

The **MT. MARATHON** Race 2017



Seward.com
Alaska Starts Here



We're used to running
down a good story.



Join us for full Mt. Marathon coverage July 4.
Catch Joe Vigil and Emily Carlson every night
on KTVA 11 News. It's easier than catching her
on the trail!

ktva.com

WELCOME TO THE MADNESS!

2017

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 2:00, 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 sponsor is in the injury prevention and body-healing business! (Thank you Advanced Physical Therapy!)

Check out page 36 for a full list of Fourth of July festivities — and help us celebrate our independence from ordinary!

Cover: 2016 Mt Marathon Race Winner David Norris. Photo by Kayce James, Mountain Men of Alaska

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



Silver \$5,000



Bronze \$2,500



Copper \$1,000



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 Samson Tug & Barge | Seward Community Health Center | Spenard Builders Supply
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Boastful Beginnings

So two guys walk into a bar. They drink. They boast. They drink some more. Pretty soon one of them claims they can run straight up that thar mountain and back in under an hour.

Other bar patrons egg them on,

suggest the challenge take place on a holiday so all the town could enjoy the insanity of it all...and the July 4th Mount Marathon Race was born. Or so the legend goes.



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



Race Time Change The last race of the day will be moved up one half hour to 2:00 PM. The women's and men's race start times alternate annually. In even-numbered years the women's race is the last event of the day and in odd-numbered years the men take the last race of the day.

Registration Registration for the 90th Mt. Marathon Race® began March 1st and ended March 31st, 2017. The registration deadline remained the same, but now racers had only the month of March to register.

Juniors - Increase in Racers The 9:00 am Junior race will include twenty-five additional spots for Boys and another twenty-five in the Girls division increasing the total number of junior racers from 250 to 300.

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

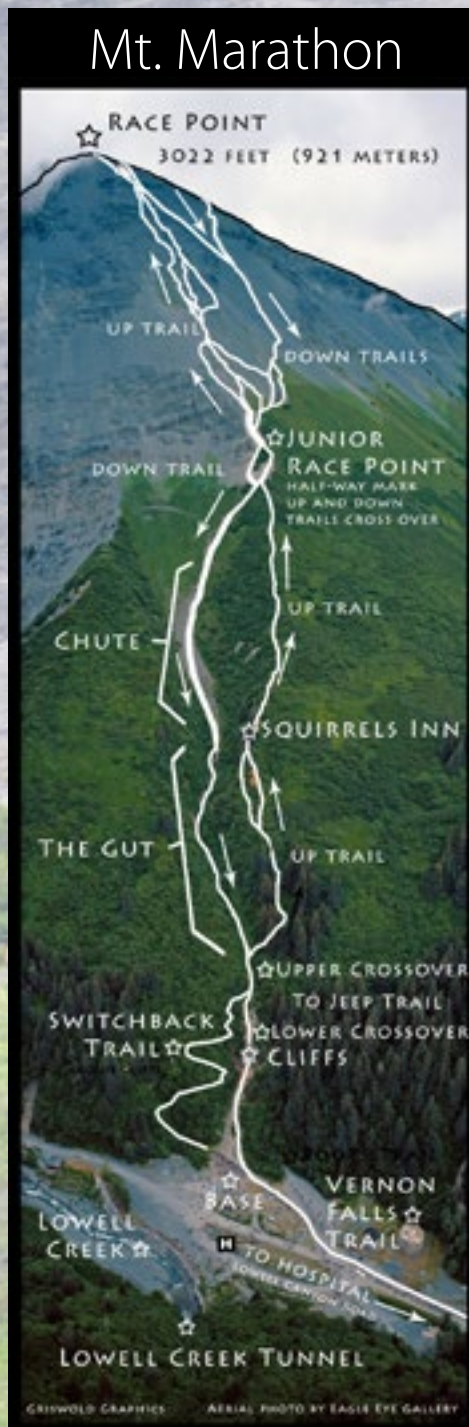
Sponsor Services Advanced Physical Therapy and Orthopedic Physicians Alaska will be providing post-race care. APT will be located at the finish line on the corner of 4th and Washington next to the timing booth. OPA is at the finish line directly across from the timing booth and next to the Volunteer Ambulance Crew.

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.

Absolutely No Cleats On Race Course The committee wants to remind racers of the long-term rule that shoes with metal cleats are prohibited. Shoes with metal cleats can cause injury to the hands, faces, and bodies of other racers.

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 Kemppe, 9 wins | 1994, 1996 – 2003

Most Junior Race Wins

Allison Ostrander, 6 wins | 2009 – 2014

Most Wins by Local Residents

Cedar Bourgeois, 7 wins | 2004 – 2010

Ralph Hatch, 6 wins | 1946 – 50, 1953

Most Consecutive Race Finishes

Fred Moore, 47 finishes | 1970 – Current

Ellyn Brown, 34 finishes | 1989 – Current

Oldest Finishers

Corky Corthell, age 82 | 2011 | 1:56:45

Millie Spezialy, age 77 | 2015 | 2:18:37



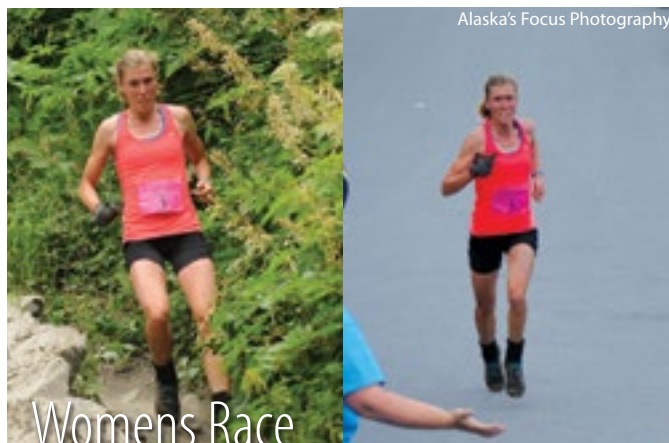
Visit www.mmr.seward.com/ for more information.

2017 TOP FINISHERS



Mens Race

Place	Name	From	Time	Group
1	David Norris	Anchorage AK	41:26	M1829
2	Nick Elson	Squamish	43:06	M3039
3	Eric Strabel	Anchorage, AK	44:19	M3039
4	Scott Patterson	Anchorage, AK	44:43	M1829
5	Rickey Gates	Madison, WI	44:46	M3039
6	Lyon Kopsack	Palmer, AK	45:39	M1829
7	Adam Jensen	Anchorage, AK	46:09	M3039
8	Benjamin Marvin	Palmer, AK	46:14	M3039
9	Kenneth Brewer	Chugiak, AK	46:31	M1829
10	Mathew Novakovich	Anchorage, AK	46:48	M4049



Womens Race

Place	Name	From	Time	Group
1	Christy Marvin	Palmer AK	51:02	F3039
2	Yngvild Kaspersen	Tromso, Norway	53:23	F1829
3	Denali Foldager-Strab	Seward, AK	53:40	F1829
4	Najeeby Quinn	Anchorage, AK	54:07	F3039
5	Ann Spencer	Anchorage, AK	55:11	F1829
6	Allison Barnwell	Anchorage, AK	55:40	F1829
7	Aubrey Smith	Seward, AK	56:29	F3039
8	Rachel Dow	Seward, AK	58:07	F3039
9	Taylor Ostrander	Soldotna, AK	59:06	F1829
10	April McAnly	Anchorage, AK	59:08	F3039



Junior Boys

Place	Name	From	Time	Group
1	Luke Jager	Anchorage, AK	27:29	M1517
2	Hamish Wolfe	Anchorage, AK	28:01	M1517
3	Trent Fritzel	Anchorage, AK	28:49	M1517
4	David Spencer	Anchorage, AK	29:33	M1517
5	Fintan Nakada	Anchorage, AK	30:04	M1517
6	Kelemen Legate	Anchorage, AK	30:15	M1517
7	Nicholas Carl	Eagle River, AK	31:17	M1517
8	Ali Papillon	Talkeetna, AK	31:24	M0711
9	Charlie LaUmer	Eagle River, AK	31:40	M1517
10	Michael Parnell	Kodiak, AK	31:57	M1517



Junior Girls

Place	Name	From	Time	Group
1	Molly Gellert	Anchorage AK	31:55	F1517
2	Riana Boonstra	Ninilchik, AK	33:11	F1517
3	Ruby Lindquist	Moose Pass, AK	34:02	F1517
4	Brook Wedin	Mora, MN	34:22	F1517
5	Kendall Kramer	Fairbanks, AK	36:02	F1214
6	Adrianna Proffitt	Chugiak, AK	38:33	F1214
7	Jania Tumey	Anchorage, AK	38:36	F1517
8	Hannah Brown	Anchorage, AK	38:37	F1517
9	Alyson Kopsack	Palmer, AK	38:44	F1517
10	Aubrey LeClair	Anchorage, AK	38:46	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 to 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, which starts at the intersection of 1st and Monroe Streets.

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.



Alaska's Focus Photography

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Our dedication to service in our communities extends beyond the walls of each clinic. We are community volunteers, coaches & active participants in the lives of Alaskans. Recreational & professional athletes across the state find our expertise & experience helps them stay healthy and fit. Our comprehensive programs cover injury-prevention, training & rehabilitation strategies for optimal athletic performance.



5 locations statewide

ANCHORAGE	WASILLA	FAIRBANKS	SOLDOTNA	SEWARD
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EDUCATION. TREATMENT. RESULTS.

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.



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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.



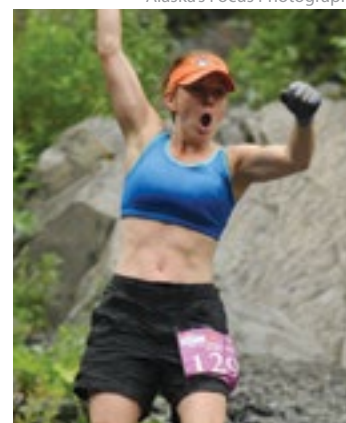
Alaska's Focus Photography

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 Runneek *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.



Alaska's Focus Photography

Erik Johnson **How many times have you run the race?** 5 times (2011,2012,2013, 2015,2016) *Although since I live in town I do the race course liberally through out the year.*
What was your best finish/time/place? *I have placed as high as 6th place in 2013 and Ran my fastest Time in 2015 of 45:23.*

What advice would you give to first-time runners? *I think if you climb the mountain 1-2 times a week you have plenty of chances to practice your Safe and/or Daring descending but I usually emphasize the tricky transition from the crowded street to beginning of the climb because it will either set you up for success or frustration depending how well you were able to seed your self.*

What advice would you give to your closest competitor? *What you do on race day lives with you the rest of the year, so be your best out there.*

What's your preferred pre-MMR meal? *I like fresh fruit like banana ,pineapple, mango, and berries like blue berries or some fresh salmon berries off the mountainside.*

What's your favorite post-MMR meal? *I like veggie burrito with plenty of avacado and roasted sweet potato.*

Most harrowing moment? *I got caught in a snow slide last summer training on the down trail on the mountain that turned me over a few times made me feel pretty small.*

What do you do to run this race safely? *I feel safer having seen the downhill over and over so I can anticipate all the quick leaps and changes in direction on the technical portions of the race route.*

When your body wants to stop, what motivates you to keep going? *The Mount Marathon Race is the most exciting event I have had the chance to be apart of, so while the race is a fantastic test of physical stamina and strength the excitement of the event never lets up on the weeks preceding the event until several days afterwards.*

What's your favorite part about the event? *In my first summer in Alaska in 2008 I was living in Willow doing a job for Alaska State parks and my wife Mariah and I visited many parts of Alaska that summer on our days off, So naturally Seward was a place we wanted to visit. We did the Harding Ice field trail , Camped out at Tonsina beach , and the next day which happened to be July 2nd we made our way up to the racers trail with out ever having heard of the race , I was immediately hooked I saw old guys twice my age , kids and tough ladys charging by me , and by the top I saw a few mountain goats and started to feel like one my self, I felt I had found the adventure running capital of the state and so I found a way to relocate to Seward starting the following summer in 2009 and since ,due mostly to the fantastic beauty of Seward but also to the fantastic access into Nature that the Chugach National forest, Kenai Fjords National park, Alaska states parks and Municipal city trails all provided.*

