



MOUNT MARATHON

97th Race Year

RACE TIMES

All races take place on July 4th at 3rd Ave.

JUNIORS — 9 a.m.

Mass start for boys & girls

WOMEN — 11:05 a.m.

Three waves at three minutes apart

MINI MT MARATHON — 11:13 a.m.

Round up begins by finish line at 10:45 a.m.

MEN — 2:05 p.m.

Three waves at three minutes apart

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

FESTIVAL INFORMATION

Booths along Adams and in lots along Fourth Ave.

THURSDAY, JULY 3 — 12 p.m. - 6 p.m.

FRIDAY, JULY 4 — 9 a.m. - 6 p.m.

SATURDAY, JULY 5 — 10 a.m. - 6 p.m.

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

Welcome to Seward for the 97th running of the Mount Marathon Race, which has been entertaining spectators and challenging racers since 1915, longer than any other mountain race in North America!

We're proud to again present the race and Fourth of July Festival.

Start times are 9 a.m. for juniors, 11:05 a.m. for women and 2:05 p.m. for men. And don't miss the Mini Mount Marathon for adorable 2-6-year-olds.

Anywhere on Fourth Avenue or Jefferson Street is a popular place to watch the race (remember, no dogs or drones!), while the base of the mountain at the end of Lowell Canyon Road is also an exciting vantage point.

New this year: a "Jumbotron" near the finish line will show our Livestream broadcast. Those who can't make it to Seward in person can also now tune in for live coverage on

KTUU/Alaska's News Source (Channel 2).

This year's roster includes more than 400 lottery winners and 300+ first-time racers. Help give them a Mount Marathon welcome they'll never forget.

This guide features an event schedule, Fourth of July Festival info, great photos and rosters with bib numbers for each race. The previews of all three races will inform you of who all the contenders are. There's also an article about the man who raced Mount Marathon in sandals (!) as well as a tribute piece about running in memory of those who have passed.

Whether you're a hardened Alaskan, a first-time visitor to Seward, a rookie racer or a long-time veteran of the Mount Marathon Race, we're thrilled you're here and wish you and your families an amazing experience.

— The Seward Chamber of Commerce and Mount Marathon Race Committee

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

PHOTO BY: BRIKRU PHOTOGRAPHY



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ANCHORAGE NORDIC SKI PATROL & OTHERS)



Race Previews

By Matias Saari

Juniors: Flagstad seeks first win, Jordan looks to repeat

Vebjorn Flagstad of Anchorage has won plenty of major running and skiing races, but one title has thus far eluded him: Mount Marathon junior boys champion.

Flagstad, the runner-up the last two years, seeks to change that in his final junior race before aging up to the men's event in 2026.

"I am definitely hungry for a win," said Flagstad, whose father Trond still owns family bragging rights with two wins in the men's race.

Flagstad, 17, ran an exceptionally fast time of 25 minutes, 52 seconds in 2024 while wearing a red USA singlet. The only problem: Palmer's Coby Marvin, holder of the second-fastest time in junior history, was also entered. Unlike 2023, when Marvin got a big gap on the climb to the junior turnaround pole, Flagstad

hung close to Marvin the entire way but still finished five seconds behind.

Marvin won't be a factor this year: he's 18 now and making his men's race debut.

"Not having Coby will make it interesting since I will most likely have to lead and pace myself," said Flagstad, who focused on track training this spring and won a state championship in the 3200-meter run before taking a trip to Norway, his father's homeland.

If any returning racers are going to challenge Flagstad, they'll likely have to run several minutes faster than last year.

Also entered are Cedar Ruckel of Indian (third in 28:22 last year), Blaze Rubeo of Wasilla (fourth in 28:24 last year) and Raven Spangler of Palmer (fourth in 2023).

One top newcomer is Nathan Vanderlugt, a talented Nordic skier and mountain runner who lives at Fort Wainwright near Fairbanks. He raised some eyebrows at the 2024 Bird Ridge Hill Climb when he placed 10th overall as a 15-year-old, ahead of many seasoned Mount Marathon adult racers.

Missing from the lineup is Robbie Annett, who was fifth last year. He accomplished a rare feat at the 2025 state high school Division 2 championships by taking the 800-, 1600- and 3200-meter races.

In the junior girls race, it's a good thing for hometown runner Olive Jordan that the race isn't only uphill.

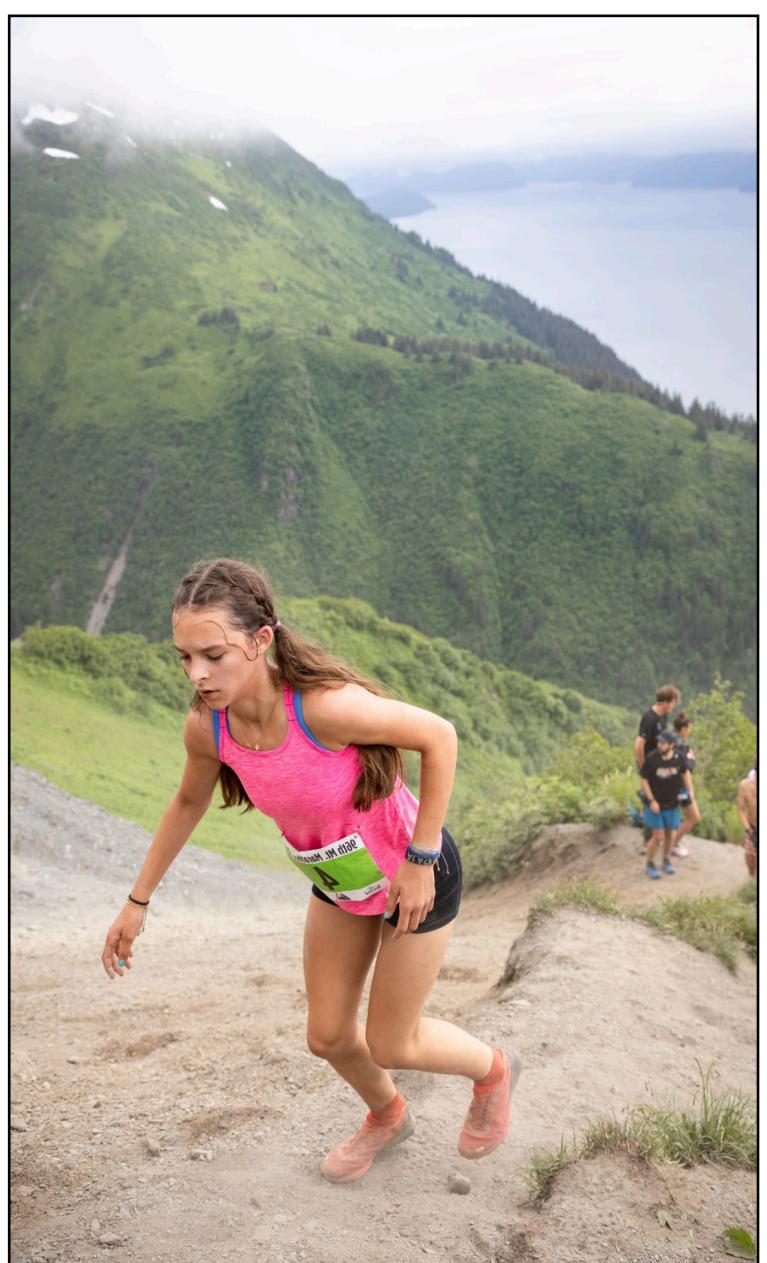
Last year Jordan, then 14, reached the turnaround point in fifth place with a seemingly large deficit of 68 seconds. But she rocketed down the mountain in 8 minutes, 41 seconds to win in 33:59, which was 23 seconds clear of Palmer's Wren Spangler.

"I was surprised, but I do have the local advantage," Jordan said. "So I have a pretty fast downhill and my town cheering me on. ... One reason I'm fast at the downhill is I do downhill skiing which is sort of the same, and helps me not be scared of falling or going too fast."

Being from Seward can be beneficial but also has a drawback for Jordan. "It does make me super nervous," she said. "I feel like I have a lot of pressure but it's also a race I do for fun!"

With the top 12 from last year returning, Jordan should have plenty of competition.

The tiny, blond-haired Spangler is a crowd favorite. As an 11-year-old in 2023 she took third. She climbed to runner-up in 2024 so perhaps she's ready for the top step

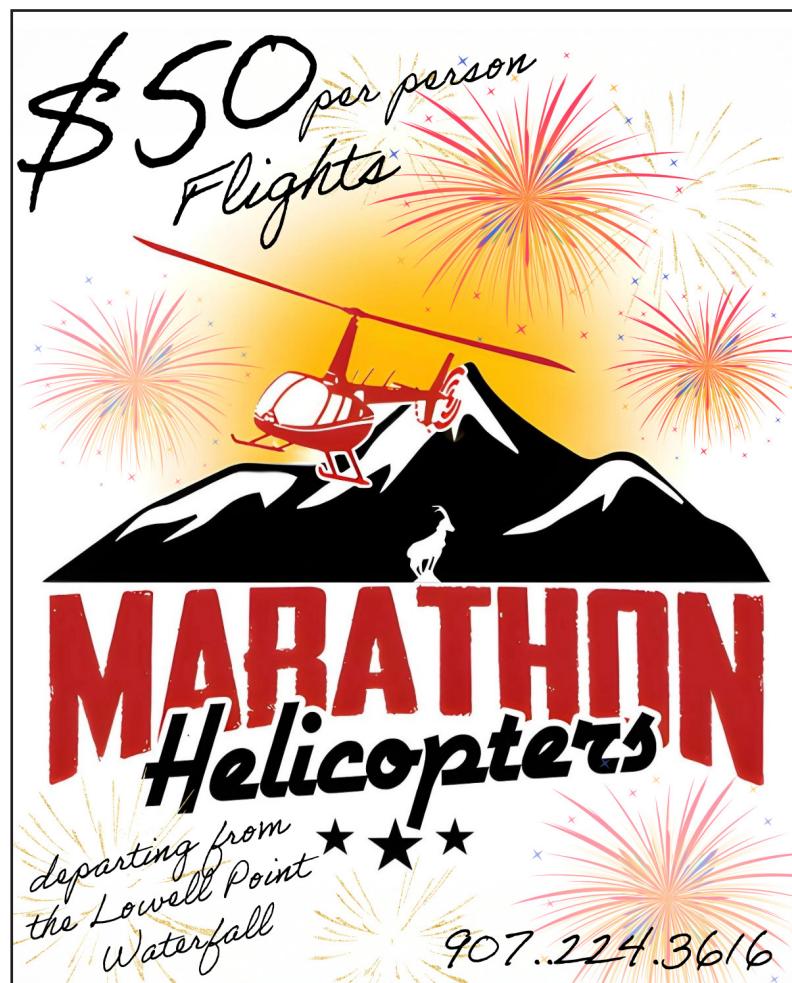


Olive Jordan of Seward nears midway before rallying to win in 2024 (Photo by: Mick Dees)

of the podium, even though she has five years of junior eligibility remaining.

Tania Boonstra of Kenai, the 2023 girls champion, will race for the last time as a junior alongside Hannah Bodkin, the Eagle River racer who led at midway last year.

And don't sleep on another 17-year-old – 2022 champion Rosie Conway of Anchorage. After three straight top-3 finishes from 2021-23, Conway had a down year (for her) by



Rhodes Rides Momentum As Race Favorite

When 20-year-old Klaire Rhodes secured an auction bib on the eve of the 2018 Mount Marathon Race, she was relatively inexperienced and placed 26th.

The next year she improved to 12th. She cracked the top 5 each year from 2021-23 — but never came closer than two minutes to claiming victory in the oldest and most notorious mountain running race in North America.

At the time, Rhodes' best results were still coming in ultra- and mid-distance racing — including the 2023 World Trail Running Championships in Austria, where she placed 21st.

So it's understandable that race pundits didn't peg her as the Mount Marathon favorite in 2024, considering that the Palmer trio that had gone 1-2-3 the previous year were all back along with two-time champ Hannah Lafleur and standout runner/skier Kendall Kramer of Fairbanks.

Rhodes proved them wrong. She and Kramer ditched everyone else on the 3,000-foot climb to the turnaround point and Rhodes shed Kramer on the perilous descent to become the fourth woman in history to run faster than 50 minutes.

Rhodes' time of 49 minutes, 49 seconds trails only record-holder Allie McLaughlin of Colorado (47:09 in 2022), Emelie Forsberg of Sweden (47:48 in 2015) and Allie Ostrander, a professional runner from Kenai (49:19 in 2017).

"It was probably the most special result of my running career," Rhodes told the Anchorage Daily News.

Rhodes, who runs for new Mount Marathon sponsor The North Face, won't be underestimated in 2025.

She's having a strong season, and in April she placed third at the Gorge Waterfalls 100K in Oregon (her debut at the 62-mile distance). That result qualified her for September's World Trail Running Championships in Spain. She also plans to race the Broken Arrow Skyrace 46K in California two weeks before Mount Marathon and a 50K in Switzerland in July, so she hasn't really been targeting Mount Marathon in her training.

"But I am running and hiking with a lot of vert(ical gain)," she said. "I think fitness is fitness and I have the course experience from the past six years to be able to run a confident race."

It's fair to call Rhodes the favorite in a field that remarkably returns last year's entire top 30 except for a pregnant Lafleur (fourth place in 2024) and Lucy Young (12th). The top 22 all broke the one-hour mark last year, shattering the record of 15 from 2022.

Even with a busy race calendar, Rhodes can't pass up the spectacle of Mount Marathon.

"Getting the win last year, I felt a sense of relief knowing I could take a year off if I wanted to. When registration came around though, I never considered for even a moment that I wouldn't show up!" Rhodes said. "There's no better way to spend the 4th of July than in Seward! I've had both good days and bad days at this race, but have yet to feel anything but love for

everything Mount Marathon is!"

If Rhodes is to repeat, she will have to earn it. Kramer, runner-up in 2024, is back with proven uphill chops; she could contend for the title if she speeds up on the downhill or builds a big enough lead on the uphill.

"I definitely maximize uphill for risk mitigation on the downhill," said Kramer, a member of the U.S. Ski Team with Winter Olympic aspirations.

And while her downhill in 2024 took 14:59 (compared to 13:22 for Rhodes), Kramer does see a potential path to victory.

"If I'm far enough ahead or have a gap on the uphill, I am comfortable enough on the downhill now that I can maintain my place," she said.

Then there's the Palmer trio:

□ Christy Marvin is a three-time champ who has finished top five in all 11 of her Mount Marathon races. Now 44, she has been hampered by injuries in recent years but appears in good form after winning the Government Peak Up-Down race on June 7.

□ Denali Foldager-Strabel, who grew up in Seward, won the junior girls race three times, holds the women's fastest downhill time (11:27) and has seven top-five women's finishes but no victories.

□ Meg Inokuma, 45, set the 40-49 age-group record in 2024 of 51:59 while placing third.

Top newcomers include Kalie McCrystal, an accomplished Skyrunner; and Katarina Kuba, a talented ski mountaineer. Both hail from Squamish, British Columbia.



Klaire Rhodes in 2024 (Photo by: Mick Dees)

"Both Kalie and Katerina possess high levels of proficiency in technical terrain," said Jessie McCauley, a men's racer from Squamish. "(They) have the aerobic engines and the skills necessary to take on MMR."

Novie McCabe, a Nordic skiing Olympian, looks to improve on her eighth place from 2022.

This year's logo contest winner is no slouch on the mountain, either. Katey Houser of Palmer, who skis at Montana State University, is back to defend her 10th place finish from 2024.

On the longevity front, Ellyn

Brown of Anchorage and Patti Foldager of Hope are going for their 42nd finish and Yereth Rosen aims for her 33rd. And Maureen McCrea is back after becoming the oldest female finisher in 2024 at age 80.

The non-binary division, implemented last year, returns Zoe Dohring, who was second last year. They will be joined by Linnea Dohring of Anchorage and Ace Wilder of Tucson, Ariz. The trio will participate in the women's event but have separate results in the non-binary division.

Is Norris Untouchable, Even With a Crazy Fast Field?

With five wins in five tries, two questions must be asked: Is David Norris untouchable at Mount Marathon? And although he's already running quicker than anyone imagined, can he go even faster?

Spurred by an unfathomable sub-30 minute ascent from Seward's 4th Avenue to the top of Mount Marathon, Norris last year shattered his own record from 2016 by 49 seconds, finishing in 40 minutes, 37 seconds.

For context, the record Bill Spencer set in 1981 of 43:21 lasted 32 years, and now Norris has gone nearly three minutes faster.

And while Norris says he isn't eager to "risk life and limb" to improve his record, he's been working on his road speed this season and believes that may help him inch closer to the sub-40-minute mark at Mount Marathon. In May, his improved speed paid dividends at the U.S. Mountain Running Championships in New Hampshire — at a much less technical race than Mount Marathon — where he qualified to represent the USA at the World Trail Running Championships in Spain this September.

"(At Mount Marathon) if I could still descend in that 10-minute-and-change range and then improve the pavement section and maybe a few seconds on the uphill, that would kind of make the difference," Norris

said. "So we'll see."

Norris could also benefit if a large snowfield remains near the top of the mountain, a distinct possibility given Seward's persistently chilly weather this spring. Running or butt-sliding down snow can be considerably faster than negotiating rock and scree.

Despite facing arguably the strongest field in men's race history — the top 18 from 2024 are slated to return along with some talented newcomers — Norris is in a class of his own. In 2024, Norris won by 2:15 over 44-year-old Max King of Bend, Ore., whose 42:52 was exceptionally fast in its own right. (King is returning in 2025 but says he's not in peak form following meniscus surgery).

Canadian Jessie McCauley and California brothers Ali Papillon and Bodhi Gross — former Alaskans — also broke the 45-minute benchmark, a time that until 2010 virtually guaranteed victory.

Norris grew up in Fairbanks, lived in Anchorage as an elite Nordic ski racer and now resides in Steamboat Springs, Colo. What keeps bringing him back to Mount Marathon?

"Outside of the race, it's the excuse to come see friends and family," Norris said on June 5 while at the Alaska Sports Hall of Fame induction ceremony, where he accepted the men's Pride of Alaska award. "(For the

race) nothing else compares to it with how raw it is, the fans that are all there. The day itself is so exciting. It's so steep, so gnarly. It's so fun."

McAuley, the Canadian from Squamish, British Columbia, also recognizes Mount Marathon as something special. He improved to third last year in 44:02 after taking sixth in his 2019 debut.

"Mount Marathon is without question the most technical trail-running race in North America," said McAuley, who represents Arc'teryx, which signed on as a new Mount Marathon sponsor in 2025. "I have always excelled at steep, rugged and fast ascents and descents. MMR is all of that packed into a short effort."

The 97 years of history is also not lost on McAuley. "I strongly value the sense of community and deep history of the event," he said. "There's nothing quite like it on our side of the globe."

The question remains: can anyone beat, or even closely challenge, Norris?

"I think if (Norris) has a smooth race it is unlikely for someone to go faster. Especially with his knowledge of racing MMR," McAuley said. "However, it's racing. You never know."

The roster also includes Jeret Gillingham of Bellingham, Wash., who took sixth as a rookie in 2024. Four others — Nevada resident Darren Thomas and



David Norris on his way to his record run in 2024 (Photo by: Mick Dees)

Is Norris Untouchable, Continued

Alaskans Michael Earnhart, Lars Arneson and Lyon Kopsack — all have top-five finishes on their resumes but slipped to 7th to 10th place in 2024.

Arneson, a multi-time Alaska Mountain Runners Grand Prix series champion, is juggling parental duties for his newborn son.

"It's been a blast taking Wout up some local peaks, but we've been sticking closer to home and I haven't been in the mountains nearly as much as I normally am this time of year," said Arneson, adding that he hopes more biking this spring may translate into mountain speed.

There are also several past Top 10 performers returning to the race after missing 2024. Bayton Menton of Oregon, Zack Bursell of Juneau, Ben Marvin of Palmer and Taylor Turney of Anchorage — who blitzed a record 9:54 downhill in 2023 — fall into that category.

Then there are highly touted rookies like William McGovern of Anchorage (winner of the

2025 Turnagain Arm Trail Race) and former professional skier Braden Becker of Yarmouth, Maine.

And don't forget Coby Marvin, the three-time junior boys champion who is aging into the men's race. Marvin owns the second-fastest junior time in history and is no stranger to longer mountain efforts.

There's a field of 150 Seward racers in the junior, women's and men's events combined. The top men's performer from Seward could again come down to a battle between James Carlberg, Pyper Dixon and Erik Johnson, who finished within seconds of one another last year in 16th, 17th and 18th places, respectively.

On the longevity front, Braun Kopsack is going for his 47th finish, Everett Billingslea his 43rd, Steven "Crazy Billy" Carroll his 43rd and Lance Kopsack his 41st.

Fred Moore of Seward, 85, tops them all and might chase his 55th consecutive finish; his streak began in 1970.

Not to be outdone, 89-year-old Chad Resari of Anchorage is again entered as a Golden Racer, which awards a finish for racers over age 70 who cover half the mountain. Last year he finished in 1:49:11 and high-fived fans on the homestretch.

Only 71 entrants exceed the age of 60 but Mark Tatum of Colorado is among the most acclaimed; perhaps he'll challenge Barney Griffith's 60-69 age group mark of 53:34. While Mount Marathon is the oldest mountain race in North America, the Dipsea in California is the oldest trail race, and Tatum has the rare distinction of winning the age- and gender-handicapped race as a non-Californian.

Of the 1,064 runners still entered on June 7, 900 hailed from Alaska (84.6 percent). The rest came from three other countries — Canada, Germany and France — and 31 other states.



James Carlberg (Photo by: Brikru Photography)

CREDITS & THANK YOUS

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Running for Loved Ones: The Conant, Green and Willman Families

By Beth Bragg

Laura Conant's streak of six straight Mount Marathons ended in 2007 when she was 52. She swore she'd never do the race again and yet here she is, 70 years old and ready for her seventh race.

Talon Sturgill has never done Mount Marathon, mostly because summers in Seward have often meant long days fishing Resurrection Bay with his big family. But this Fourth of July will find him on the mountain, a race rookie at age 31.



Talon Sturgill & Caleb Green

Conant and Sturgill are racing to honor loved ones. They will take their grief up the mountain and maybe come back down a little lighter having paid tribute in classic Mount Marathon fashion — with blood, sweat and tears.

"Lots of tears, probably," Conant said.

In Friday's junior race, Anchorage teenagers Harper and Ruby Willman will run with full hearts on a mountain beloved by their dad. Dan Willman was a 20-time Mount Marathon finisher who was 49 when he died in January 2023 after a long illness. "When we hike it now, I think of my dad not in a sad manner, but more like he is proud of me for doing this race he loves,"

Harper said by email. "It's really fun to see the people that knew him realize that I'm his kid and they're like, 'Your dad convinced me to do this race,' or 'Whoa, I never would've done this without him.'

"I feel honored to be his child."

Conant's husband, Jim Conant, died earlier this year. He was a veteran of 21 Mount Marathons, with his most recent finish coming in 2018.

Both Conants celebrated milestone birthdays last year,

family was rocked by tragedy — the loss of Sturgill's uncle, Josh Green, and two of his cousins, