable because the number of priority applicants exceeded the available slots, which resulted in very few runners gaining entry into the race. The new priority system opens up about 125 lottery slots for each of the men's and women's races. This change will also benefit former runners who lost their priority status and want to regain a slot.

Selection for Adult Race Divisions

The 350 slots for the adult races will be filled in the following order:

- Priority Racers
 - Previous 1st place winners of the men's or women's Mount Marathon Race®.
 - First 225 eligible finishers* from the previous year's race.
 - Top-10 eligible age-group finishers* from the previous race.
 - Skip-A-Year applicants from the previous year.
 - 10-Year status is a racer who has completed 10 or more adult races (previously referred to as a veteran racer). Junior race finishes DO NOT apply to 10 year status.
 - Runners with an approved waiver from previous year.
 - Junior-to-adult racers who completed the race the previous year as a junior and have aged into the adult race.
- Lottery Winners – selected through a random weighted lottery.
- Earned spot or approved petition.

Selection for Junior Race Division

The 125 boys and 125 girl slots for the Junior Division will be filled in the following order:

- Priority Racers
 - Previous 1st place winners of the boy's or girl's race
 - Finishers* from the previous year's Race.
 - Runners with an approved waiver from previous year.
- Approved petition. See all rules pertaining to Petition Application.
- Lottery winners. - selected through a random weighted lottery.

**One-year approved petitions and earned race spots are not eligible for priority status.*

Weighted Lottery

Beginning in race year 2014, the lottery selection process began using a new, weighted formula, increasing the odds of winning a lottery place in the race, based on the number of times you have applied. This means that applicants that apply multiple times will have an increased chance of being selected. Applicants are assigned an adjustment weight each year they apply and are not selected for the lottery.

Cut-off checkpoint

All racers must reach the Cut-Off time Checkpoint on the mountain before the cut-off times listed below AND complete the race before the cut-off times listed below, *or they will be disqualified from the race.* Any racer who continues on the race course after the cut-off times will be disqualified from entering future Mount Marathon races.

- Adult racers must cross past the Junior Race Point (1/2 way up the mountain) within one hour (60 minutes) of their start time. *Adults who do not complete the race within 2.5 hours will not receive an official time.*
- Junior racers must cross by Squirrels' Inn within 30 minutes of their start time, and complete the race in 1.5 hours to receive an official finish time.

First-time racers must complete race course prior to race day

Before first-time racers will be allowed to pick up their bib, racers (or their parent or guardian if under 18) must sign a statement stating they have completed the entire race course prior to race day.

Rules of conduct

- No climbing aids.
- No shoes with metal cleats.
- No identifying markers on the trail to guide runners.
- No assistance on the trail except for first aid and dispensing of water.
- No unfair or unsafe acts.
- No headphones or listening devices.
- Every runner must give way to a runner shouting “trail” in the act of passing.
- Any runner still on the trail from an earlier race shall give way to runners in the current race.
- Applicants may not falsify any information on the application form.
- Participants in the adult races must show a valid photo I.D. when picking up their bib or face disqualification.
- Participants may not trade bibs or provide their bibs and race identification to other individuals.
- Runners must have their race bib with embedded timing chip when crossing the finish line.

Rules violations

Violation of any rule or blatant disregard for the safety of others may subject a participant to disqualification from the current year’s race and possible disqualification from future races.

Bib Pick Up & Safety Meeting on July 3rd

The safety meeting is held on July 3rd at 7:45 pm at the Seward High School, 2100 Swetmann Ave., and is collocated with bib pick-up.

- Attendance is mandatory for ALL first time racers, even if they have completed the entire race course prior to race day.
- Before first-time racers will be allowed to pick up their bib, racers (or their parent or guardian if under 18) must sign a statement stating they have completed the entire race course prior to race day.
- Juniors must be accompanied by a parent or legal guardian for the entire event, including the video and bib pick-up.
- Bibs with embedded timing chips will be provided to all first timers following the safety meeting.
- Any first timers who fail to attend this meeting will be disqualified and will need to re-apply through the lottery process to participate in a future race.

Because the Mount Marathon Race® is a challenging mountain run and terrain changes could occur from year to year, all participants are encouraged to attend the safety meeting.

The terrain on Mount Marathon changes every year and there are inherent risk associated with mountain trail running and races. Every racer should practice the entire race course and be adequately conditioned before participating in the race. Participating without preparation endangers other racers, spectators, medical personnel, and jeopardizes the sustainability of the race. If you do not feel adequately prepared, DO NOT participate in the race.

There are individual GPS devices on the market that families may invest in on their own to track runners in the race. You can learn more about these devices here: <http://www.runnertracker.com>. We cannot recommend any of these devices over another.

Bandits

Bandits are individuals who join the field of Mount Marathon Race® competitors under fraudulent circumstances – obtaining a legal bib using false identification, using another runner’s bib, or breaking into the field of runners at any point without a bib or using a falsified bib.

A bandit creates safety and liability issues for both other participants and race officials. Bandits also create errors in race timing if they cross the finish line. Bandits steal resources meant for registered runners who pay for them such as emergency personnel, permit fees, insurance costs, etc. If a bandit sustains an injury or other medical emergency, the race officials may not know who that person is or may think it’s someone else. This could result in serious consequences.

Bandits violate the spirit of sportsmanship endorsed by the Mount Marathon Race® and more importantly, impair the safety of all participants.

As a result, identified bandits may face a lifetime ban from participating in the Mount Marathon Race®, ban from other Alaska running events, and possible legal action.

Release and waiver of liability

Each participant must sign a Waiver of Liability absolving the City of Seward, the Seward Chamber of Commerce, and any or all individuals connected with the race of any responsibility for injuries incurred while training for the race or during the race.

A parent or legal guardian must sign the waiver on behalf of any participants in the Junior race. Acknowledgement of this Waiver of Liability during the online MMR Racer Registration and Lottery Application processes constitutes your signature on the Waiver.

Notify finish-line officials if you don't start of finish

Racers who picked up a bib that do not start or finish the race must notify a race official at the finish line as soon as possible.

Adult race finishes

Adults that finish the Mt. Marathon Race in 2.5 hours or less will receive an official time and their finish will be counted towards 10-year status (a racer who has completed 10 or more non-consecutive adult races) for priority registration status.

Race Cancellation

The Mount Marathon Race® has never been cancelled for weather. In the case of unhealthy air quality, extreme heat, or unexpected occurrence, the Chamber of Commerce, in consultation with emergency management professionals, would issue an Emergency Alert to racers and the public.

Racers choosing not to race due to the information in any such alert would maintain their Priority Racer Status the following year after notifying the Seward Chamber of Commerce in writing that they opted to not race in response to the Emergency Alert.

Official Finish Times

Official finish times will be awarded to senior racers who complete the race in less than 2 hours, 30 minutes, and junior racers who finish in less than 1 hour, 30 minutes.

Junior Teams

Scores for junior teams are tabulated using division (boys' or girls') finish place instead of overall race finish place.

AWARDS CEREMONY

The award ceremony begins at 6 pm at the AVTEC gymnasium (519 4th Ave). Runners are awarded in the following categories:

- Top five men, women, boys, and girls in each of their respective races
- Top five places for each age group: 7-11, 12-14, 15-17, 18-29, and ten-year increments thereafter
- Top three boy teams
- Top three girl teams
- Top finishers from Seward.
- Longevity: individuals that have finished 20 races and 10-year increments thereafter



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Go Amy & Ole!

OPA is proud to support patients Amy Malouf and Ole Jordan on their journeys from surgery to success on the mountain, and beyond.

We encourage all runners to have fun — and stay safe!



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Ole Jordan
Achilles Tendon Surgery

Amy Malouf
Ankle Surgery

MOUNT MARATHON ROSTER 2016



BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
1	Emelie	Forsberg	29	Måndalen	Rauma
2	Allison	Ostrander	19	Soldotna	AK
3	Christy	Marvin	35	Palmer	AK
4	Najeeby	Quinn	36	Anchorage	AK
5	Denali	Foldager-Strabel	26	Seward	AK
6	Aubrey	Smith	36	Seward	AK
7	Rachel	Dow	37	Seward	AK
8	Heidi	Friese	24	Palmer	AK
9	Lydia	Blanchet	19	Anchorage	AK
10	Wendy	Sailors	47	Anchorage	AK
11	Hallidie	Wilt	27	Anchorage	AK
12	Sarah	Glaser	27	Seward	AK
13	Gyongyver	Schilling	43	Hope	AK
14	Christie	Hauptert	40	Anchorage	AK
16	Angela	DiBerardino	39	Anchorage	AK
17	Anna	Widman	32	Kenai	AK
18	Karol	Fink	48	Seward	AK
19	kinsey	Loan	23	Eagle River	AK
20	Kelsey	Coolidge	28	Anchorage	AK
21	Alisa	Kincaid	42	Palmer	AK
22	Lauren	Fritz	28	Anchorage	AK
23	Tsaina	Mahlen	21	Anchorage	AK
24	Mira	Hopkins	22	Anchorage	AK
25	Isabel	Barnwell	20	Seward	AK
26	Kristen	Sieminski	37	Seward	AK
27	Sarah	Cosgrave	19	Anchorage	AK
28	Jolie	Glaser	30	Seward	AK
29	Rachel	Russell	22	Eagle River	AK
30	Abby	Jahn	23	Wasilla	AK
31	Andrea	Kettler	32	Anchorage	AK
32	Leslie	Varys	37	Wasilla	AK
33	Amber	Walker	32	Anchorage	AK
34	Jane	Baldwin	55	Palmer	AK
35	Tasha	Folsom	32	Sitka	AK
36	Leah	Legate	51	Anchorage	AK
37	Tekla	Seavey	27	Seward	AK
38	Rubye	Sanner	26	Seward	AK
39	Jennifer	Barnard	42	Anchorage	AK
40	Tiffanie	Novakovich	39	Anchorage	AK
41	Amy	Harper	37	Arroyo Grande	CA
42	Kimberly	Riggs	40	Anchorage	AK
43	Allison	Ross	23	Anchorage	AK
44	Ellyn	Brown	63	Anchorage	AK
45	Kyle	Colburn	55	Anchorage	AK
46	Marion	Woods	21	Anchorage	AK
47	Kristy	De Yong	36	Anchorage	AK
48	Emily	Evans	19	Anchorage	AK
49	Patricia	Kopp	51	Anchorage	AK
50	Jennifer	Uriarte	39	Seward	AK
51	Evelyn	Bear	42	Cooper Landing	AK
52	Lauren	Spinelli	37	Anchorage	AK
53	Christine	Bennett	44	Chugiak	AK
54	Patricia	Foldager	58	Seward	AK
55	Elizabeth	Hooper	50	Anchorage	AK
56	Susan	Casey	49	Eagle River	AK
57	Rachel	Kidwell	29	Anchorage	AK
58	Justine	Reese	32	Wasilla	AK

59	Jennifer	Frazier	47	Eagle River	AK
60	Anne	Liotta	23	Anchorage	AK
61	Carolyn	Boone	45	Chugiak	AK
62	Jocelyn	Kopsack	19	Palmer	AK
63	Colleen	Powers	32	Lyons	CO
64	Meghan	Dooley	31	Anchorage	AK
65	Gina	Robinson	45	Anchorage	AK
66	Tiffany	Hall	34	Anchorage	AK
67	Shani	Rinner	42	Anchorage	AK
68	Maggie	Laufenberg	32	Anchorage	AK
69	Sadie	Fox	19	Soldotna	AK
70	Teresa	Russell	50	Eagle River	AK
71	Beth alta	Fletcher	35	Anchorage	AK
72	Stephanie	Wright	30	Seward	AK
73	Laura	Arnold	20	Anchorage	AK
74	Kayla	Rowe	20	Anchorage	AK
75	Helen	Lindemuth	41	Seward	AK
76	Verena	Gill	49	Anchorage	AK
77	Teresa	Comer	34	Eagle River	AK
78	Charlotte	Edmondson	42	Anchorage	AK
79	Jordin	Thompson	29	Eagle River	AK
80	Stacy	Schaffer	38	Seward	AK
81	Megan	Olson	45	Anchorage	AK
82	Bronwen	Nicholls	28	Anchorage	AK
83	Carri	Jones	34	Anchorage	AK
84	Deana	Watson	45	Anchorage	AK
85	Erica	Shafer	34	Anchorage	AK
86	Heidi	Conway	48	Anchorage	AK
87	Stacey	Kolstad	44	Palmer	AK
88	Michelle	Dickson	46	Anchorage	AK
89	Cheryl	Ess	61	Sutton	AK
90	Amanda	Hegna	37	Eagle River	AK
91	Mara	Rabinowitz	49	Anchorage	AK
92	Ana (Mariana)	Jager	19	Anchorage	AK
93	Amber	McDonough	40	Anchorage	AK
94	Sadie	Ulman	34	Seward	AK
95	Andrea	Fountain	27	Anchorage	AK
96	Cecelia	Reagle	27	Anchorage	AK
97	Hannah	Lies	21	Chicago	IL
98	Margaret	Cunningham	57	Eagle River	AK
99	Leslie	Dickson	48	Anchorage	AK
100	Ann	Spencer	21	Anchorage	AK
101	Jennifer	Kach	32	Anchorage	AK
102	Ava	Harren	20	Anchorage	AK
103	Justine	Pechuzal	36	Seward	AK
104	Rachelle	Kanady	26	Anchorage	AK
105	Pamela	Skogstad	62	Hope	AK
106	Mary	Beth Koster	51	Seward	AK
107	Hope	Basinger	26	Anchorage	AK
108	Taylor	Ostrander	22	Soldotna	AK
109	Denise	Brown Robinson	43	Anchorage	AK
110	Nicole	Lesko	37	Anchorage	AK
111	Holly	Brooks	34	Anchorage	AK
112	Aurora	Agee	36	Healy	AK
113	Rachelle	Alger	47	Anchorage	AK
114	Jennifer	Waltenbaugh	44	Homer	AK
115	Denise	Deal	53	Anchorage	AK
116	Jennifer	Dougherty	43	Seward	AK
117	Mari	Eaton	47	Anchorage	AK
118	Joey	Eski	46	Anchorage	AK
119	Deb	Essex	47	Girdwood	AK
120	Saundra	Hudson	47	Homer	AK
121	Shirl	Kendall	52	Anchorage	AK
122	Suzanne	Knudsen	61	Indian	AK
123	Cynthia	Kupczynski	57	Anchorage	AK
124	Heather	Shank	45	Seward	AK
125	Cynthia	Martensen	50	Anchorage	AK
126	Amy	Brumbaugh	43	Anchorage	AK
127	Karen	Miernyk	47	Anchorage	AK
128	Kara	Moore	36	Eagle River	AK
129	Binget	Nilsson	49	Seward	AK
130	Brynn	O'Hara	32	Anchorage	AK
131	Nancy	Osborne	65	Seward	AK
132	Mariah	Johnson	40	Seward	AK
133	Teal	Hall	29	Moose Pass	AK
134	Yngvild	Kaspersen	21	Tromso	Tromso

135	Melissa	Lewis	45	Fairbanks	AK
136	Jeanette	Nienaber	37	Seward	AK
137	Katharine	Tongue	54	Kasilof	AK
138	Linda	Rao	36	Talkeetna	AK
139	Darcy	Waddell	49	Pueblo West	CO
140	April	McAnly	34	Anchorage	AK
141	Allison	Barnwell	24	Anchorage	AK
142	Mackenzie	Barnwell	22	Seward	AK
143	Karen	Williams	55	Anchorage	AK
144	Annie	Connelly	18	Chugiak	AK
145	Hannah	Booher	18	Chugiak	AK
146	Alina	Rubeo	34	Wasilla	AK
147	Paula	Westbrook	35	Eagle River	AK
148	Denielle	Beilfuss	40	Shorewood	WI
149	Clare	Cook	18	Eagle River	AK
150	Danielle	Owens	18	Eagle River	AK
151	Dreanna	Owens	18	Eagle River	AK
152	Erin	Hamilton	38	Anchorage	AK
153	Andria	Hayes	43	Anchorage	AK
154	Tracy	Houser	44	Palmer	AK
155	April	Juliusen	52	Anchorage	AK
156	Emily	Rhodes	48	Anchorage	AK
157	Cheryl	Shellabarger	55	Loveland	CO
158	Sarah	Freistone	22	Anchorage	AK
160	Auction				
161	Auction				
162	Auction				
163	Auction				
164	Auction				
165	Auction				
166	Auction				
167	Auction				
168	Auction				
169	Auction				
170	Auction				
401	Emily	Veenstra	27	Anchorage	AK
402	Katee	Chard	26	Anchorage	AK
403	Kelsey	Tranel	27	Anchorage	AK
404	Karen	Carswell Kirk	50	Eagle River	AK
405	Rebecca	Coolidge	33	Anchorage	AK
406	Megan	Volk	28	Eagle River	AK
407	Frances	Everts	44	Homer	AK
408	Melinda	Greig Walker	58	Anchorage	AK
409	Catherine	Bodry	39	Anchorage	AK
410	Teresa	Ostrander	48	Soldotna	AK
411	Kimberly	Lowe	44	Anchorage	AK
412	Autumn	Sperry	21	Eagle River	AK
413	Gwendolynn	Gabbert	32	Anchorage	AK
414	Marion	Glaser	32	Seward	AK
415	Diana	Burbank	33	Anchorage	AK
416	Cynthia	Ritchie	57	Anchorage	AK
417	Kimberley	Graham	34	Hope	AK
418	Jean	Labonte	56	Eagle River	AK
419	Kristen	Lessard	23	Cooper Landing	AK
420	Kelley	Sefton	23	Seward	AK
421	Willow	Hetrick	31	Moose Pass	AK
422	Krystal	Nelson	43	Anchorage	AK
423	Dawn	Dinwoodie	48	Anchorage	AK
424	Laura	McGinley	36	Boulder	CO
425	Jacqueline	Klecka	22	Eagle River	AK
426	Dyann	Hardy	35	Eagle River	AK
427	Nancy	Schierhorn	56	Anchorage	AK
428	Whitney	Hitchcock	29	Kenai	AK
429	Meret	Beutler	19	Seward	AK
430	Tracie	Haan	20	Palmer	AK
431	Andrea	Snowden	42	Anchorage	AK
432	Clarice	Conley	53	Eagle River	AK
433	Laura	Kromrey	19	Moose Pass	AK
434	Suzie	Mauro	38	Eagle River	AK
435	Chelsea	Ryan	32	Anchorage	AK
436	Amy	George	47	Soldotna	AK
437	Brandy	Eber	33	Eagle River	AK
438	Samantha	Bassler	25	Anchorage	AK
439	Halley	Werner	31	Seward	AK
440	Stephanie	Hanson	49	Anchorage	AK
441	Cecilia	Jarvis	43	Anchorage	AK
442	Diana	Hill	27	Seward	AK
443	Timeri	Noren	42	Eagle River	AK
444	Mary	O'Reilly	27	Eagle River	AK
445	Sara	Kennedy	33	Eagle River	AK
446	Karen	Kromrey	51	Moose Pass	AK
447	Tricia	Dettling	44	Las Vegas	NV
448	Heather	Moon	37	Kenai	AK
449	Jennifer	Baker	28	Anchorage	AK

For more info about auction winners and wave changes, visit <http://mmr.seward.com/>

450	Meredyth	Richards	29	Fairbanks	AK
451	Brittney	Cornell	25	Anchorage	AK
452	Jess	Klain	31	Anchorage	AK
453	Kellyn	Brothis	29	Wasilla	AK
454	Kristen	Hansen	44	Anchorage	AK
455	Courtney	Gritsch	29	Anchorage	AK
456	Emily	Helland	33	Anchorage	AK
457	Rachel	Witty	44	Anchorage	AK
458	Danielle	Weber	26	Wasilla	AK
459	Amie	Wu	36	Anchorage	AK
460	Carole	Holley	41	Anchorage	AK
461	Julianne	Dickerson	28	Anchorage	AK
462	Charlotte	Harrington	24	Anchorage	AK
463	Tammy	LaFrancois-DeGraeve	52	Soldotna	AK
464	Jillian	Bender	29	Seward	AK
465	Ingrid	Gavalya	39	Chugiak	AK
466	Mariah	Butters	42	Seward	AK
467	Tara	Craytor	32	Seward	AK
468	Cora	Nimmo	35	Columbia	MO
469	Jane	Mulcahy	28	Jefferson	NY
470	Lela	Benson	53	Anchorage	AK
471	Sheri	Boggs	54	Eagle River	AK
472	Wendy	Bryden	48	Moose Pass	AK
473	Katrina	Cain	50	Anchorage	AK
474	Susan	Ernst	62	Lewisburg	WV
475	Margaret	Griffin	46	Soldotna	AK
476	Kris	Kile	48	Austin	TX
477	Jessica	Honebein	18	Seward	AK
478	Veronica	Bunch	40	Seward	AK
479	Jennifer	Pepin	42	Juneau	AK
480	Krystin	McClure	32	Seward	AK
481	Cheryl	Castle	50	Palisade	CO
482	Mary	Kemppel	74	Anchorage	AK
483	Bernice	Kindred	54	Eagle River	AK
484	Clare	King	54	Palmer	AK
485	Vicky	Knudson	73	Shakopee	MN
486	Wendy	Leseman	60	Anchorage	AK
487	Annie	Luck	56	High Rolls	NM
488	Kristin	Blees	42	Anchorage	AK
489	Bonnie	Moore	33	Anchorage	AK
490	Nancy	Murphy	56	Eagle River	AK
491	Janet	Ponder-sutphin	58	Eagle river	AK
492	Summer	Northern	38	Port Angeles	WA
493	Julia	Millon	25	Winters	CA
494	Alesia	Thon	49	Anchorage	AK
495	Jasper	Wallace	33	Anchorage	AK
496	Kendra	Sautel	39	Anchorage	AK
497	Kaitlyn	Parker	21	Eagle River	AK
498	Michelle	Wilson	32	Anchorage	AK
499	Lanara	Forgit	45	Anchorage	AK
500	Amara	Liggett	32	Anchorage	AK
501	Valerie	Quinn	44	Anchorage	AK
502	Kimberly	Van Sickle	35	Girdwood	AK
503	Leah	Hopkins	18	Anchorage	AK
504	Vicki	Winter	56	Fawn Grove	PA
505	Jessica	Clifford	18	Anchorage	AK
506	Chelsie	Rosen	23	St. Louis	MO
507	Rita	McKenzie	50	Anchorage	AK
508	Alyssa	Hampton	18	Anchorage	AK
509	Noelle	Coniglio	18	Eagle River	AK
510	Annie	Johnson	27	Poulsbo	WA
511	Erin	Galles	32	Anchorage	AK
512	Annika	Goozen	18	Eagle River	AK
513	Grace	Williams	37	Seward	AK
514	Tina	Ervin	43	Palmer	AK
515	Kathleen	Meeds	19	Anchorage	AK
516	Christy	Phillips	35	Seward	AK
517	Jill	McLeod	50	Anchorage	AK
518	Kerri	Garcia	36	Fairbanks	AK
519	Alexandra	Guilbeau	24	Austin	TX
520	Jessica	Heinrich	36	Anchorage	AK
521	Lauran	Ballesteros	35	Eagle River	AK
522	Amanda	Calhoon	33	Anchorage	AK
523	Sara	Rottman	35	Anchorage	AK
524	Danielle	Harris	31	Eagle River	AK
525	Kate	Clark	37	Anchorage	AK
526	Sable	Hodson	25	Los Angeles	CA
527	Erika	Lewis	28	Coeur d' Alene	ID
528	Christina	Lindh	35	Alexandria	VA
529	Robin	Ace	38	Wasilla	AK
530	Eileen	Audette	22	Seward	AK
531	Katie	Elliott	31	Indianola	IA
532	Ashley	Lally	29	Anchorage	AK
533	Leslie	Rawson	25	Anchorage	AK

534	Tatjana	Spaic	19	Palmer	AK
535	Erin	Callahan	46	Anchorage	AK
536	Joan	Antonson	64	Anchorage	AK
537	Kelly	Mann	62	Palmer	AK
538	Millie	Spezialy	78	Anchorage	AK
539	Ellen	Davidson	68	Green River	WY
540	Patrice	Icardi	62	Anchorage	AK
541	Michelle	Moore	29	Kasilof	AK
542	Arika	Browne	34	Anchorage	AK
543	Michele	Buchicchio	38	Lisle	IL
544	Susan	Windle Beam	56	Anchorage	AK
545	Laura	Edmondson	47	Anchorage	AK
546	Arielle	Wiggin	18	Anchorage	AK
547	Jacquelyn	Mouck	25	Atlanta	GA
548	Heather	Anderson	45	Eagle River	AK
549	Jenna	Carlton	26	North Pole	AK
550	Dawn	Talbott	46	Anchorage	AK
551	Kaleen	Haines	34	Anchorage	AK
552	Jill	Reeves	48	Palmer	AK
553	Courtney	Moore	24	Seward	AK
554	Jessica	Stern	54	Anchorage	AK
555	Ashley	Ellingson	31	Anchorage	AK
556	Emmanda	Wood	36	Seward	AK
557	Brittany	Smith	30	Eagle River	AK
558	Megan	Arnoldy	24	Moose Pass	AK
559	Brandi	Beaudreault	35	North Pole	AK
560	Carrie	Glatz	24	Wasilla	AK
561	Janus	Reyes	51	Anchorage	AK
562	Lia	Keller	40	Anchorage	AK
563	Jessica	Pahkala	21	Anchorage	AK
564	Jennifer	Sonne	28	Solotna	AK
565	Susan	Craig	47	Soldotna	AK
566	Ashly	Beckes	28	Anchorage	AK
567	Rachel	Sullivan	29	Cooper Landing	AK
568	Cynthia	Hajost	56	Great Falls	VA
569	Shannon	Titzel	45	Anchorage	AK
570	Heidi	Bergt	26	Anchorage	AK
571	Morgan	Aldridge	34	Sterling	AK
572	Carla	Smith	41	Anchorage	AK
573	Sondra	Stonecipher	33	Soldotna	AK
574	Trina	Resari-Salao	36	Anchorage	AK
575	Karin	Dau	29	Wasilla	AK
576	Aimie	Chase	25	Anchorage	AK
577	Jessica	Hutchings	28	Palmer	AK
578	Jenn	Parchem	27	Columbus	WI
579	Leah	Rathbun	45	Portland	OR
580	Lindy	Byerly	29	Seward	AK
581	Sharlene	Lundal	75	Spokane	WA
582	Pamela	Dreyer	34	Eagle River	AK
583	Christy	Jordan	43	Anchorage	AK
584	Letty	Swanson	56	Seward	AK
585	Kathryn	Jacobsen	43	Anchorage	AK
586	Mary	Vollendorf	46	Anchorage	AK
587	Hannah	Beutler	21	Seward	AK
588	Yereth	Rosen	57	Anchorage	AK
589	Amber	Sheffield	46	Big Lake	AK
590	Renee	Millard	40	Wasilla	AK
591	Amber	Hays	37	Wasilla	AK
592	Natalie	Cadieus	38	Wasilla	AK
593	Liana	Gulzow	43	Camas	WA
594	Paulette	Stinson	67	Battle Ground	WA
595	Shelby	Berg	46	Colorado Springs	CO
596	Josephine	Braun	18	Seward	AK
597	Billie Jo	Kopsack	63	Palmer	AK



Alaska's Focus Photography

BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
1	Kilian	Jornet Burgada	28	Les Frasserands	FRANCE
2	Rickey	Gates	35	Madison	WI
3	Jim	Shine	39	Anchorage	AK
4	Eric	Strabel	34	Anchorage	AK
5	Nick	Elson	32	Squamish	BC
6	Matt	Shryock	29	Anchorage	AK
7	Adam	Jensen	35	Anchorage	AK
8	Erik	Johnson	39	Seward	AK
9	Matias	Saari	45	Anchorage	AK
11	Kenneth	Brewer	23	Chugiak	AK
12	Lyon	Kopsack	20	Palmer	AK
13	Benjamin	Marvin	35	Palmer	AK
14	Matthew	Novakovich	42	Anchorage	AK
16	Miles	Knotek	21	Moose Pass	AK
17	Tor	Christopherson	34	Anchorage	AK
18	William	Ross	27	Anchorage	AK
19	Peter	Mamrol	22	Anchorage	AK
20	Patrick	Conway	39	Anchorage	AK
21	Ben	Ward	41	Anchorage	AK
22	Brenton	Knight	32	Boulder	CO
23	AJ	Schirack	27	Wasilla	AK
24	Craig	Taylor	38	Eagle River	AK
25	Shawn	Erchinger	48	Colorado Springs	CO
26	Corey	Kline	38	Boulder	CO
27	Harlow	Robinson	49	Anchorage	AK
28	Brandon	Rinner	41	Anchorage	AK
29	David	Apperson	28	Seward	AK
30	Keegan	Crow	19	Eagle River	AK
31	Luke	Cvancara	19	Anchorage	AK
32	Pyper	Dixon	25	Seward	AK
33	A William	Stoll	36	Anchorage	AK
34	Darin	Markwardt	35	Soldotna	AK
35	Paul	Butera	19	Anchorage	AK
36	Daniel	Kane	31	Anchorage	AK
37	David	McPhetres	30	Chugiak	AK
38	Jason	Lamoreaux	37	Anchorage	AK
39	Erik	Mundahl	29	Anchorage	AK
40	Christopher	Kirk	19	Eagle River	AK
41	Andrew	Stavich	50	Anchorage	AK
42	Brad	Benter	49	Anchorage	AK
43	Conor	Deal	23	Anchorage	AK
44	Forrest	Mahlen	23	Anchorage	AK
45	Karl	Romig	58	Lawing	AK
46	Trevor	Kreznar	27	Callicoon Center	NY
47	Todd	Bethard	42	Anchorage	AK
48	Ryan	Cox	26	Anchorage	AK
49	Todd	Lowery	46	Eagle River	AK
50	Alex	Alonso	43	Anchorage	AK
51	Jason	Wright	38	Lantzville	BC
52	Josiah	Martin	21	Kenai	AK
53	Matthew	Kenney	45	Anchorage	AK
54	Levi	Younger	28	Eagle River	AK
55	Solomon	D'Amico	32	Seward	AK
56	Nicholas	Whitmore	27	Anchorage	AK
57	Andrew	Duenow	51	Anchorage	AK

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58	Ivan	Grutter	46	Sitka	AK	140	Nicholas	Swann	30	Seward	AK
59	Alex	Loan	21	Eagle River	AK	141	Roan	Hall	18	Eagle River	AK
60	Jonathan	Harvey	33	Anchorage	AK	142	Derek	Steele	18	Anchorage	AK
61	Lance	Kopsack	51	Palmer	AK	143	William	Mans	18	Anchorage	AK
62	Thomas	Hovden	29	Eagle River	AK	144	Jack	Martensen	18	Anchorage	AK
63	Luke	Duffy	38	Anchorage	AK	145	Dax	Cvancara	18	Anchorage	AK
64	Bryan	Hardy	40	Eagle River	AK	146	Paxson	Berry	18	Moose Pass	AK
65	Evan	Hone	38	Thousand Oaks	CA	147	Thomas	Zweifel	18	Seward	AK
66	Lane	Reed	20	Wasilla	AK	148	Andrew	Dougherty	25	Anchorage	AK
67	Joseph	Nyholm	24	Seward	AK	149	Michael	Wheatall	55	Anchorage	AK
68	Adam	Campbell	37	Calgary	Alberta	150	Luke	Rosier	29	Seward	AK
69	Aaron	Dickson	31	Palmer	AK	151	Anthony	Tomsich	29	Anchorage	AK
70	Mike	Heatwole	49	Anchorage	AK	152	Daniel	Virgin	59	Palmer	AK
71	Sean	Ulman	35	Seward	AK	160	Auction				
72	Lucas	Hepler	20	Anchorage	AK	161	Auction				
73	Caleb	Cotter	25	Anchorage	AK	162	Auction				
74	Barney	Griffith	58	Anchorage	AK	163	Auction				
75	Vin	Robinson	45	Anchorage	AK	164	Auction				
76	Troy	Larson	47	Anchorage	AK	165	Auction				
77	John	Kogl	45	Eagle River	AK	166	Auction				
78	Michael	Cragen	40	Anchorage	AK	167	Auction				
79	Ryan	Lewis	29	Coeur d'Alene	ID	168	Auction				
80	Jared	Green	40	Calgary	Alberta	169	Auction				
81	Kegan	Storjohann	23	Anthem	AZ	170	Auction				
82	Peter	McEnaney	51	Eagle River	AK	401	John	Williams	61	Palmer	AK
83	Cameron	Reitmeier	38	Anchorage	AK	402	Daniel	Willman	43	Anchorage	AK
84	Fred	Thomas	61	Meeteetse	WY	403	Mark	Chase	26	Anchorage	AK
85	Bret	Connor	39	Anchorage	AK	404	Nicholas	Zweifel	20	Seward	AK
86	Michael	Bourdukofsky	37	Anchorage	AK	405	Tyler	Greensfelder	24	Chugiak	AK
87	Jeffrey	Levin	25	Anchorage	AK	406	Joey	Klecka	27	Eagle River	AK
88	Thomas	Coolidge	65	Anchorage	AK	407	Connor	Sperry	24	Eagle River	AK
89	Matti	Silta	21	Soldotna	AK	408	Levi	Sutton	27	Soldotna	AK
90	Eric	Lawson	37	Eagle River	AK	409	Casey	Volk	24	Eagle River	AK
91	John	Novak	23	Anchorage	AK	410	David	Peterson	28	Anchorage	AK
92	Michael	Quimby	34	Eagle River	AK	411	Steve	Carroll	54	Anchorage	AK
93	Brett	Vadla	23	Soldotna	AK	412	William	English	65	Anchorage	AK
94	Jeremy	Weber	28	Wasilla	AK	413	Alec	Kay	50	Anchorage	AK
95	Steve	Gilles	58	Indian	AK	414	Jeremiah	Simono	31	Helena	MT
96	Patrick	Wolfe	53	Anchorage	AK	415	Billy	Ballantine	20	Anchorage	AK
97	Jacob	Thompson	29	Eagle River	AK	416	James	Murray	55	Wasilla	AK
98	Robert	Walgren	23	Anchorage	AK	417	Kyle	Willard	21	Anchorage	AK
99	Gregory	Bombeck	27	Salt Lake City	UT	418	Davis	Dunlap	24	Palmer	AK
100	Marten	Martensen	47	Anchorage	AK	419	Shane	Topf	23	Eagle River	AK
101	Brian	Broderick	51	Anchorage	AK	420	Michael	Tranel	57	Skagway	AK
102	Benjamin	Uffenbeck	38	Anchorage	AK	421	Kenneth	Bombeck	25	Salt Lake City	UT
103	Connor	Curley	28	Ogden	UT	422	Robert	Forgit	54	Anchorage	AK
104	David	Norris	25	Anchorage	AK	423	Ted	Paprocki	38	Anchorage	AK
105	Scott	Gage	45	Wasilla	AK	424	Brett	Ekstrand	27	Anchorage	AK
106	Brandon	King	21	Palmer	AK	425	Wayne	Humbert	36	Seward	AK
107	Brian	Pautzke	35	Anchorage	AK	426	Westley	Dahlgren	34	Anchorage	AK
108	Flip	Foldager	59	Seward	AK	427	Bixler	McClure	30	Seward	AK
109	Jeremy	Weaver	40	Achorage	AK	428	Dallas	Seavey	29	Willow	AK
110	Brad	Precosky	49	Anchorage	AK	429	Michea	Westbrook	36	Eagle River	AK
111	Trond	Flagstad	46	Anchorage	AK	430	Jacob	Parker	32	Fairbanks	AK
112	Jeffrey	Johnson	59	Anchorage	AK	431	Christopher	Wright	42	Anchorage	AK
113	Bill	Spencer	60	Anchorage	AK	432	Edwin	Shutt	43	Anchorage	AK
114	Craig	Walker	54	Anchorage	AK	433	Anthony	Marchini	38	Palmer	AK
115	Peter	Adams	43	Anchorage	AK	434	Paul	Ostrander	48	Soldotna	AK
116	Eugen	Beutler	51	Seward	AK	435	Hans	Hallinen	28	Anchorage	AK
117	David	Aquino	68	Anchorage	AK	436	Jeremy	Hinshaw	41	Anchorage	AK
118	Everett	Billingslea	55	Seattle	WA	437	Todd	Stull	39	Peyton	CO
119	John	Browne	46	Anchorage	AK	438	Peter	Malecha	50	Girdwood	AK
120	Chris	Carswell	50	Eagle River	AK	439	Matt	Hershock	40	Seward	AK
121	John	Clark	51	Anchorage	AK	440	Zan	Butler	28	Anchorage	AK
122	Chris	Clifford	55	Anchorage	AK	441	Chris	Reynolds	46	Anchorage	AK
123	Mark	Fineman	46	Anchorage	AK	442	Michael	Robinson	51	Anchorage	AK
124	Edward	Hartman	44	Seward	AK	443	Paul	Ferucci	47	Anchorage	AK
125	John	Heimerl	35	Anchorage	AK	444	Conway	Seavey	19	Sterling	AK
126	Roger	Kemppel	74	Anchorage	AK	445	Nicholas	Brunger	24	Palmer	AK
127	David	Knapp	47	Palmer	AK	446	Jeff	Keller	50	Anchorage	AK
128	Braun	Kopsack	59	Palmer	AK	447	Justin	Smole	29	Anchorage	AK
129	David M	Lorring	32	Seward	AK	448	Ryan	Bandy	33	Girdwood	AK
130	Darin	Marin	55	Anchorage	AK	449	Rick	Hansen	43	Anchorage	AK
131	Fred	Moore	76	Seward	AK	450	Kirk	Louthan	27	Anchorage	AK
132	Chad	Moore	37	Eagle River	AK	451	Ryan	Kangas	35	Anchorage	AK
133	Jason	Moore	36	Anchorage	AK	452	Dan	Linkhart	38	Seward	AK
134	Walter	Moore	30	Kasilof	AK	453	Steve	Bentley	43	Anchorage	AK
135	Steve	Nimmo	59	North Bonneville	WA	454	Matthew	Waliszek	39	Anchorage	AK
136	Kevin	Peterson	56	Wasilla	AK	455	Brian	Boyle	26	Chugiak	AK
137	David	Rebischke	66	Anchorage	AK	456	Ed	Bennett	57	Chugiak	AK
138	DuWayne	Ruzicka	54	Anchorage	AK	457	Anthony	Uriarte	36	Seward	AK
139	Brian	Stoecker	52	Anchorage	AK	458	Curtis	Schmidt	46	Soldotna	AK

For more info about auction winners and wave changes, visit <http://mmr.seward.com/>

459	Sam	Rust	31	San Francisco	CA	541	Brian	McMahon	71	Anchorage	AK
460	Sean	Casey	23	Eagle River	AK	542	Thomas	Meacham	73	Anchorage	AK
461	Shawn	Naber	34	Anchorage	AK	543	Chad	Resari	80	Anchorage	AK
462	Zach	Momberger	22	Chugiak	AK	544	William	Thompson	65	St Helena	CA
463	Keith	Cook	52	Eagle River	AK	545	Tab	Ballantine	61	Anchorage	AK
464	Jason	Buckbee	36	Soldotna	AK	546	Clarence	Pautzke	70	Anchorage	AK
465	Andrew	Montgomery	39	San Francisco	CA	547	Donald	Fanning	45	Wasilla	AK
466	Caleb	Wolfe	19	Wasilla	AK	548	Kyle	Kelley	42	Girdwood	AK
467	Lee	Barloon	40	Anchorage	AK	549	Tadhg	Nakada	22	Anchorage	AK
468	Rocky	Elhard	37	Seward	AK	550	Richard	Lam	30	Juneau	AK
469	Glen	Anderson	52	Seward	AK	551	Adam	Berg	29	Chicago	IL
470	Trent	Boggs	54	Eagle River	AK	552	David	Brown	50	Anchorage	AK
471	Christopher	Booth	38	Edina	MN	553	Eric	Carl	47	Eagle River	AK
472	Dirk	Brodish	55	Anchorage	AK	554	Troy	Jarvis	52	Anchorage	AK
473	James	Carlsen	46	Seward	AK	555	Mark	Snowden	43	Anchorage	AK
474	Kevin	Chartier	47	Anchorage	AK	556	Sebastian	Kratz	20	Seward	AK
475	Allen	Clendaniel	38	Anchorage	AK	557	Daniel	Morton	52	Anchorage	AK
476	James	Conant	61	Seward	AK	558	James	McGuire	34	San Francisco	CA
477	Daniel	Conetta	59	Kenai	AK	559	Krist	Geyer	34	Columbus	IN
478	James	Conley	53	Chugiak	AK	560	Noah	Perry	23	Soldotna	AK
479	Peter	Dedych	68	Wasilla	AK	561	George	Haugen	70	Anchorage	AK
480	Andrew	Daoust	54	Anchorage	AK	562	Jason	Moorman	45	Anchorage	AK
481	Harold	Faust	62	Seward	AK	563	Brian	Haviland	34	Anchorage	AK
482	Paul	Gionet	60	Anchorage	AK	564	Joshua	Saxon	28	Wasilla	AK
483	Christopher	Gionet	46	Anchorage	AK	565	Michael	Bakker	35	Anchorage	AK
484	Brendan	Ryan	34	Seward	AK	566	David	Retherford	42	Wasilla	AK
485	Joseph	Hawkins	49	Palmer	AK	567	Matthew	Wehrle	49	Bainbridge	WA
486	Matt	Hemry	47	Anchorage	AK	568	Jeremy	Beckett	27	Anchorage	AK
487	Mark	Jacobson	56	Anchorage	AK	569	Shilan	Wooten	25	Anchorage	AK
488	David	Jensen	52	Chugiak	AK	570	Daniel	Hall	29	Anchorage	AK
489	Kerry	Klauder	30	Anchorage	AK	571	Lee	Helzer	32	Anchorage	AK
490	David W	Lorring	63	Fairbanks	AK	572	Eric	Troxell	43	Anchorage	AK
491	Larry	Martin	58	Anchorage	AK	573	John	Pahkala	27	Anchorage	AK
492	Steven	More	39	Chugiak	AK	574	Brian	Zematis	29	Anchorage	AK
493	Steve	Parrish	46	Anchorage	AK	575	Jeff	Frizzell	44	Anchorage	AK
494	Paul	Pedersen	57	Soldotna	AK	576	Gunner	Hodgson	27	Palmer	AK
495	Michael	Squires	58	Anchorage	AK	577	Alex	Stone	24	Soldotna	AK
496	Corbin	Stirling	32	Seward	AK	578	Daniel	Crumpacker	37	Anchorage	AK
497	Kneeland	Taylor	68	Anchorage	AK	579	Matthew	Anderson	28	Anchorage	AK
498	Tyler	Pelo	37	Seward	AK	580	Noah	Zogas	34	Anchorage	AK
499	Mark	Tuovinen	53	Anchorage	AK	581	Jeffrey	Armstead	67	Ashland City	TN
500	Rollin	Dal Piaz	71	Anchorage	AK	582	Derek	Nottingham	40	Eagle River	AK
501	Bill	Wamsganz	57	Anchorage	AK	583	Alex	Best	32	Anchorage	AK
502	Kalvin	Young	51	Anchorage	AK	584	William	Ott	26	Palmer	AK
503	Steve	Walters	50	Anchorage	AK	585	Mike	Wahlig	32	Anchorage	AK
504	Shawn	Cange	47	Anchorage	AK	586	Damien	Murphy	44	Seattle	WA
505	Michael	Chard	62	Anchorage	AK	587	Tom	Moran	40	Fairbanks	AK
506	Thomas	Conley	57	Chugiak	AK	588	Jeffery	Hopkins	30	Anchorage	AK
507	Gregory	Lincoln	48	Bethel	AK	589	Terry	Thompson	44	Gilbert	AZ
508	Evan	Steinhauser	53	Eagle River	AK	590	Garth	Schulz	21	Anchorage	AK
509	Scott	Boettcher	53	Anchorage	AK	591	John	Scarpinato	64	Girdwood	AK
510	Keith	Zemke	33	Anchorage	AK	592	Jeff	Clowers	47	San Jose	CA
511	Jack	Delaney	23	Dubuque	IA	593	William	Hankins	46	Seward	AK
512	William	Casey	18	Eagle River	AK	594	Thomas	Wescott	46	Eagle River	AK
513	Quinn	Carroll	18	Anchorage	AK	595	Ryan	Comer	36	Eagle River	AK
514	Brian	Durr	18	Anchorage	AK	596	Tim	Lebling	48	Pawcatuck	CT
515	Riley	Martin	18	Anchorage	AK	597	Dane	Crowley	43	Palmer	AK
516	Michael	Ward	49	Howell	MI	598	Rod	Anderson	63	Anchorage	AK
517	Karsten	von Fischer-Benzon	30	Issaquah	WA	599	Julius	Brecht	44	Longmeadow	MA
518	John	Bodley	38	San Francisco	CA						
519	Nathanael	Salima	18	Anchorage	AK						
520	Kody	Trombley	22	Chugiak	AK						
521	William	George	56	Cape May Court House	NJ						
522	Michael	Rubeo	31	Wasilla	AK						
523	Ivan	Chikigak-Steadman	33	Anchorage	AK						
524	Travis	Harrington	28	Palmer	AK						
525	Kris	Burnett	50	Anchorage	AK						
526	Andrew	Johnson	45	Redondo Beach	CA						
527	Paul	Miranda	28	Anchorage	AK						
528	Matthew	Dougherty	31	Anchorage	AK						
529	Lee	Frey	32	Soldotna	AK						
530	Ronald	Quinton	49	Mukilteo	WA						
531	Sam	Satathite	39	Soldotna	AK						
532	Wilbur	Graves	49	Seward	AK						
533	Chris	Held	49	Fairbanks	AK						
534	Joshua	Allely	37	Anchorage	AK						
535	Jerry	Swanson	20	Seward	AK						
536	Ross	Timv	44	Anchorage	AK						
537	Phillip	Hart	40	Boise	ID						
538	Bruce	Davison	68	Anchorage	AK						
539	John	Frost	70	Anchorage	AK						
540	Norm	Johnson	71	Anchorage	AK						



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246	Tucker	Lien	13	Eagle River	AK
247	Trent	Burnham 1	6	Eagle River	AK
248	Hunter	Hollingsworth	14	Seward	AK
249	Logan	Dudinsky	15	Eagle River	AK
250	Zen	Petrosius	16	Seward	AK
251	Sebastian	Kogl	10	Chesterton	IN
252	Alexander	Carl	13	Eagle River	AK
253	Tylere	Vinciguerra	11	Palmer	AK
254	Michael	Lucas	16	Anchorage	AK
255	Landon	Way	17	Jenks	OK
256	Brandon	Milne	16	Anchorage	AK
257	Lake	Rinner	13	Edmond	OK
258	Blaise	Rinner	10	Anchorage	AK
259	Leland	Wilson	14	Anchorage	AK
260	Soren	Monroe-Anderson	13	Lyme	NH
261	Eli	Robinson	12	Anchorage	AK
262	Christopher	Kingsland	15	Seward	AK
263	Bret	Brumbaugh	12	Anchorage	AK
264	Dylan	Miller	16	Anchorage	AK
265	Conner	Lowe	13	Anchorage	AK
266	Jaxson	Lee	13	Palmer	AK
267	Andrew	Arthur	10	Soldotna	AK
268	Collin	Mullaly	13	Seward	AK
269	Coby	Marvin	9	Palmer	AK
270	Ian	Millard	13	Wasilla	AK
271	Aiden	Gannon	15	Anchorage	AK
272	Tasman	Duenow	15	Anchorage	AK
273	Johnny	Stull	9	Peyton	CO
274	Daniel	Casey	16	Eagle River	AK
275	Casey	Bryden	10	Moose Pass	AK
276	Elias	Davis	16	Seward	AK
277	Luke	Momblow	14	Eagle river	AK
278	Blake	Hanley	10	Anchorage	AK
279	Daren	Gasaway	12	Anchorage	AK
280	London	Lee	10	Palmer	AK
281	Logan	Rachow	17	Eagle River	AK
282	Dylan	Garbe	15	Eagle River	AK
283	Cole	Valantas	14	Anchorage	AK
284	Brooks	Berry	16	Moose Pass	AK
285	Teddy	Bahr	15	Anchorage	AK
286	Martin	Tumey	12	Anchorage	AK
287	Forrest	Larson	15	Anchorage	AK
288	Zac	Buckbee	10	Soldotna	AK
289	Basil	Kaiakokonok	15	Anchorage	AK
290	Nicholas	Chard	14	Anchorage	AK
291	Acil	Chapple	16	Eagle River	AK
292	Jeremy	Kupferschmid	16	Soldotna	AK
293	Trapper	Allen	15	Seward	AK
294	Roman	Hamner	17	Seward	AK
295	Cody	Bryden	13	Moose Pass	AK
296	Carter	Eaton	15	Anchorage	AK
297	Michael	Moriarty	14	Seward	AK
298	Nick	Kaiakokonok	13	Anchorage	AK
299	Jason	Wright	17	Anchorage	AK
300	Corbin	Smith	13	Anchorage	AK
301	Reece	Duenow	16	Anchorage	AK
302	Olin	Liljemark	8	Seward	AK
303	Mason	Elhard	8	Seward	AK
304	Cameron	Padgett	15	Wasilla	AK
305	Eldon	Zinis	15	Seward	AK
306	Nathan	Hankins	10	Seward	AK
307	Rennick	Heatwole	11	Anchorage	AK
308	Brayden	Rachow	15	Eagle River	AK
309	Kael	Westbrook	8	Eagle River	AK
310	Cole	Norcross	16	Seward	AK
311	Jed	Christenson	16	Seward	AK
312	Ian	Beals	15	Anchorage	AK
313	Mark	Connelly	16	Chugiak	AK
314	Connor	Spanos	14	Seward	AK
315	Cole	Burnett	15	Anchorage	AK
316	Joshua	Dela Cruz	12	Seward	AK
317	Jacob	Lestina	13	Eagle River	AK
318	Zach	Burns	14	Soldotna	AK
319	Miles	Browne	10	Anchorage	AK
320	Trent	Fritzal	17	Anchorage	AK
321	Logan	Larson	12	Anchorage	AK
322	Benjamin	Rinckey	16	Eagle River	AK
323	Kadin	Yockey	17	Chugiak	AK
324	Braun	Precosky	8	Anchorage	AK
325	Michael	Earnhart	13	Eagle River	AK
326	Alex	Cadieux	14	Wasilla	AK
327	Norris	Paxson	17	Eagle River	AK

BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
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201	Luke	Jager	16	Anchorage	AK
202	Fintan	Nakada	17	Anchorage	AK
203	Hamish	Wolfe	17	Anchorage	AK
204	Charlie	Latimer	16	Eagle River	AK
205	Kelemen	Legate	15	Anchorage	AK
206	David	Spencer	15	Anchorage	AK
207	Nicholas	Carl	15	Eagle River	AK
208	Luke	Fritzel	15	Anchorage	AK
209	Max	Beiergrohslain	14	Eagle River	AK
210	John	Cosgrave	17	Anchorage	AK
211	Ben	Martensen	15	Anchorage	AK
212	Shane	Piscoya/Shellabarger	17	Loveland	CO
213	Michael	Connelly	14	Chugiak	AK
214	Neil	Lindquist	13	Moose Pass	AK
215	Camden	Benter	14	Anchorage	AK
216	Luke	Martensen	16	Anchorage	AK
217	Gage	Jarvis	16	Anchorage	AK
218	Bodhidharma	Gross	15	Talkeetna	AK
219	Samuel	Koster	13	Seward	AK
220	Max	Pfeiffenberger	13	Seward	AK
221	Ali	Papillon	11	Talkeetna	AK
222	Gabe	Martin	15	Anchorage	AK
223	Kurtis	Brumbaugh	14	Anchorage	AK
224	Bjorn	Nilsson	14	Seward	AK
225	Michael	Gasaway	16	Anchorage	AK
226	Michael	Johnson	17	Seward	AK
227	Rider	Allen	10	Seward	AK
228	Samuel	McLain	9	Seward	AK
229	David	Armando Ramirez	17	Seward	AK
230	Robert	Haan	17	Palmer	AK
231	Levi	Gionet	16	Anchorage	AK
232	Dylan	Kearns	14	Anchorage	AK
233	Larry	Burke	14	Anchorage	AK
234	Liam	Fick	14	Anchoage	AK
235	Michael	Franklin	15	Anchorage	AK
236	Michael	Parnell	17	Kodiak	AK
237	Benjamin	Casey	13	Eagle River	AK
238	Eli	Knapp	14	Big Lake	AK
239	Aaron	Campbell	15	Wasilla	AK
240	Jonah	Gage	13	Wasilla	AK
241	George	Cvancara	15	Anchorage	AK
242	Roman	Gross	15	Talkeetna	AK
243	Josh	Novakovich	15	Anchorage	AK
244	Levi	Watson	9	Anchorage	AK
245	Kai	Meyers	15	Anchorage	AK



Alaska Focus Photography

GIRLS DIVISION

BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
1	Riana	Boonstra	15	Ninilchik	AK
2	Molly	Gellert	16	Anchorage	AK
3	Ruby	Lindquist	16	Moose Pass	AK
4	Briahna	Gerlach	17	Gakona	AK
5	Hannah	Brown	17	Anchorage	AK
6	Heidi	Booher	16	Chugiak	AK
7	Alyson	Kopsack	16	Palmer	AK
8	Brook	Wedin	17	Mora	MN
9	Kaylee	Heck	16	Anchorage	AK
10	Sadie	Lindquist	15	moose pass	AK
11	Alejandra	Legate	17	Anchorage	AK
12	Kellie	Arthur	15	Soldotna	AK
13	Jania	Tumey	16	Anchorage	AK
14	Sadie	Benter	11	Anchorage	AK
15	Ivy	Eski	14	Anchorage	AK
16	Adrianna	Proffitt	14	Chugiak	AK
17	Ruth	Cvancara	16	Anchorage	AK
18	Kaitlyn	Kogl	12	Chesterton	IN
19	Teagan	Smith	11	Anchorage	AK
20	Summer	Frazier	17	Eagle River	AK
21	Corey	Frazier	16	Eagle River	AK
22	EmmaLee	Moore	16	Seward	AK
23	Kiana	Trupp	14	Anchorage	AK
24	Ruby	Woodings	17	Palmer	AK
25	Brooklyn	Kopsack	14	Palmer	AK
26	Julia	Johnson	14	Seward	AK
27	McKenna	Meyers	10	Seward	AK
28	Coral	Petrosius	15	Seward	AK
29	Stella	Dow	10	Seward	AK
30	Sophia	Dow	14	Seward	AK
31	Isabella	Dammeyer	13	Soldotna	AK
32	Evelyn	Zinis	8	Seward	AK
33	Hannah	Tossie	16	Littleton	CO
34	Rya	Berrigan	17	Palmer	AK
35	Lake	Bethard	10	Anchorage	AK
36	Savannah	Ulrich	17	Anchorage	AK
37	Josi	Zugg	17	Palmer	AK
38	Ellie	Burns	12	Soldotna	AK
39	Anevay	Marie Ambrosiani	13	Seward	AK
40	Annika	Nilsson	12	Seward	AK
41	Katie	Stull	13	Peyton	CO
42	Erika	Arthur	13	Soldotna	AK
43	Aliann	Schmidt	15	Soldotna	AK
44	Lauren	Evarts	17	Homer	AK
45	Ella	Silverman	13	Anchorage	AK
46	Aila	Berrigan	13	Palmer	AK
47	Liz	Novakovich	13	Anchorage	AK

48	Kylar	Westbrook	10	Eagle River	AK
49	Olive	Heatwole	13	Anchorage	AK
50	Ruby	Tarango	10	Seward	AK
51	Danica	Schmidt	15	Soldotna	AK
52	Renee	Elhard	11	Seward	AK
53	Aubrey	LeClair	15	Anchorage	AK
54	Annie	Burns	9	Soldotna	AK
55	Shelby	Sieminski	12	Seward	AK
56	Emily	Unrein	12	Seward	AK
57	Samantha	Legate	11	Anchorage	AK
58	Gwyneth	Gavalya	15	Chugiak	AK
59	Zoe	Chang	12	Anchorage	AK
60	Brianna	Hansen	14	Anchorage	AK
61	Jocelyn	Waggoner	17	Seward	AK
62	Naomi	Ifflander	14	Seward	AK
63	Kalyn	McGillivray	15	Soldotna	AK
64	Emma	Axelsson	14	Fairbanks	AK
65	Logan	Satathite	12	Soldotna	AK
66	Lydia	Jacoby	12	Seward	AK
67	Lauren	Hepler	16	Anchorage	AK
68	Shane	Rinner	16	Edmond	OK
69	Ainsley	Rinner	12	Anchorage	AK
70	Hannah	Armbrust	14	Anchorage	AK
71	Brooke	Satathite	15	Soldotna	AK
72	Lucy	Hankins	12	Seward	AK
73	Haley	Buckbee	15	Soldotna	AK
74	Abigail	Beveridge	15	Anchorage	AK
75	Sarah	Uschmann	12	Palmer	AK
76	Brittyn	Werner	13	Palmer	AK
77	Tiana	Lee	16	Palmer	AK
78	Erin	Lowe	11	Anchorage	AK
79	Colette	Zidek	11 A	nchorage	AK
80	Elsa	O'Neill	13	Wasilla	AK
81	Colleen	Haan	15	Palmer	AK
82	Katie	Kilfoyle	16	Kenai	AK
83	Grace	Annett	15	Anchorage	AK
84	Taylor	Holman	16	Dutch Harbor	AK
85	Maria	Bunch	9	Seward	AK
86	Grace	Glowaki	15	Fayetteville	NY
87	Katelyn	Sawyer-Lemme	13	Seward	AK
88	Tali	Novakovich	10	Anchorage	AK
89	Sonora	Martin	13	Kenai	AK
90	Hannah	Gross	14	Anchorage	AK
91	Margaret	Adams	7	Anchorage	AK
92	Emily	Anger	8	Seward	AK
93	Julianna	Auld	14	Wasilla	AK
94	Isabella	Watsjold	16	Eagle River	AK
95	Fiona	Fick	16	Anchorage	AK
96	Emerson	Lorring	10	Seward	AK
97	Keegan	Lorring	12	Seward	AK
98	Makaira	Williams	13	Seward	AK
99	Zoe	Beiergrohslin	12	Eagle River	AK
100	Emma	Uschmann	16	Palmer	AK
101	Noelle	Buck	9	Wasilla	AK
102	McKenzie	Allen-Charmley	15	Anchorage	AK
103	Christyna	Nyholm	17	Anchorage	AK
104	Sarah	Warnke	15	Eagle River	AK
105	Miracle	Fontana	13	North Pole	AK
106	Mackenzie	Lindeman	17	Soldotna	AK
107	Brittany	Burke	16	Anchorage	AK
108	Haley	Finch	9	Anchorage	AK
109	Breanna	Day	14	Eagle River	AK
110	Brianna	McKeel	13	Wasilla	AK
111	Rebekah	Christenson	14	Seward	AK
112	Allie	Dixon	11	Seward	AK
113	Madilyn	Moore	14	Seward	AK
114	Nowelle	Spencer	13	Anchorage	AK
115	Reilly	Hall	15	Eagle River	AK
116	Gretta	Pickett	17	Anchorage	AK
117	Elizabeth	Mans	17	Anchorage	AK
118	Emma	Craig	13	Soldotna	AK
119	Rosemary	Reynolds	17	Anchorage	AK
120	Kate	Martin	17	Anchorage	AK
121	Maisie	Zugg	15	Palmer	AK
122	Sydney	Barndt	10	Eagle River	AK
123	Elizabeth	Johnson	15	Anchorage	AK
124	Patricia	Casey	11	Eagle River	AK
125	Brianna	Gill Anderson	9	Anchorage	AK
126	Hanna	Henrie	12	Anchorage	AK
127	Kendall	Kramer	14	Fairbanks	AK

Seward Halibut Tournament

Jun 1-30, 2016

CASH & PRIZES

1st Place: **\$5,000**
 2nd Place: **\$2,500**
 3rd Place: **\$1,500**
 Women: **\$1500 Gift Package**
 Youth: **\$500**
 Military: **Stay & Fish Package**



Seward Silver Salmon Derby

Aug 13-21, 2016

GRAND PRIZES

Tagged fish: **\$50,000-\$1,000**
 Heaviest Fish: **\$10,000**

Over 40 different prizes & categories to win!



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Alaska Starts Here.
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Where to find Mount Marathon Guides Online at **Seward.com**

PRINT FORM

Anchorage – OPA, REI, Skinny Raven, BodyPhlo, Steam Dot Café's, Seawolf Physical Therapy, ACVB, Carrs Huffman, Carrs Abbott, JBER, select Hotels & Motels.

Girdwood – Girdwood Clinic, The Bake Shop, Powder Hound

Homer – Homer Chamber of Commerce & Visitors Bureau

Kenai – Kenai Chamber of Commerce & Visitor Center

Seward – Seward Chamber of Commerce

Soldotna – Soldotna Chamber of Commerce & Visitor Center

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INDEPENDENCE DAY CELEBRATION

SCHEDULE OF EVENTS

Saturday, July 2nd

12-8 pm Food & Crafts booths open on Adams & Washington Streets

Sunday, July 3rd

9-6 pm Food & Crafts booths open on Adams & Washington Streets
5-8 pm Bib pick-up at Seward High School
7:00 pm Raffle & Auction for Men's and Women's Race at Seward High School
7:45 pm Mt. Marathon Race Safety Meeting at Seward High School
Midnight Spectacular Fireworks by Lantis Fireworks on the Waterfront

Monday, July 4th

8:00 am Mt. Marathon Race HQ at Rae Building, 125 Third Ave. (Corner of Third & Railway)
9:00 am Food & Crafts booths open on Adams & Washington Streets until 6 pm
9:00 am Annual Methodist Pie Sale on Fourth Ave.
8:40 am Opening Ceremony/Mayor's Welcome at Grandstand downtown 4th Ave.
8:50 am The "Star Spangled Banner" sung by The Cinereski Family
9:00 am Junior Mt. Marathon Race – Downtown Seward
10:45 am Mini Mt. Marathon Racer Round Up at 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 402 Fifth Avenue
11:00 am Men's Race 1st Wave – Downtown Seward
11:05 am Men's Race 2nd Wave – Downtown Seward
11:15 am Mini Mt. Marathon Race for 2-6 year olds at Fifth & Adams
11:00 am Wells Fargo Coloring Contest (Fire Hall Fourth Ave)
1:00 pm July Fourth Parade: Sponsored by Lithia Chrysler Jeep Dodge of South Anchorage
1:30 pm Wells Fargo Egg and Spoon Race (Fire Hall Fourth Ave.)
1:30 pm Revival Nail Driving Competition (Ages 18 & Up! – Fire Hall on Fourth Ave.)
2:00 pm Wells Fargo Balloon Toss & Coloring Contest Voting (Fire Hall Fourth Ave.)
2:30 pm Women's Race 1st Wave – Downtown Seward
2:35 pm Women's Race 2nd Wave – Downtown Seward
6:00 pm Awards Ceremony & Reception – AVTEC Gymnasium (519 Fourth Ave.)

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