What do you do when you're not running? (i.e., what do you do for a living?) *I work as a back county Park Ranger for Kenai Fjords National Park.*

Is there anything else you'd like to add? (Favorite moment, quote, piece of advice, etc.) *Yell out "ROCK" if you kick one lose in training and on race day, loud enough for people below you to hear.it is a rude awakening to see one of those zing by your head.*



Rachel Dow **How many times have I run the race?** *I have run Mt. Marathon 8 times. This year will be my 9th race. I started in 2009 at 30.*

What was my best finish/time/place? *In 2016 I had a time of 58:06 and 8th place; it was my fastest time, but not my best placing. My best finish has been 5th place which I have done 3 times. So far I have finished top 10 in all my 8 races.*

What advice would you give to first-time runners? *Spend plenty of time on the mountain. Go up Marathon with an experienced racer, watch and listen to what they have to say. Don't overlook the road. I include the road in every practice run.*

What advice would you give to your closest competitor? *Good Luck!*

What's your preferred pre-MMR meal? *I have a hard time eating before the race, so whatever sounds good to me at the time.*

What's your favorite Post-MMR meal? *I'm usually a pretty healthy eater, but for some reason I always want pizza and beer!*

Most harrowing moment? *Nothing I can recall.*

What do I do to run safely? *I spend a lot of time on the mountain so I know it; however, I still sometimes take a few tumbles down the mountain during the race.*

When your body wants to stop what motivates you to keep going? *Honestly, some years, it's just the thought of getting sprayed by the cold hose at the finish, eating pizza, and hanging out with my family and friends!*

What's my favorite part of the event? *I grew up in Seward and it's pretty special to be part of Marathon history. People are so supportive and encouraging; they stop me in the street and in the store to wish me good luck. Every Fourth of July is like a mini reunion with friends and family.*

What do you do when you're not running? *I'm a personal training/Pilates instructor in Seward, AK.*



Alaska's Focus Photography

Ann Spencer **How many times have you run the race?** *I have raced the junior race 3-4 times and this will be my fifth senior race.*

What was your best finish/time/place? *3rd place was my best finish, but last year I PRed by about a minutes and placed 5th. The ladies are getting speedy!*

What advice would you give to first-time runners? *I think everyone will cover the safety part of this for me. So although of course my advise is to get someone to show you the ropes, and be safe, my advise is to have fun. SMILE! I know it hurts, but it is such a privilege to be able to run around in the mountains, and smiling while you are racing is a good reminder that you are doing this for fun.*

What advice would you give to your closest competitor? *HAVE FUN! and don't forget to smile.*

What's your preferred pre-MMR meal? *Oatmeal, bananas, coffee, and a slice of my famous adventure molasses bread. This bread became my favorite pre-race breakfast when I was in New Zealand. For multiple races I didn't have a stove in the mornings so I would just eat this bread. It has dried fruits and nuts and is so good. I would get back from a race weekend and realize that I had eaten the entire loaf of bread.*

What's your favorite post-MMR meal? *Chocolate dipped bananas rolled in almonds from one of the ice-cream stands.*

Most harrowing moment? *During one of my junior races I was coming down the cliff on a particularly muddy year and did a summersault. Luckily there was a tree there for me to catch myself. I sure looked like a muddy mess though. Blood, sweat, and... mud?*

What do you do to run this race safely? *I practice on the mountain as much as I can, which becomes a great excuse to come down to Seward and camp for the weekend with friends. I also don't run the downhill like a crazy person (okay maybe this is relative, I'm still a crazy person. You have to be to push the register button for this race). It's not worth it to me to get hurt for one race.*

When your body wants to stop, what motivates you to keep going? *Normally I remind myself how much work I have put into getting there, then I tell myself that it will be over in less than an hour, and then I remind myself to smile and have fun.*

What's your favorite part about the event? *The uphill, as much as the downhill can be fun, my knees and my shins hate it. Oh and I love the community afterward. Hobbling around Seward, seeing all of my friends and competitors after racing, that is my favorite part of the event. And the finish line! all of the wonderful woman together after racing, it is such a beautiful atmosphere.*

What do you do when you're not running? (i.e., what do you do for a living?) *I am a geography student at Middlebury College in Vermont.*

Is there anything else you'd like to add? (Favorite moment, quote, piece of advice, etc.)

Smile. really. it will help.



Alaska's Focus Photography

Matais Staari **How many times have you run the race?** *10 — Every year since 2007.*

What was your best finish/time/place? *I won the race in the sweltering heat of 2009. My fastest is 44:53 in 2013 at age 42.*

What advice would you give to first-time runners? *Train on the mountain as much as possible and get tips from experienced runners. On race day, save some energy for the second half of the climb and the descent.*

What advice would you give to your closest competitor? *None. In 2015 an interviewer asked me to give Kilian Jornet advice; I said he didn't need my advice and would figure the mountain out. He went on to break the record.*

What's your preferred pre-MMR meal? *Pesto pasta the night before. I also always take a gel 15 minutes before the start but only water during the race.*

What's your favorite post-MMR meal? *Beer and more beer.*

Most harrowing moment? *While training before my first race in 2007, I slipped near the base of the mountain and badly bruised my hip and tailbone. Finding Brent Knight passed out on the course in 2009 was also scary, though I was too dazed myself to fully process the severity.*

What do you do to run this race safely? *Repetition, especially practicing the creekbed and cliff. It's also important to run downhill with focus and confidence, not fear.*

When your body wants to stop, what motivates you to keep going? *The joy and relief of the finish line.*

What's your favorite part about the event? *The crowds, the camaraderie of participants, the adrenaline, the 100+-year history*

What do you do when you're not running? (i.e., what do you do for a living?) *I'm the event support coordinator for the nonprofit Healthy Futures.*

Is there anything else you'd like to add? (Favorite moment, quote, piece of advice, etc.) *I plan to eventually write a comprehensive book on the history of the Mount Marathon Race.*



Alaska's Focus Photography

Celebrate Independence from Ordinary!

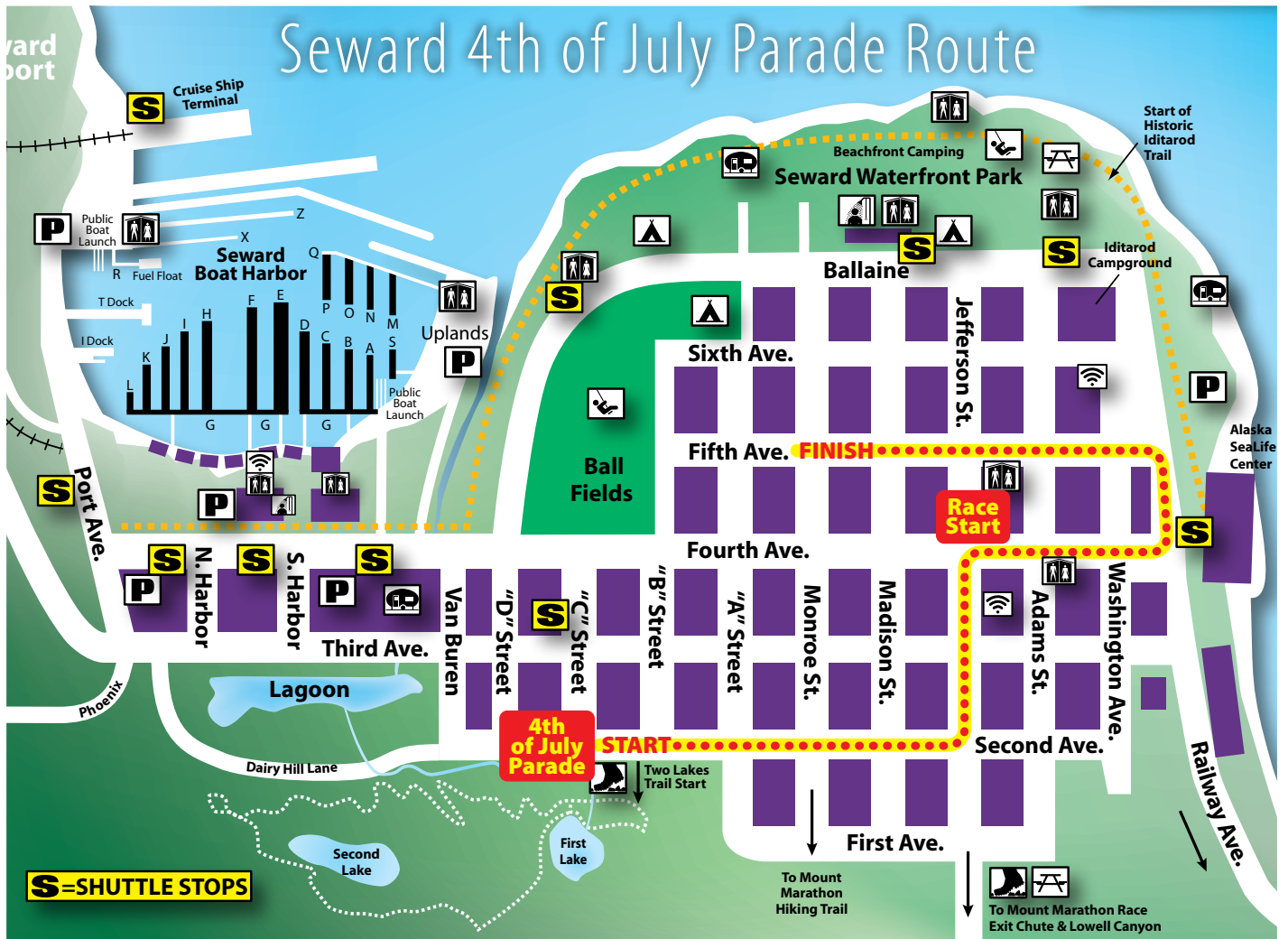
Every year on July Fourth weekend, Seward is flooded with literally thousands of fun-loving, happy people. The population swells from 2500 to an estimated 30,000. It's the place to be! Whether you come to run or watch the fireworks, experience the parade or eat and shop your way through all the vendor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

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

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



Ron Niebrugg - Alamy



Treats & Trinkets

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

Food & Craft Booth *Attraction Schedule*

Friday, June 30th | 6pm - 8pm (Set Up & Some Open)
 Saturday, July 1st - Sunday, July 2nd | 9am - 6pm
 Monday, July 3rd | 9am - 6pm
 Tuesday, July 4th | 9am - 6pm



Alaska's Focus Photography

Goods & Services

Advanced Physical Therapy | Alaska Girls Kick Ass
 Alaska's Focus Photography | Arctic Hood | Celmor | Eagle Eye
 Photography Harkey Concessions | Headband Happy | KTUU
 Salmon Sisters, LLC Seward Bay View Lodging | Skinny Raven
 Super Jewelry | Vintage Poppy | Voice of Alaska

Food & Treats

Hamajang | Alaskan Soda Jerk | Alaskan Sweet Things
 Alaska's Original Lemon Earthquake | Becky's Original Kettle Korn
 Corn Roaster of Alaska | Dippin Dots | Hot Dogs Ala Carte
 Local Roots | Lor of the Wings | Moose Bites | Personal Chefs
 Red Bird Kitchen | Saltwood Smokehouse | Simply Southern
 The Alaska Nut House | The Original Gourmet Ice Cream
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YUKON BAR

ENTERTAINMENT SCHEDULE

Produced and Operated by Yukon Bar, Seward, Alaska

Weekly Lineup

Every Monday	Karaoke with KJ Collin
Every Tuesday	Free pool all day—Open Mic at 9
Every Wednesday	Karaoke with Raunchy Rachel
Every Thursday	Dance Party with DJ Hankerchief

Live Music

Sun June 11	Crabshoot
Fri & Sat June 16/17	The Hickoids
Sun June 18	Zach Bryson & the Meatrack
Fri & Sat June 23 & 24	Matt Hopper & the Roman Candles
Sun June 25	Gary Sloan Duo
Fri & Sat June 30/July 1	I Like Robots – 80s Music 9pm
Sun July 2	The Last Revel 9pm
Mon July 3	Nervis Rex 9pm
Tuesday, July 4th	Hobo Jim 4pm, Nervis Rex 9pm

Playing Around the Peninsula



KENAI PENINSULA

Seward isn't the only Peninsula community celebrating over Fourth of July weekend. Cooper Landing has its own Fourth of July parade. 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 150 boys and 150 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 or 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. Teams allow junior racers to support one another to a common goal. Junior teams consist of 5 – 7 members of either all girls or all boys. Each team must have at least one member ages 7- 11, at least two members ages 12-14, and at least one member age 15-17. The team with the lowest score finishes highest. Junior team application are due June 25th.

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
- Longevity: individuals that have finished 20 races and 10-year increments thereafter

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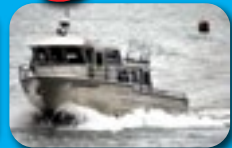
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Keeping it Alaskan

David Norris 2016 Mens Mount Marathon Champion

A thunderous roar erupted from the astonished crowd at the base of Mount Marathon, in 2016, when David Norris, competing in his first Mount Marathon race, burst from chute at the base of the mountain. Many folks were remembering Kilian Jornet, of Spain, considered one of the best mountain runners in the world, blazing his way into the record books in 2015, with his win in 0:41:48. The first man to run a sub 42 minute race.

By the time Norris rounded the corner onto Fourth Street and sprinted toward the finish, the cheers along the route grew louder and more jubilant. Fans stood in awe and disbelief when they saw the clock above Norris's head as he crossed the finish line: 0:41:26. Another sub 42 minute finish, and a new men's record. The mood on the street was boisterous, for nothing warms the hearts of Alaskan race fans more than to see one of their own triumph.

Going into the race, Norris's goal was to set an uphill record, but he didn't want to push the downhill and end up outside of his comfort area, "An overall Course Record never entered my mind, because I assumed that in order to do that I would have to take the downhill much faster than I was prepared to." He achieved his goal, reaching the top in thirty minutes, and although he didn't have the fastest downhill run, he still broke Jornet's record.

"Since moving to Anchorage I have been doing two or three mountain races per season," said Norris. "I earned my race bib for Mount Marathon by winning the 2015 Alyeska Hill Climb race." Although Norris likes the challenge of mountain racing, his first love is Cross-country skiing. He began skiing with his family when he was three years old. "Currently I'm training and racing full time while working part-time on a Masters in Business Administrations at APU. The 2018 Winter Olympics is my goal. While my training is focused purely for cross-country ski racing, the fitness I gain translates really well to mountain running success."

Many Olympic Cross-country skiers have tested themselves on the slopes of Mount Marathon. Sven Johansson was the first in 1954 followed by Bill Spencer who set a long standing record in 1981. Nina Kempel, Kikkan Randal and Holly Brooks, all used their skiing prowess to power their way to victories in the women's race.

"I got excited about the possibility of competing in the Olympics while watching the 2002 Winter Olympics on TV. I was still too young to start training," said Norris, "but chased my older siblings around while they were at running or ski practice. My greatest obstacle is not motivation: rather, it's prioritizing training above fishing, hunting and all the other hobbies I love to pursue."

Norris signed up for the 2017 Mount Marathon Race, but isn't sure he'll run the race. "I really enjoy the race and the amazing crowd," he said, "but the downhill is a risk. Adding the risk of injury before the Olympic qualifying season might not be the best decision. I will have to see if I can remain injury free throughout the summer leading into the race. Kilian Jornet's appearance would also play into the decision as well. I definitely plan on doing the race again in the future, but the potential risk might outweigh the benefit next year."

Written by Millie Spezialy



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The **Marvelous** **Mrs. Marvin**

Christy Marvin 2016 Womens Mt Marathon Race Champion

Christy Marvin is a tough, gutsy daughter of the North. Marvin won the 2016 Mount Marathon women's race with a personal best of 0:51:02, the fifth fastest women's finish on record. But in her post race critique she said, "I'm still kicking myself for coming down hill conservatively. I didn't attack the downhill. Instead, I let it come to me and I kept repeating, don't do anything stupid. Clean run, clean run. I know I have a sub-51:00:00 inside me, I just need the right day to bring it out."

Winning the Mount Marathon race takes talent, skill, training, and commitment, which Marvin, mother of three sons, has plenty



Alaska's Focus Photography

of. "Training with kids is always an adventure, and my husband, Ben, and I do much of our training on family outings." It appears that Marvin's competitive spirit has rubbed off on her husband, Ben Marvin, who had the fastest men's downhill Mount Marathon run in 2016, 10:37:00. He finished eighth overall, in 46:14:00, a personal best.

Needless to say, Marvin was very proud of her husband's accomplishments: "Many people can clock a strong climb, but it takes guts, speed, and some fancy foot work to clock the fastest descent."

Competing in the Mount Marathon race is a family affair for the Marvins. Their oldest son, Coby, has entered the junior race three years and has improved every year. Their middle son, Jeb, put in for the lottery in 2016 but did not get in, and is hoping 2017 will be his lucky draw year. Their youngest son, five year old Isaac, is eager to run the junior race and wants to petition the Seward Chamber of Commerce to drop the entry age to five years of age. Because of a lucky draw in the 2016 lottery, Dan Virgin, Christy Marvin's father, competed in his first Mount Marathon race.

Marvin began her running career in elementary school, in Glenallen, Alaska. "I realized that I might have some running talent when I was nine years old and outran my older brother." But it wasn't until Marvin was in sixth grade, when her friends talked her into going out for track, and she ran the 1600 m in 6:09:00, winning by two minutes, that she began distance running.

In 2016 Marvin won the Alaskan Inspiration Mountain Runner of the year award for her prowess in the mountains. Marvin is the only mountain runner, male or female, to win the "Gamut", a series of six Alaskan mountain races, in a single season. She holds the women's course record for two of the series: Kal's Knoya Ridge, and the Matanuska Peak Challenge.

"My future athletic goals include striving to be the best runner I can be while giving my boys a love for the mountains, the outdoors, and a healthy pursuit of happiness. My husband Ben always says, 'We are all addicted to something. Choose your addictions wisely. Mine are family, faith, running, and coffee.'"

In Marvin's first mountain run of 2017 season, the six-mile Lazy Mountain race, she won the women's division, and cut six minutes off her 2016 finish. Her goal for the 2017 Mount Marathon Race is to break fifty-one minutes. *Written by Millie Spezialy*

King of Running

FRED MOORE

This runner hasn't found the fountain of youth, a magic potion or a time machine. But he has led other runners and athletes to reassess the possibilities of aging and performance.



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This year, Fred Moore will be competing in his 48th Mount Marathon Race. And yes, you read that correctly. It's his 48th time. And the accolades and accomplishments are numerous. Fred has placed in the top 20 seventeen times, his best, 9th place in 1987, and run a time less than or equal to his age on Mount Marathon six times (a record). He has held, and still holds, numerous age group records in road and mountain races throughout Alaska.

Fred has also volunteered his time as a Mount Marathon Race committee member for years, and helped establish the Mount Marathon Race as part of the Alaska Mountain Runners Grand Prix series. He has been a community volunteer for many local running races, and along with his wife Phyllis, has assisted the Seward cross country team in hosting meets on Seward trails.

Fred Moore is one of the most respected runners throughout the state, and is an inspiration to the young up and coming athletes. We are privileged to have such a great athlete and contributing community member as a major part of the Seward Mount Marathon!

Year	Place	Time	Bib
1970	37	01:03:00	0
1971	24	01:02:01	0
1972	18	01:03:48	0
1973	21	00:58:42	0
1974	17	00:55:01	0
1975	11	00:54:42	0
1976	20	00:53:23	0
1977	32	00:55:50	0
1978	18	00:55:08	0
1979	12	00:54:15	0
1980	14	00:55:41	0
1981	15	00:54:50	0
1982	14	00:54:00	0
1983	15	00:55:19	0
1984	12	00:54:39	0
1985	24	00:56:23	0
1986	15	00:54:34	0
1987	9	00:53:56	0
1988	27	00:56:43	0
1989	14	00:58:17	0
1990	13	00:54:19	0
1991	22	00:55:59	0
1992	23	00:55:43	0
1993	21	00:57:31	0
1994	20	00:57:12	0
1995	18	00:56:38	0
1996	25	00:56:31	0
1997	33	00:58:06	0
1998	26	00:58:58	0
1999	19	00:59:32	0
2000	47	01:00:56	0
2001	55	01:01:27	0
2002	48	01:02:35	0
2003	70	01:04:35	0
2004	69	01:03:35	0
2005	139	01:13:08	0
2006	79	01:04:11	0
2007	102	01:05:21	79
2008	102	01:08:11	98
2009	121	01:16:13	97
2010	116	01:07:09	123
2011	130	01:09:45	108
2012	156	01:11:34	155
2013	167	01:11:48	76
2014	137	01:15:17	92
2015	186	01:13:01	153
2016	223	01:17:51	131
2017	0	00:00:00	135

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It's in the bag...

Doug Wight may live on the Florida Gulf Coast, but for over the past 13 years, Seward has been his second home. In 2004, he wandered into this quaint oceanside community during his first trip to Alaska, and he has been absolutely enamored by this place ever since. "If there is another town that has Seward's combination of spectacular scenery, a tremendous variety of outdoor activities, great restaurants, and friendly people, I have yet to find it. Every year it is a special treat to introduce friends and family members to Seward. Each of them has been wowed by this town." Wight stated.

Over the past 36 years, Wight has had the opportunity to participate in some interesting races, including the Escape From Alcatraz Triathlon, the Death Valley Marathon (twice), the 8 stage Survival of the Shawangunks Triathlon



Alaska's Focus Photography

(3 times), and the KCIBR bike race from Haines Junction, Yukon to Haines, Alaska. But none of these races has gotten under his skin as the Mt. Marathon Race has. As everyone knows who has done the race, climbed the mountain, or simply watched Max Romey's film 3022ft, there is nothing like it. This year will be only Doug's third time in the race, but he can't imagine a summer without doing it now. To show his commitment and dedication to the race, his business, Summit View Lodge in Seward, will be sponsoring the race bags. "It is a great feeling to be a small part of this special event. I can't wait for July 4th!" exclaims Wight.

The Seward Chamber of Commerce and the Mount Marathon Race Committee wish to thank Doug Wight and Summit View Lodge for their contribution and support in 2017.

MOUNT MARATHON ROSTER 2017



BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
1	David	Norris	26	Anchorage	AK
2	Nick	Elson	33	Squamish	BC
3	Eric	Strabel	35	Anchorage	AK
4	Scott	Patterson	25	Anchorage	AK
5	Kilian	Jornet Burgada	29	Mandalen	NOR
6	Lyon	Kopsack	21	Palmer	AK
7	Adam	Jensen	36	Anchorage	AK
8	Benjamin	Marvin	36	Palmer	AK
9	Kenneth	Brewer	24	Chugiak	AK
10	Matthew	NovAKovich	43	Anchorage	AK
11	Matt	Shryock	30	Anchorage	AK
12	Mattias	Saari	46	Anchorage	AK
13	John	NovAK	24	Anchorage	AK
14	Ben	Ward	42	Anchorage	AK
15	Jim	Shine	40	Anchorage	AK
16	Erik	Johnson	40	Seward	AK
17	Jerome	Ross	41	Anchorage	AK
18	Brenton	Knight	33	Westminster	CO
19	Tor	Christopherson	35	Anchorage	AK
20	Alex	Alonso	44	Anchorage	AK
21	Craig	Taylor	39	Eagle River	AK
22	A William	Stoll	37	Anchorage	AK
23	Miles	Knotek	22	Moose Pass	AK
24	Evan	Hone	39	Thousand Oaks	CA
25	Jacob	Kirk	24	Anchorage	AK
26	AJ	Schirack	28	Wasilla	AK
27	Ryan	Cox	27	Anchorage	AK
28	David	Apperson	29	Seward	AK
29	Brandon	Rinner	42	Anchorage	AK
30	Daniel	Kane	32	Anchorage	AK
31	Will	Ross	28	Anchorage	AK
32	Derek	Steele	19	Anchorage	AK
33	Erik	Mundahl	30	Anchorage	AK
34	Christopher	Kirk	20	Eagle River	AK
35	Patrick	Conway	40	Anchorage	AK
36	Barney	Griffith	59	Anchorage	AK
37	Corey	Kline	39	Boulder	CO
38	Harlow	Robinson	50	Anchorage	AK
39	Luke	Rosier	30	Seward	AK
40	Garth	Schulz	22	Anchorage	AK
41	Luke	Cvancara	20	Anchorage	AK
42	Peter	Mamrol	23	Anchorage	AK
43	Brad	Benter	50	Anchorage	AK
44	Anthony	Tomsich	30	Vancouver	BC
45	Andrew	Stavich	51	Anchorage	AK
46	Jason	Lamoreaux	38	Anchorage	AK
47	William	Mans	19	Anchorage	AK
48	Karl	Romig	59	Lawing	AK
49	Chad	Trammell	33	Anchorage	AK

50	Tadhg	Nakada	23	Anchorage	AK
51	Shawn	Erchinger	49	Colorado Springs	CO
52	Brian	Haviland	35	Anchorage	AK
53	Todd	Bethard	43	Anchorage	AK
54	Jeffrey	Levin	26	Anchorage	AK
55	Andrew	Duenow	52	Anchorage	AK
56	Alex	Loan	22	Anchorage	AK
57	Dax	Cvancara	19	Anchorage	AK
58	Luke	Duffy	39	Anchorage	AK
59	Levi	Younger	29	Eagle River	AK
60	Matthew	Kenney	46	Anchorage	AK
61	Trevor	Kreznar	28	Callicoon Center	NY
62	Brett	Vadla	24	Soldotna	AK
63	Quinn	Carroll	19	Anchorage	AK
64	Aaron	Dickson	32	Palmer	AK
65	Ivan	Gruiter	47	Sitka	AK
66	Conor	Deal	24	Anchorage	AK
67	Lee	Helzer	33	Anchorage	AK
68	Vin	Robinson	46	Anchorage	AK
69	Josiah	Martin	22	Kenai	AK
70	Brandon	King	22	Palmer	AK
71	Lance	Kopsack	52	Palmer	AK
72	Noah	Zogas	35	Anchorage	AK
73	Joey	Klecka	28	Eagle River	AK
74	Derek	Nottingham	41	Eagle River	AK
75	Lane	Reed	21	Wasilla	AK
76	Michael	Bourdukofsky	38	Anchorage	AK
77	Keegan	Crow	20	Eagle River	AK
78	Dallas	Seavey	30	Willow	AK
79	Paul	Butera	20	Anchorage	AK
80	Mike	Heatwole	50	Anchorage	AK
81	Joshua	Allely	38	Anchorage	AK
82	Scott	Gage	46	Wasilla	AK
83	Ryan	Comer	37	Eagle River	AK
84	Darin	Markwardt	36	Soldotna	AK
85	Paul	Ferucci	48	Anchorage	AK
86	Nicholas	Swann	31	Seward	AK
87	Sean	Ulman	36	Seward	AK
88	Bret	Connor	40	Anchorage	AK
89	Mike	Wahlig	33	Anchorage	AK
90	Patrick	Wolfe	54	Anchorage	AK
91	Eugen	Beutler	52	Seward	AK
92	Keith	Zemke	34	Anchorage	AK
93	Jeremy	Weaver	41	Anchorage	AK
94	Andrew	Dougherty	26	Anchorage	AK
95	Joseph	Nyholm	25	Seward	AK
96	Roan	Hall	19	Eagle River	AK
97	Bryan	Hardy	41	Eagle River	AK
98	Brad	Precosky	50	Anchorage	AK
99	Jerre	Wills	80	Homer	AK
100	Michael	Quimby	35	Eagle River	AK
101	Nathaniel	Herz	29	Anchorage	AK
102	Lucas	Hepler	21	Anchorage	AK
103	Jeremy	Weber	29	Wasilla	AK
104	Brian	Pautzke	36	Anchorage	AK
105	Troy	Larson	48	Holualoa	HI
106	Caleb	Cotter	26	Anchorage	AK
107	Solomon	D'Amico	33	Seward	AK
108	Thomas	Hovden	30	Santa Clara	CA
109	Alexander	Eckert	24	Fairbanks	AK
110	Mark	Brady	34	Anchorage	AK
111	Todd	Boonstra	55	Kenai	AK
112	Marten	Martensen	48	Anchorage	AK
113	Bill	Spencer	61	Anchorage	AK
114	Jim	Renkert	57	Anchorage	AK
115	Mike	Monterusso	44	Anchorage	AK
116	Peter	Adams	44	Anchorage	AK
117	David	Aquino	69	Anchorage	AK
118	John	Browne	47	Anchorage	AK
119	John	Clark	52	Anchorage	AK
120	Chris	Clifford	56	Anchorage	AK
121	Thomas	Coolidge	66	Anchorage	AK
122	Mark	Fineman	47	Anchorage	AK
123	Flip	Foldager	60	Seward	AK
124	Steve	Gilles	59	Indian	AK
125	John	Heimerl	36	Anchorage	AK

126	Chris	Held	50	Fairbanks	AK
127	Mark	Jacobsen	57	Anchorage	AK
128	Kyle	Kelley	43	Girdwood	AK
129	Kerry	Klauder	31	Anchorage	AK
130	David	Knapp	48	Palmer	AK
131	Braun	Kopsack	60	Palmer	AK
132	Ryan	Lewis	30	Coeur d'Alene	ID
133	Darin	Marin	56	Anchorage	AK
134	Peter	McEnaney	52	Eagle River	AK
135	Fred	Moore	77	Seward	AK
136	Jason	Moore	37	Anchorage	AK
137	Walter	Moore	31	Kasilof	AK
138	Steve	Nimmo	60	N. Bonneville	WA
139	David	Rebischke	67	Anchorage	AK
140	Cameron	Reitmeier	39	Anchorage	AK
141	Pyper	Dixon	26	Seward	AK
142	John	Cosgrave	18	Anchorage	AK
143	Michael	Johnson	18	Anchorage	AK
144	Fintan	Nakada	18	Anchorage	AK
145	Shane	Piscoya-Shellabarger	18	Loveland	CO
146	Hamish	Wolfe	18	Anchorage	AK
147	Brian	Stoecker	53	Anchorage	AK
148	Eddie	Baxter	63	Colo Springs	CO
149	Lars	Kjerengtroen	38	Salt Lake City	UT
150	Auction Winner				
151	Auction Winner				
152	Auction Winner				
153	Auction Winner				
154	Auction Winner				
155	Auction Winner				
156	Auction Winner				
157	Auction Winner				
158	Auction Winner				
159	Auction Winner				
159	Drawing Winner				
161	Matthias	Messner	36	Eldorado Springs	CO
162	Ernest	Stolen	68	Anchorage	AK
163	Chris	Marchant	36	Anchorage	AK
164	Matthew	Moore	21	Seward	AK
165	David	McPhetres	21	Chugiak	AK
166	Ross	Ring-Jarvi	30	Idledale	CO
167	Clarence	Pautzke	71	Anchorage	AK
168	Stephen	Mayer	46	Anchorage	AK
169	Daniel	Virgin	60	Palmer	AK
170	Forrest	Mahlen	24	Anchorage	AK
171	Isaac	Lammers	23	Eagle River	AK
172	Justin	Smole	30	Anchorage	AK
173	Kegan	Storjohann	24	Anthem	AZ
174	Michael	Craytor	34	Seward	AK
175	Michael	Squires	59	Anchorage	AK
176	Tab	Ballantine	62	Anchorage	AK
177	John	Wros	28	Girdwood	AK
178	Tom	Moran	41	Fairbanks	AK
401	Michael	Rubeo	32	Wasilla	AK
402	DuWayne	Ruzicka	55	Anchorage	AK
403	Scott	Johnson	56	Seward	AK
404	Mike	Beiergrohslein	41	Eagle River	AK
405	John	Williams	62	Palmer	AK
406	Daniel	Willman	44	Anchorage	AK
407	Connor	Sperry	25	Phoenix	AZ
408	Casey	Volk	25	Eagle River	AK
409	Nicholas	Whitmore	28	Anchorage	AK
410	Adam	Berg	30	Chicago	IL
411	Michael	Valantas	48	Anchorage	AK
412	Alec	Kay	51	Anchorage	AK
413	Travis	Harrington	29	Anchorage	AK
414	Billy	Ballantine	21	Anchorage	AK
415	George	Haugen	71	Anchorage	AK
416	William	Serra	34	Anchorage	AK
417	James	Murray	56	Wasilla	AK
418	Kris	Burnett	51	Anchorage	AK
419	John	Kogl	46	Valparaiso	IN
420	Jonathan	Harvey	34	Anchorage	AK
421	Eric	Lawson	38	Eagle River	AK
422	Troy	Jarvis	53	Anchorage	AK
423	William	Casey	19	Eagle River	AK
424	Kyle	Willard	22	Anchorage	AK
425	Eric	Carl	48	Eagle River	AK
426	Davis	Dunlap	25	Palmer	AK
427	Shane	Topf	24	Eagle River	AK
428	Robert	Forgit	55	Anchorage	AK
429	Ted	Paprocki	39	Anchorage	AK

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430	Wayne	Humbert	37	Seward	AK
431	Westley	Dahlgren	35	Anchorage	AK
432	Michea	Westbrook	37	Anchorage	AK
433	Riley	Martin	19	Anchorage	AK
434	Jacob	Parker	33	Fairbanks	AK
435	Edwin	Shutt	44	Anchorage	AK
436	Paul	Ostrander	49	Soldotna	AK
437	Sam	Satathite	40	Kenai	AK
438	Jeremy	Hinshaw	42	Anchorage	AK
439	Todd	Stull	40	APO	AK
440	Peter	Malecha	51	Eagle River	AK
441	Matt	Hershock	41	Seward	AK
442	Chris	Reynolds	47	Anchorage	AK
443	Michael	Robinson	52	Anchorage	AK
444	Conway	Seavey	20	Sterling	AK
445	Jeff	Keller	51	Anchorage	AK
446	Roscoe	Van Camp	64	Seward	AK
447	Ryan	Bandy	34	Girdwood	AK
448	Rick	Hansen	44	Anchorage	AK
449	Kirk	Louthan	28	Anchorage	AK
450	Ryan	Kangas	36	Anchorage	AK
451	Dan	Linkhart	39	Seward	AK
452	Matthew	Waliszek	40	Anchorage	AK
453	Brian	Boyle	27	Chugiak	AK
454	David	Retherford	43	Wasilla	AK
455	Sean	Casey	24	Eagle River	AK
456	Shawn	Naber	35	Anchorage	AK
457	Wayne	Hauger	49	Eagle River	AK
458	Alex	Slivka	57	Anchorage	AK
459	Nathanael	Salima	19	Anchorage	AK
460	Zach	Momberger	23	Chugiak	AK
461	Jeremy	Beckett	28	Anchorage	AK
462	Matti	Silta	22	Soldotna	AK
463	Brian	Broderick	52	Anchorage	AK
464	Connor	Curley	29	Durango	CO
465	Eric	Troxell	44	Anchorage	AK
466	Robert	Milby	36	Eatonville	WA
467	Jason	Buckbee	37	Soldotna	AK
468	Daniel	Crumpacker	38	Anchorage	AK
469	Matthew	Anderson	29	Anchorage	AK
470	Caleb	Wolfe	20	Wasilla	AK
471	Alex	Best	33	Anchorage	AK
472	Dane	Crowley	44	Palmer	AK
473	Larry	Daugherty	41	Eagle River	AK
474	Lee	Barloon	41	Anchorage	AK
475	John	Pahkala	28	Anchorage	AK
476	Jack	Delaney	24	Dubuque	IA
477	Rocky	Elhard	38	Seward	AK
478	Brendan	Ryan	35	Seward	AK
479	Leo	Lashock	53	Willow	AK
480	Glen	Anderson	53	Seward	AK
481	Rod	Anderson	64	Anchorage	AK
482	Everett	Billingslea	56	Seattle	WA
483	Trent	Boggs	55	Eagle River	AK
484	Christopher	Booth	39	Edina	MN
485	Dirk	Brodish	56	Anchorage	AK
486	Kevin	Chartier	48	Anchorage	AK
487	Allen	Clendaniel	39	Anchorage	AK
488	James	Conant	62	Seward	AK
489	James	Conley	54	Chugiak	AK
490	Andrew	Daoust	55	Anchorage	AK
491	Harold	Faust	63	Seward	AK
492	Christopher	Gionet	47	Anchorage	AK
493	Joseph	Hawkins	50	Palmer	AK
494	Matt	Hemry	48	Anchorage	AK
495	Robert	Huppert	64	Wasilla	AK
496	David	Jensen	53	Chugiak	AK
497	David W	Lorring	64	Fairbanks	AK
498	David M	Lorring	33	Seward	AK
499	Lawrence	Martin	59	Anchorage	AK
500	Timothy	McDonald	59	Seward	AK
501	Steven	More	40	Chugiak	AK
502	Steve	Parrish	47	Anchorage	AK
503	Paul	Pedersen	58	Soldotna	AK
504	Kevin	Peterson	57	Wasilla	AK
505	Corbin	Stirling	33	Seward	AK
506	Bernard	Sturgulewski	60	Anchorage	AK
507	Kneeland	Taylor	69	Anchorage	AK
508	Mark	Tuovinen	54	Anchorage	AK
509	Bill	Wamsganz	58	Anchorage	AK
510	Christopher	Peterson	31	Windsor	CO
511	Kalvin	Young	52	Anchorage	AK

512	Gregory	Bombeck	28	Salt Lake City	UT
513	David	Peterson	29	Anchorage	AK
514	William	Thompson	66	St Helena	CA
515	Steve	Walters	51	Anchorage	AK
516	Shawn	Cange	48	Anchorage	AK
517	Steve	Carroll	55	Anchorage	AK
518	Michael	Chard	63	Anchorage	AK
519	Thomas	Conley	58	Chugiak	AK
520	Gregory	Lincoln	49	Bethel	AK
521	Michael	Tranel	58	Skagway	AK
522	Evan	Steinhauser	54	Eagle River	AK
523	Roman	Hamner	18	Seward	AK
524	Keegan	Goss	25	Bolingbrook	IL
525	Ray	Michaelson	58	Palmer	AK
526	Logan	Rachow	18	Eagle River	AK
527	Landon	Way	18	Jenks	OK
528	Brian	Deatherae	44	Tucson	AZ
529	Geoff	Albert	49	Altadena	CA
530	Robert	Haan	18	Palmer	AK
531	Clay	Roberts	29	Cantwell	AK
532	Shane	Chism	39	Tucson	AZ
533	Mark	Chase	27	Anchorage	AK
534	Brenden	Turney	26	Anchorage	AK
535	Brian	Wallace	45	Hanover	PA
536	Brian	Durr	19	Anchorage	AK
537	Jacob	Thompson	30	Anchorage	AK
538	Joseph	Murphy	37	Rensselaer	NY
539	Shilan	Wooten	26	Anchorage	AK
540	Andrew	Montgomery	40	San Francisco	CA
541	Richard	Lam	31	Arcata	CA
542	Paul	Miranda	29	Anchorage	AK
543	Michael	Chambers	38	Leesburg	VA
544	Scott	Babos	52	Anchorage	AK
545	Mark	Snowden	44	Anchorage	AK
546	Allan	Spangler	30	Anchorage	AK
547	Jonathan	Burgess	21	Anchorage	AK
548	Luke	Cronick	27	Bellingham	WA
549	Paul	Gionet	61	Anchorage	AK
550	Norm	Johnson	72	Anchorage	AK
551	Roger	Kemppel	75	Anchorage	AK
552	Brian	McMahon	72	Anchorage	AK
553	Thomas	Meacham	74	Anchorage	AK
554	Chad	Resari	81	Anchorage	AK
555	William	English	66	Anchorage	AK
556	Dorian	Gross	39	Talkeetna	AK
557	Brad	Carrell	71	Redmond	OR
558	Timothy	Branson	59	La Habra	CA
559	Michael	Lucas	55	Anchorage	AK
560	Mike	McLaughlin	64	Anchorage	AK
561	Joe	Hunner	29	Eagle River	AK
562	Matthew	Rose	45	Dallas	TX
563	Dennis	Long	63	Anchorage	AK
564	Jim	Griffith	42	Anchorage	AK
565	Barry	Bruninga	62	Anchorage	AK
566	Joel	Wagner	47	Eagle River	AK
567	Jamie	Harvey	59	Anchorage	AK
568	Kevin	Lauver	55	Soldotna	AK
569	Jared	Kern	41	Anchorage	AK
570	Thomas	Blum	79	Pasadena	CA
571	Charles	DiMarzio	37	Seward	AK
572	Matt	Crow	46	Anchorage	AK
573	Keith	Sanfacon	42	Anchorage	AK
574	Joshua	Zuber	41	Anchorage	AK
575	Cory	Jones	40	Wasilla	AK
576	Jacob	Streich	33	Kenai	AK
577	Bryan	Templeman	47	Anchorage	AK
578	Jason	McLennan	36	Anchorage	AK
579	Gunner	Bahn	30	Anchorage	AK
580	Ryan	Johnson	45	Anchorage	AK
581	Benjamin	Bruno	33	Santa Barbara	CA
582	Christopher	Crosta	32	Anchorage	AK
583	Nick	Snow	19	Anchorage	AK
584	Joseph	Redmon	30	Bellingham	WA
585	David	Owens	47	Eagle River	AK
586	John	White	40	Eagle River	AK
587	Greg	Roads	39	Wasilla	AK
588	Kevin	Doyle	38	Kenai	AK



BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
1	Christy	Marvin	36	Palmer	AK
3	Denali	Foldager-Strabel	27	Seward	AK
4	Najeeby	Quinn	37	Anchorage	AK
5	Ann	Spencer	22	Anchorage	AK
6	Allison	Barnwell	25	Seward	AK
7	Aubrey	Smith	37	Seward	AK
8	Rachel	Dow	38	Seward	AK
10	April	McAnly	35	Anchorage	AK
11	Sheryl	Loan	58	Eagle River	AK
12	Lauren	Fritz	29	Anchorage	AK
13	Mackenzie	Barnwell	23	Seward	AK
14	Clare	Cook	19	Eagle River	AK
15	Christie	Hauptert	41	Anchorage	AK
17	Isabel	Barnwell	21	Seward	AK
18	Angela	DiBerardino	40	Anchorage	AK
19	Paula	Westbrook	36	Eagle River	AK
21	Laura	Arnold	21	Anchorage	AK
22	Annie	Connelly	19	Chugiak	AK
23	Gyongyver	Schilling	44	Hope	AK
24	Tasha	Folsom	33	Sitka	AK
25	Abby	Jahn	24	Anchorage	AK
26	Sarah	Freistone	23	Anchorage	AK
27	Kelsey	Coolidge	29	Anchorage	AK
28	Anne	Liotta	24	Anchorage	AK
29	Amy	Harper	38	Arroyo Grande	CA
30	Tsaina	Mahlen	22	Anchorage	AK
31	Kristen	Sieminski	38	Seward	AK
32	Justine	Reese	33	Wasilla	AK
33	Mira	Hopkins	23	Anchorage	AK
34	Emily	Evans	20	Anchorage	AK
35	Hannah	Booher	19	Chugiak	AK
36	Jolie	Glaser	31	Seward	AK
37	Erica	Shafer	35	Anchorage	AK
38	Colleen	Powers	33	Boulder	CO
39	Susan	Casey	50	Eagle River	AK
40	Wendy	Sailors	48	Anchorage	AK
41	Lauren	Spinelli	38	Anchorage	AK
42	Amber	McDonough	41	Anchorage	AK
43	Jessica	Pahkala	22	Wasilla	AK
44	Rachel	Russell	23	Eagle River	AK
45	Anna	Widman	33	Kenai	AK
46	Verena	Gill	50	Anchorage	AK
47	Sarah	Cosgrave	20	Anchorage	AK
48	Alisa	Kincaid	43	Palmer	AK
49	Erin	Hamilton	39	Anchorage	AK
50	Ellyn	Brown	64	Anchorage	AK
51	Patricia	Kopp	52	Anchorage	AK
52	Rachel	Kidwell	30	Anchorage	AK
53	Leslie	Varys	38	Wasilla	AK
54	Jess	Klain	32	Anchorage	AK
55	Leah	Legate	52	Anchorage	AK
56	Kristy	De Yong	37	Anchorage	AK
57	Kimberly	Riggs	41	Anchorage	AK
58	Amber	Walker	33	Anchorage	AK
59	Tiffany	Hall	35	Anchorage	AK
60	Tatjana	Spaic	20	Palmer	AK
61	Andrea	Fountain	28	Anchorage	AK
62	Justine	Pechuzal	37	Seward	AK
63	Gina	Robinson	46	Anchorage	AK
64	Marion	Woods	22	Anchorage	AK
65	Ruby	Foldager	27	Seward	AK
66	Sadie	Fox	20	Soldotna	AK
67	Cecelia	Nocas	28	Anchorage	AK
68	kinsey	Loan	24	Eagle River	AK
69	Carrie	Koso	25	Wasilla	AK

70	Tara	Craytor	33	Seward	AK
71	Margaret	Cunningham	58	Eagle River	AK
72	Tiffany	Bird	40	Anchorage	AK
73	Jennifer	Frazier	48	Eagle River	AK
74	Tekla	Seavey	28	Seward	AK
75	Andrea	Kettler	33	Anchorage	AK
76	Kelli Jo	Boonstra	46	Ninilchik	AK
77	Stephanie	Wright	31	Seward	AK
78	Nicole	Lesko	38	Anchorage	AK
79	Stacy	Schaffer	39	Seward	AK
80	Andria	Hayes	44	Anchorage	AK
81	Annika	Goozen	19	Eagle River	AK
82	Lisa	Hartman	44	Seward	AK
83	Evie	Bear	43	Cooper Landing	AK
84	Christy	Jordan	44	Seward	AK
85	Heather	Moon	38	Kenai	AK
86	Jennifer	Dougherty	44	Seward	AK
87	Julianne	Dickerson	29	Anchorage	AK
88	Bronwen	Nicholls	29	Anchorage	AK
89	Teresa	Comer	35	Eagle River	AK
90	Christine	Bennett	45	Chugiak	AK
91	Jennifer	Kach	33	Anchorage	AK
92	Charlotte	Edmondson	43	Anchorage	AK
93	Ana	Jager	20	Anchorage	AK
94	Jordin	Thompson	30	Anchorage	AK
95	Megan	Olson	46	Anchorage	AK
96	Patricia	Foldager	59	Seward	AK
97	Maggie	Laufenberg	33	Anchorage	AK
98	Melissa	Johnson	30	Seward	AK
99	Hallidie	Wilt	28	Anchorage	AK
100	Jane	Baldwin	56	Palmer	AK
101	Laura	McGinley	37	Boulder	CO
102	Cheryl	Shellabarger	56	Loveland	CO
103	Tricia	Dettling	45	Las Vegas	NV
104	Rachelle	Kanady	27	Anchorage	AK
105	Aurora	Agee	37	Healy	AK
106	Binget	Nilsson	50	Seward	AK
107	Jocelyn	Kopsack	20	Palmer	AK
108	Stacey	Kolstad	45	Palmer	AK
109	Kristen	Lessard	24	Cooper Landing	AK
110	Allie	Ostrander	20	Soldotna	AK
111	Kikkan	Randall	34	Anchorage	AK
112	Emelie	Forsberg	30	MÅyndalen	OR
113	Denise	Brown Robinson	44	Anchorage	AK
114	Wendy	Bryden	49	Moose pass	AK
115	Katrina	Cain	51	Anchorage	AK
116	Denise	Deal	54	Anchorage	AK
117	Joey	Eski	47	Anchorage	AK
118	Cheryl	Ess	62	Sutton	AK
119	Kris	Kile	49	Austin	TX
120	Sandra	Hudson	48	Homer	AK
121	Suzanne	Knudsen	62	Indian	AK
122	Mary Beth	Koster	52	Seward	AK
123	Heather	Shank	46	Seward	AK
124	Amy	Brumbaugh	44	Anchorage	AK
125	Kayla]	Rowe	21	Anchorage	AK
126	Alina	Rubeo	35	Wasilla	AK
127	Amber	Sheffield	47	Big Lake	AK
128	Kathryn	Jacobsen	44	Anchorage	AK
129	Darcy	Waddell	50	Pueblo West	CO
130	Krystal	Nelson	44	Anchorage	AK
131	Michelle	Dickson	47	Anchorage	AK
132	Karen	Williams	56	Anchorage	AK
133	Teresa	Russell	51	Eagle River	AK
134	Shani	Rinner	43	Anchorage	AK
135	Karen	Carswell Kirk	51	Eagle River	AK
136	Elizabeth	Hooper	51	Anchorage	AK
137	Danielle	Varney	34	Anchorage	AK
138	Megan	Neale	21	Anchorage	AK
139	Catherine	Bodry	40	Anchorage	AK
140	Leslie	Dickson	49	Anchorage	AK
141	Rya	Berrigan	8	Palmer	AK
142	Lauren	Evarts	18	Homer	AK
143	Summer	Frazier	18	Eagle River	AK
144	Alejandra	Legate	18	Anchorage	AK
145	Elizabeth	Mans	18	Anchorage	AK
146	Brook	Wedin	18	Mora	MN
147	Ruby	Woodings	18	Palmer	AK
148	Jennifer	Barnard	43	Anchorage	AK
149	Deb	Essex	48	Girdwood	AK
150	Auction Winner				
151	Auction Winner				
152	Auction Winner				
153	Auction Winner				

154	Auction Winner				
155	Auction Winner				
156	Auction Winner				
157	Auction Winner				
158	Auction Winner				
159	Auction Winner				
160	Drawing Winner				
161	Kate	Fitzgerald	29	Anchorage	AK
162	Varvara	Shikanova	25	Krasnoyarsk	RUS
163	Mariah	Johnson	41	Seward	AK
164	Morgan	Arritola	31	Boise	ID
165	Mariah	Butters	43	Seward	AK
166	Shannon	Donley	46	Anchorage	AK
167	Tracey	Mager	50	Delta, BC	CAN
168	Heidi	Conway	49	Anchorage	AK
169	Jenna	DiFolco	18	Fairbanks	AK
170	Kay	Sind	28	Anchorage	AK
171	Laura	Tuttle	28	Anchorage	AK
172	Marcie	Lovgren	36	Bozeman	MT
173	Mari	Eaton	48	Anchorage	AK
174	Rebekah	Koenigbauer	34	Bozeman	MT
175	Sadie	Ulman	35	Seward	AK
176	Veronica	Bunch	41	Seward	AK
177	Kristina	Folcik	39	Tamworth	NH
401	Josephine	Braun	19	Seward	AK
402	Kimberley	Graham	35	Hope	AK
403	Christy	Phillips	36	Seward	AK
404	Ann	Fallico	41	Anchorage	AK
405	Jean	Labonte	57	Eagle River	AK
406	Carolyn	Boone	46	Chugiak	AK
407	Robin	Ace	39	Wasilla	AK
408	Willow	Hetrick	32	Moose Pass	AK
409	Jodi	Harskamp	41	Anchorage	AK
410	Dawn	Dinwoodie	49	Anchorage	AK
411	Jacqueline	Klecka	23	Eagle River	AK
412	Leslie	Rawson	26	Anchorage	AK
413	Nancy	Schierhorn	57	Anchorage	AK
414	Meret	Beutler	20	Seward	AK
415	Tracie	Haan	21	Palmer	AK
416	Karen	Mierny	48	Anchorage	AK
417	Ava	Harren	21	Anchorage	AK
418	Hope	Basinger	27	Anchorage	AK
419	Amy	De Schweinitz	37	Anchorage	AK
420	Suzie	Mauro	39	Eagle River	AK
421	Samantha	Bassler	26	Anchorage	AK
422	Halley	Werner	32	Seward	AK
423	Stephanie	Hanson	50	Anchorage	AK
424	Cecilia	Jarvis	44	Anchorage	AK
425	Diana	Schwendemann	28	Seward	AK
426	Timeri	Noren	43	Eagle River	AK
427	Sara	Kennedy	34	Eagle River	AK
428	Lauran	Mcnaughton	36	Eagle River	AK
429	Jennifer	Baker	29	Anchorage	AK
430	Meredyth	Richards	30	Anchorage	AK
431	Brittney	Cornell	26	Girdwood	AK
432	Kellyn	Brothis	30	Parker	CO
433	Kristen	Hansen	45	Anchorage	AK
434	Courtney	Lyons	30	Anchorage	AK
435	Emily	Helland-Carlson	34	Anchorage	AK
436	Rachel	Witty	45	Anchorage	AK
437	Alyssa	Hampton	19	Anchorage	AK
438	Megan	Martin	25	Moose Pass	AK
439	Amie	Wu	37	Anchorage	AK
440	Meghan	Dooley	32	Anchorage	AK
441	Carole	Holley	42	Anchorage	AK
442	Jillian	Bender	30	Seward	AK
443	Ingrid	Gavalya	40	Chugiak	AK
444	Jennifer	Sonne	29	Anchorage	AK
445	Sondra	Stonecipher	34	Soldotna	AK
446	Trina	Resari-Salao	37	Anchorage	AK
447	Dreanna	Owens	19	Eagle River	AK
448	Jessica	Hutchings	29	Palmer	AK
449	Jenn	Parchem	28	Columbus	WI
450	Lindy	Byerly	30	Seward	AK
451	Hannah	Lies	22	Chicago	IL
452	Pamela	Dreyer	35	Eagle River	AK
453	Kaleen	Haines	35	Anchorage	AK
454	Linda	Rao	37	Talkeetna	AK
455	Kate	Clark	38	Anchorage	AK
456	Danielle	Harris	32	Eagle River	AK
457	Rita	McKenzie	51	Anchorage	AK
458	Kathleen	Meeds	20	Anchorage	AK
459	Jane	Mulcahy	29	Jefferson	NY
460	Annie	Johnson	28	Poulsbo	WA

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461	Daisy	Meyers	39	Seward	AK	545	Nancy	Osborne	66	Seward	AK
462	Tammy	Weaver	36	Anchorage	AK	546	Ellen	Davidson	69	Green River	WY
463	Julie	Ross	39	Wasilla	AK	547	Marieke	Heatwole	44	Anchorage	AK
464	Karen	Looney	50	Palmer	AK	548	Jamie	Beever	32	Soldotna	AK
465	Jessica	Honebein	19	Seward	AK	549	Danielle	Harrison	40	Anchorage	AK
466	Willow	Schlenker	21	Anchorage	AK	550	Jillaine	Hensel	51	St. Paul	MN
467	Rachelle	Alger	48	Anchorage	AK	551	Holly	Holman	53	Dutch Harbor	AK
468	Karen	Barnes	48	Redding	CA	552	Carey	Quiring	48	Seward	AK
469	Lela	Benson	54	Anchorage	AK	553	Jeanette	Nienaber	38	Seward	AK
470	Sidney	Billingslea	58	Anchorage	AK	554	Sherri	Warnke	52	Eagle River	AK
471	Sheri	Boggs	55	Eagle River	AK	555	Stacia	Jenson	50	Cody	WY
472	Kelley	Lane	35	Seward	AK	556	Eileen	Audette	23	Seward	AK
473	Carla	Gage	39	Wasilla	AK	557	Erin	Graves	47	Vancouver	WA
474	Jennifer	Waltenbaugh	45	Homer	AK	558	Susan	Skvorc	58	Wasilla	AK
475	Megan	Volk	29	Eagle River	AK	559	Cynthia	Cacy	35	Anchorage	AK
476	Amy	Dreger	34	Broomfield	CO	560	Melissa	Hartford	27	Anchorage	AK
477	Margaret	Griffin	47	Soldotna	AK	561	Allison	Lyon	33	San Francisco	CA
478	Ashley	Smith	31	Anchorage	AK	562	Jena	Petersen	35	Seward	AK
479	Kelly	Smith	45	Anchorage	AK	563	Joan	Ryan	33	Anchorage	AK
480	Mary	Kempel	75	Anchorage	AK	564	Jackie	Carney	57	Anchorage	AK
481	Clare	King	55	Palmer	AK	565	Jody	Robershaw	50	Temecula	CA
482	Vicky	Knudson	74	Shakopee	MN	566	Melanee	Stinnett-Voss	39	Anchorage	AK
483	Billie Jo	Kopsack	64	Palmer	AK	567	Tosha	Cypher	33	Palmer	AK
484	Cynthia	Kupczynski	58	Anchorage	AK	568	Natalie	Bickers	42	Palmer	AK
485	Annie	Luck	57	High Rolls	NM	569	Taylor	Thorn	24	Wasilla	AK
486	Cynthia	Martensen	51	Anchorage	AK	570	Ali	Tremaine	26	Knoxville	TN
487	Kristin	Blees	43	Anchorage	AK	571	Laurel	DeVore	28	Nibley	UT
488	Bonnie	Moore	34	Anchorage	AK	572	Hilary	Nicol	27	San Francisco	CA
489	Nancy	Murphy	57	Eagle River	AK	573	Aree	Newkirk	41	Eagle River	AK
490	Janet	Ponder-sutphin	59	Eagle River	AK	574	Martha	Wilder	59	Anchorage	AK
491	Amy	Scharpf	38	Anchorage	AK	575	Terry	Slaven	65	Wasilla	AK
492	Emily	Rhodes	49	Anchorage	AK	576	Cydney	Reynolds	21	Anchorage	AK
493	Vastyl	Mangold	38	Anchorage	AK	577	Marilyn	Wilson	42	Kenai	AK
494	Yereth	Rosen	58	Anchorage	AK	578	Jessica	Larrabee	25	Wasilla	AK
495	Millie	Spezialy	79	Anchorage	AK	579	Shauna	Boquist	38	Anchorage	AK
496	Alesia	Thon	50	Anchorage	AK	580	Gwendolynn	Stuart	33	Anchorage	AK
497	Mary	Vollendorf	47	Anchorage	AK	581	Hannah	Beutler	22	Seward	AK
498	Milissa	Knox	31	Eagle River	AK	582	Kathleen	Christenson	48	Seward	AK
499	Sharyl	Worrell	45	Anchorage	AK						
500	Jana	Seaman	36	Anchorage	AK						
501	Michelle	Smith	33	Anchorage	AK						
502	Lanara	Forgit	46	Anchorage	AK						
503	Joyce	Hudson	34	Anchorage	AK						
504	Rebecca	Haviland	34	Anchorage	AK						
505	Jasmine	Hatton	29	Anchorage	AK						
506	Rebecca	Sjostrom	35	Anchorage	AK						
507	Susan	Windle Beam	57	Anchorage	AK						
508	Alisha	Sarginger	31	Wasilla	AK						
509	Jan	Cox	50	Oklahoma City	OK						
510	Elaina Janeale	Ronai	28	Anchorage	AK						
511	Leah	Hopkins	19	Anchorage	AK						
512	Frances	Evarts	45	Homer	AK						
513	Kelsey	Tranel	28	Anchorage	AK						
514	Elizabeth	Saunders	28	Anchorage	AK						
515	Gretta	Pickett	18	Anchorage	AK						
516	Beth	Fuller	29	Girdwood	AK						
517	Rosemary	Reynolds	18	Anchorage	AK						
518	Kate	Martin	18	Anchorage	AK						
519	Jasper	Wallace	34	Anchorage	AK						
520	Melinda	Greig Walker	59	Anchorage	AK						
521	Kimberly	Lowe	45	Anchorage	AK						
522	Denielle	Beilfuss	41	Shorewood	WI						
523	Sable	Hodson	26	Los Angeles	CA						
524	Ashley	Vonck	28	Anchorage	AK						
525	Katee	Chard	27	Anchorage	AK						
526	Dyann	Hardy	36	Eagle River	AK						
527	Jessica	Clifford	19	Anchorage	AK						
528	Andrea	Snowden	43	Anchorage	AK						
529	Emily	Veenstra	28	Anchorage	AK						
530	Brandy	Eber	34	Eagle River	AK						
531	Jessica	Heinrich	37	Anchorage	AK						
532	Courtney	Moore	25	Seward	AK						
533	Patrice	Icardi	63	Anchorage	AK						
534	Makenzi	Magiera	22	Anchorage	AK						
535	Amanda	Hegna	38	Eagle River	AK						
536	Sara	Rottman	36	Anchorage	AK						
537	Noelle	Coniglio	19	JBER	AK						
538	Kerri	Garcia	37	Fairbanks	AK						
539	Krystin	McClure	33	Seward	AK						
540	Heidi	Friese	25	Palmer	AK						
541	Jamie	Whiteman	22	Anchorage	AK						
542	Jennifer	Uriarte	40	Seward	AK						
543	Brenna	Evarts	21	Homer	AK						
544	Joan	Antonson	65	Anchorage	AK						



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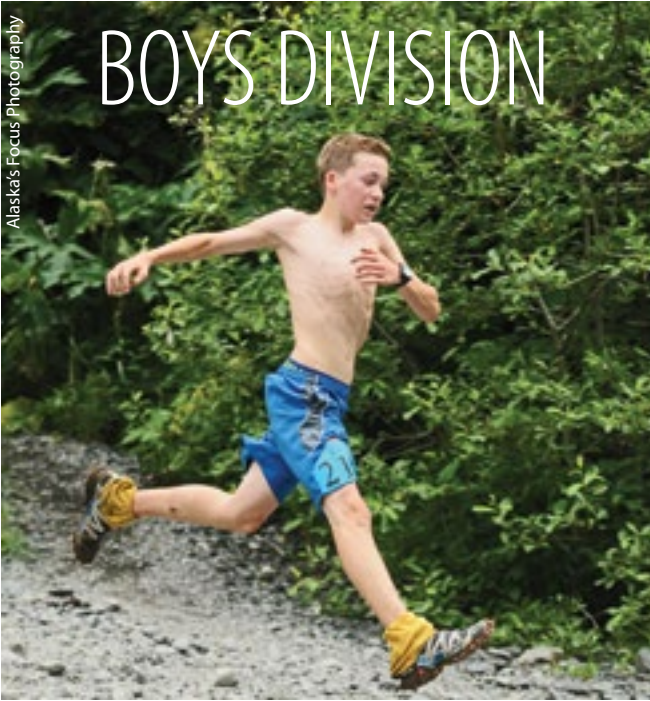
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BOYS DIVISION



BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
201	Luke	Jager	17	Anchorage	AK
202	David	Spencer	16	Anchorage	AK
203	Kelemen	Legate	16	Anchorage	AK
204	Nicholas	Carl	16	Eagle River	AK
205	Ali	Papillon	12	Talkeetna	AK
206	Charlie	Latimer	17	Eagle River	AK
207	Michael	Earnhart	14	Eagle River	AK
208	Bjorn	Nilsson	15	Seward	AK
209	George	Cvancara	16	Anchorage	AK
210	Michael	Connely	15	Chugiak	AK
211	Kurtis	Brumbaugh	15	Anchorage	AK
212	Bodhidharma	Gross	16	Talkeetna	AK
213	Neil	Lindquist	14	Moose Pass	AK
214	Gabe	Martin	16	Anchorage	AK
215	Samuel	Koster	14	Seward	AK
216	Dylan	Kearns	15	Anchorage	AK
217	Gage	Jarvis	17	Anchorage	AK
218	Camden	Benter	15	Anchorage	AK
219	Max	Pfeiffenberger	14	Seward	AK
220	Jed	Christenson	17	Seward	AK
221	Elias	Davis	17	Seward	AK
222	Ian	Beals	16	Anchorage	AK
223	Mark	Connelly	17	Chugiak	AK
224	Connor	Spanos	15	Seward	AK
225	Conner	Lowe	14	Anchorage	AK
226	Brayden	Rachow	16	Eagle River	AK
227	Daniel	Casey	17	Eagle River	AK
228	Nicholas	Chard	15	Anchorage	AK
229	Darius	Martin	15	Kenai	AK
230	Josh	Novakovich	16	Anchorage	AK
231	Cole	Burnett	16	Anchorage	AK
232	Luke	Martensen	17	Anchorage	AK
233	Eldon	Zinis	16	Seward	AK
234	Cole	Norcross	17	Seward	AK
235	Alexander	Carl	14	Eagle River	AK
236	Max	Beiergrohslein	15	Eagle River	AK
237	Nick	Kaiakokonok	14	Anchorage	AK
238	Brooks	Berry	17	Moose Pass	AK
239	Ben	Martensen	16	Anchorage	AK
240	Jacob	Lestina	14	Eagle River	AK
241	Soren	Monroe-Anderson	14	Lyme	NH
242	Zach	Burns	15	Soldotna	AK
243	Blaise	Rinner	11	Anchorage	AK
244	Dylan	Miller	17	Anchorage	AK
245	Logan	Dudinsky	16	Eagle River	AK

246	Cole	Valantas	15	Anchorage	AK
247	Tasman	Duenow	16	Anchorage	AK
248	Leland	Wilson	15	Anchorage	AK
249	Cody	Bryden	14	Moose Pass	AK
250	Lake	Rinner	14	Edmond	OK
251	Michael	Gasaway	17	Anchorage	AK
252	Michael	Moriarty	15	Seward	AK
253	Timo	Rieder	16	Seward	AK
254	Luke	Momblow	15	Eagle River	AK
255	Rennick	Heatwole	12	Anchorage	AK
256	Corbin	Smith	14	Anchorage	AK
257	Carter	Eaton	16	Anchorage	AK
258	Coby	Marvin	10	Palmer	AK
259	Jaxson	Lee	14	Palmer	AK
260	Teddy	Bahr	16	Anchorage	AK
261	Zac	Buckbee	11	Soldotna	AK
262	Trey	Ingalls	14	Seward	AK
263	Daren	Gasaway	13	Anchorage	AK
264	Eli	Robinson	13	Anchorage	AK
265	Reece	Duenow	17	Anchorage	AK
266	Martin	Tumey	13	Anchorage	AK
267	Roman	Gross	16	Talkeetna	AK
268	Casey	Bryden	11	Moose Pass	AK
269	Michael	Lucas	17	Anchorage	AK
270	Cameron	Padgett	16	Wasilla	AK
271	Forrest	Larson	16	Holualoa	HI
272	Luke	Fritzel	16	Anchorage	AK
273	Trapper	Allen	16	Seward	AK
274	Logan	Larson	13	Holualoa	HI
275	Benjamin	Rinckey	17	Eagle River	AK
276	Braun	Precosky	9	Anchorage	AK
277	Aiden	Gannon	16	Anchorage	AK
278	Bret	Brumbaugh	13	Anchorage	AK
279	Brandon	Milne	17	Anchorage	AK
280	Kael	Westbrook	9	Eagle River	AK
281	Dylan	Garbe	16	Eagle River	AK
282	Blake	Hanley	11	Anchorage	AK
283	Acil	Chapple	17	Eagle River	AK
284	Johnny	Stull	10	APO	AP
285	Andrew	Arthur	11	Soldotna	AK
286	London	Lee	11	Palmer	AK
287	Mason	Elhard	9	Seward	AK
288	Tyler	Vinciguerra	12	Palmer	AK
289	Sebastian	Kogl	11	Valparaiso	IN
290	Tucker	Lien	14	Eagle River	AK
291	Kai	Meyers	16	Anchorage	AK
292	Jonah	Gage	14	Wasilla	AK
293	Nathan	Hankins	11	Seward	AK
294	Aaron	Campbell	16	Wasilla	AK
295	Eli	Knapp	15	Big Lake	AK
296	Benjamin	Casey	14	Eagle River	AK
297	Gavin	Block	15	Palmer	AK
298	Connor	Degnan	15	Seward	AK
299	Jeremy	Kupferschmid	17	Soldotna	AK
300	Michael	Franklin	16	Palmer	AK
301	Sage	Larson	10	Holualoa	HI
302	Liam	Fick	15	Anchorage	AK
303	Cole	Fritzel	14	Anchorage	AK
304	James	Auld	12	Wasilla	AK
305	Levi	Gionet	17	Anchorage	AK
306	Daniel	Bausch	16	Anchorage	AK
307	Cole	Posthumus	13	Eagle River	AK
308	Henry	Zidek	10	Anchorage	AK
309	Ben	Michaelson	16	Anchorage	AK
310	Samuel	Anders	9	Kenai	AK
311	Keenan	Berrigan	10	Palmer	AK
312	Maxwell	Carl	12	Eagle River	AK
313	Daniel	Desaulniers	17	Anchorage	AK
314	Jebediah	Marvin	8	Palmer	AK
315	Leon	Daugherty	14	Eagle River	AK
316	Rylan	Kirby	8	Eagle River	AK
317	Beck	Bethard	10	Anchorage	AK
318	Cody	Miller	17	Anchorage	AK
319	Aidan	Houser	11	Palmer	AK
320	Joe	Divelbiss	17	Anchorage	AK
321	Daniel	Ferucci	12	Anchorage	AK
322	Paul	Cvancara	12	Anchorage	AK
323	Ransom	Hinshaw	9	Anchorage	AK
324	Race	Rome	14	Anchorage	AK
325	Aven	Elsberg	12	Anchorage	AK
326	Max	Keller	15	Anchorage	AK
327	Finnigan	Donley	12	Anchorage	AK

328	Rowan	Robinson	11	Anchorage	AK
329	Nicholas	McLennan	11	Anchorage	AK
330	Ethan	Eski	12	Anchorage	AK
331	Maison	Dunham	14	Kenai	AK
332	Hunter	Hayes	15	Wasilla	AK
333	Legend	Kopsack	8	Palmer	AK
334	Samuel	McLain	10	Seward	AK
335	Rider	Allen	11	Seward	AK
336	Bengimin	Ambrosiani	11	Seward	AK
337	Nickolas	Ambrosiani	11	Seward	AK
338	Brendan	McMurray	16	Seward	AK
339	Justin	McMurray	15	Seward	AK
340	Clayton	Petersen	13	Seward	AK
341	Jaden	Van Dyke	15	Seward	AK
342	Quinn	Humbert	7	Seward	AK
343	Talon	Lemme	10	Seward	AK
344	John	Van Buskirk	11	Seward	AK
345	Fisher	Allen	13	Seward	AK
346	Van	Shank	10	Seward	AK
347	Luke	Elhard	7	Seward	AK
348	Hunter	Forshee-Kurtz	10	Seward	AK
349	Nicholas	Austin	17	Anchorage	AK
350	Will	Wallace	16	Anchorage	AK
351	Christopher	Kingsland	16	Seward	AK
352	Gregory	Fallon	11	Kenai	AK
353	Owen	Farr	12	Chugiak	AK



Alaska Focus Photography

BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE
1	Molly	Gellert	17	Anchorage	AK
2	Riana	Boonstra	16	Kenai	AK
3	Ruby	Lindquist	17	Moose Pass	AK
4	Adrianna	Proffitt	15	Chugiak	AK
5	Jania	Tumey	17	Anchorage	AK
6	Alyson	Kopsack	17	Palmer	AK
7	Aubrey	LeClair	16	Anchorage	AK
8	Kaylee	Heck	17	Anchorage	AK
9	Kaitlyn	Kogl	13	Valparaiso	IN
10	Annie	Burns	10	Soldotna	AK
11	Ruth	Cvancara	17	Anchorage	AK
12	Sadie	Benter	12	Anchorage	AK
13	Emily	Unrein	13	Seward	AK
14	EmmaLee	Moore	17	Seward	AK
15	Teagan	Smith	12	Anchorage	AK
16	Abigail	Beveridge	16	Anchorage	AK
17	Grace	Annett	16	Anchorage	AK
18	Rebekah	Christenson	15	Seward	AK
19	Miracle	Fontana	14	North Pole	AK
20	Kiana	Trupp	15	Anchorage	AK
21	Alexandria	Toloff	15	Seward	AK
22	Naomi	Ifflander	15	Seward	AK
23	Lucy	Hankins	13	Seward	AK

24	Sonora	Martin	14	Kenai	AK
25	Liz	Novakovich	14	Anchorage	AK
26	Zoe	Beiergrohslein	13	Eagle River	AK
27	McKenzie	Allen-Charmley	16	Anchorage	AK
28	Mystery	Showalter	17	Palmer	AK
29	Sarah	Warnke	16	Eagle River	AK
30	Allie	Dixon	12	Seward	AK
31	Brooklynn	Gould	15	Eagle River	AK
32	Ainsley	Rinner	13	Anchorage	AK
33	Brooklyn	Kopsack	15	Palmer	AK
34	Heidi	Booher	17	Chugiak	AK
35	Isabella	Anderson	17	Eagle River	AK
36	Sadie	Lindquist	16	Moose Pass	AK
37	Olive	Heatwole	14	Anchorage	AK
38	Tali	Novakovich	11	Anchorage	AK
39	Brianna	Hansen	15	Anchorage	AK
40	Danica	Rinner	17	Edmond	OK
41	Shane	Rinner	17	Edmond	OK
42	Corey	Frazier	17	Eagle River	AK
43	Samantha	Legate	12	Anchorage	AK
44	Aliann	Schmidt	16	Soldotna	AK
45	Danica	Schmidt	16	Soldotna	AK
46	Brooke	Satathite	16	Soldotna	AK
47	Sarah	Uschmann	13	Palmer	AK
48	Tiana	Lee	17	Palmer	AK
49	Katie	Kilfoyle	17	Kenai	AK
50	Colleen	Haan	16	Palmer	AK
51	Haley	Buckbee	16	Soldotna	AK
52	Hannah	Tossie	17	Littleton	CO
53	Hannah	Armbrust	15	Anchorage	AK
54	Keegan	Lorrng	13	Seward	AK
55	Annika	Nilsson	13	Seward	AK
56	Brooke	Wagner	10	Eagle River	AK
57	Lydia	Jacoby	13	Seward	AK
58	Kellie	Arthur	16	Soldotna	AK
59	Kylar	Westbrook	11	Eagle River	AK
60	Ivy	Eski	15	Anchorage	AK
61	Gwyneth	Gavalya	16	Chugiak	AK
62	Logan	Satathite	13	Soldotna	AK
63	Josephine	Crawford	14	Anchorage	AK
64	Ellie	Burns	13	Soldotna	AK
65	Emily	Anger	9	Seward	AK
66	Margaret	Allen-Charmley	12	Anchorage	AK
67	Katie	Stull	14	APO	AP
68	Quincy	Donley	14	Anchorage	AK
69	Maria	Bunch	10	Seward	AK
70	Emerson	Lorrng	11	Seward	AK
71	Aila	Berrigan	14	Palmer	AK
72	Erika	Arthur	14	Soldotna	AK
73	Brittyn	Werner	14	Palmer	AK
74	Araya	Fejes	14	Seward	AK
75	Emma	Craig	14	Soldotna	AK
76	Zoe	Chang	13	Anchorage	AK
77	Sydney	Barndt	11	Eagle River	AK
78	Sorcha	Bowers	12	Anchorage	AK
79	Shelby	Sieminski	13	Seward	AK
80	Elizabeth	Johnson	16	Anchorage	AK
81	Patricia	Casey	12	Eagle River	AK
82	Tiernan	Mcgrath	15	Seward	AK
83	Brianna	Gill Anderson	10	Anchorage	AK
84	Hanna	Henrie	13	Anchorage	AK
85	Brianna	McKeel	14	Wasilla	AK
86	Gaia	Casagrande	12	Seward	AK
87	Breanna	Day	15	Eagle River	AK
88	Haley	Finch	10	Anchorage	AK
89	Fiona	Fick	17	Anchorage	AK
90	Juliana	Auld	15	Wasilla	AK
91	Margaret	Adams	8	Anchorage	AK
92	Colette	Zidek	12	Anchorage	AK
93	Lauren	Hepler	17	Anchorage	AK
94	Emma	Axelsson	15	Fairbanks	AK
95	Kalyn	McGillivray	16	Soldotna	AK
96	Renee	Elhard	12	Seward	AK
97	Azalea	Daugherty	10	Eagle River	AK
98	Fiona	Witty Daugherty	11	Anchorage	AK
99	Ella	Silverman	14	Anchorage	AK
100	Lake	Bethard	11	Anchorage	AK
101	Katey	Houser	13	Palmer	AK
102	Ruby	Tarango	11	Seward	AK
103	Maria	Cvancara	14	Anchorage	AK
104	Sophia	Cvancara	14	Anchorage	AK
105	Eden	Rinner	8	Anchorage	AK

106	Tagan	Rinner	9	Anchorage	AK	130	Brianna	Bailey	9	Anchorage	AK
107	Anevay Marie	Ambrosiani	14	Seward	AK	131	Teresa	Fallon	8	Kenai	AK
108	Abigail	Tidlow-Tranel	10	Skagway	AK	132	Abigail	Thomas	14	Anchorage	AK
109	Olivia	Tidlow-Tranel	9	Skagway	AK	133	Jordan	Strausbaugh	13	Soldotna	AK
110	Alexis	Black	14	Anchorage	AK	134	Dareena	Doyle	16	Kenai	AK
111	Rebecca	Shaw	13	Anchorage	AK	135	Claire	Anger	7	Seward	AK
112	Isabella	Dammeyer	14	Soldotna	AK	136	Kylie	Judd	16	Anchorage	AK
113	Sophia	Dow	15	Seward	AK	137	Roxanna	Reynolds	16	Anchorage	AK
114	McKenna	Meyers	11	Seward	AK	138	Morgan	Coniglio	15	JBER	AK
115	Julia	Johnson	15	Anchorage	AK	139	Delana	Wesen	17	Anchorage	AK
116	Grace	Miller	17	Palmer	AK	140	Emma	Blei	15	Chugiak	AK
117	Isabel	Greenhalgh	17	Anchorage	AK	141	Nele	Hohenstein	17	Seward	AK
118	Grace	Blohm	15	Wasilla	AK	142	Keira	Dixon	10	Seward	AK
119	Allison	Hughes	16	Gregory	MI	143	Katherine	Parnell	14	Kodiak	AK
120	Cedar	Hughes	13	Gregory	MI	144	Elizabeth	Parnell	12	Kodiak	AK
121	Amy	Baxter	16	Palmer	AK	145	Megan	Koster	17	Seward	AK
122	Hannah	Farr	13	Chugiak	AK	146	Addison	Lemme	10	Seward	AK
123	Erin	Sivitz	17	Anchorage	AK	147	Wren	Dougherty	13	Seward	AK
124	Brooklyn	Bailey	10	Anchorage	AK	148	Amara	Ransom	8	Seward	AK
125	Alexandrea	Moseley	15	Homer	AK	149	Hana	Cooney	14	Moose Pass	AK
126	Addison	Bailey	9	Anchorage	AK	150	Alexi	Walker	11	Seward	AK
127	Chloe	Wirum	16	Anchorage	AK	151	Kendall	Kramer	15	Fairbanks	AK
128	Natalie	Sieminski	10	Seward	AK						
129	Leah	Fallon	13	Kenai	AK						

Mountain High

COVER SHOT

As the creator and photographer for the popular Mountain Men of Alaska calendar, Kayce James is used to photo shoots taking people out of their comfort zone. And for her personally, Mt. Marathon was no exception. Last summer, she captured 2016 champion David Norris, that the Seward Chamber was able to take advantage of for this year's cover.



Her account of the experience, was highly entertaining, "Just because I had slowly plodded a flat five mile run two days ago, I assumed that automatically made me an extreme athlete and that I would flit up to the top in no time, in which I thought wrong. Ten minutes up the runner's trail, I was already thirsty, had buckets of sweat dripping down my back, and was making huffing sounds that would scare off bears in a five-mile radius" she stated. Loaded with camera gear, a sunny 75-degree day, and a single bottle of water, Kayce worked her way past the tree line in her attempt to meet David (who was already at the top). Following another couple above her, she struggled thru the scree until she sat down and pulled out her phone. "I texted him and said, "I'm defeated." His reply was "I'll find you." My delirious reply; "Find my body, you mean? I pictured him finding my dehydrated body, looking like something from a Salvador Dahli painting" she recalled.

Ten minutes later, Kayce saw him coming down from above. He crossed over from his trail to greet her. "This was not how I expected our first meeting to go. I expected to be smiling and well rested at the top, NOT drenched in sweat, NOT about to burst into tears" she said. "Instead, he gave me a bottle of water, which I guzzled so rapidly it dripped down my chin. We talked briefly, because, of course it's hard to talk while you're gasping for breath. And he tried to make me feel better about how long it was taking me to get to the top, by telling me that I took the hard way up." David then led her up, and when she made it, she was able to regain her composure.

David spent twenty-five minutes running, leaping and posing for the photoshoot. Kayce emphasized that he was incredibly polite, and easy going, and added his own special flare to the pictures. He soon had to be on his way to drive right back to Anchorage for a mountain racing awards banquet and apologized for "ditching her". He then disappeared off the edge of the mountain like a stealthy mountain goat. Over an hour later, Kayce made it to the bottom, "My legs were shaking, but I was alive!" She exclaimed "I checked my phone after I collapsed in my truck, and saw a message from David saying, "You're a badass, let me know that you made it home!"

Somehow, despite her exhaustion, Kayce said "I got a real feeling of accomplishment. David Norris called me a badass! And through my determination to get good photos, I had faced my fears, and conquered the mountain that I dreaded!"

Kayce James is a local Seward resident, known for her photography and the production of the Mountain Men of Alaska Calendar.

The MT. MARATHON Race 2017

Official Guide Produced by
Seward Chamber of Commerce

Available at these locations thru July 4th (*while supplies last!*)

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REI

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Steam Dot / Williwaw

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Girdwood Health Clinic

131 Lindblad Ave., Girdwood

Powderhound

Olympic Mt. Loop., Girdwood

Portage Visitor Center

Portage Lake Loop. Portage

Other: Alyeska Resort Hotel, Girdwood Tesoro, Great Alaska Tourist Trap, The Ice Cream Shop, Portage Glacier Lodge, Portage Train Station.

KENAI PENINSULA

Advanced Physical Therapy

234 4th Avenue, Seward

Advanced Physical Therapy

170 East Corral, Suite 3, Soldotna

Advanced Physical Therapy

44604 Sterling Hwy, Unit A, Soldotna

Cooper Landing Chamber of Commerce/Visitor Center

Mile 48.7, Sterling Hwy, Cooper Landing

Homer Chamber of Commerce & Visitor

201 Sterling Hwy, Homer

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SCHEDULE OF EVENTS

Friday, June 30th

6-8 pm Food & Crafts booths set up & open on Adams & Washing to Streets

Saturday, July 1st – Sunday July 2nd

9 am-6 pm Food & Craft booths open on Adams & Washington Streets

Monday, 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

Tuesday, 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 Denali Foldager-Strabel
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 Women's Race 1st Wave – Downtown Seward
11:05 am Women'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 Family Games (Fire Hall Fourth Ave.)
1:00 pm July Fourth Parade: Sponsored by Lithia Chrysler Jeep Dodge of South Anchorage
1:30 pm Wells Fargo Family Games (Fire Hall Fourth Ave.)
1:30 pm Revival Nail Driving Competition (Ages 18 & Up! – Fire Hall on Fourth Ave.)
2:00 pm Wells Fargo Family Games (Fire Hall Fourth Ave.)
2:00 pm Men's Race 1st Wave – Downtown Seward
2:05 pm Men's Race 2nd Wave – Downtown Seward
6:00 pm Awards Ceremony – AVTEC Gymnasium (519 Fourth Ave.)

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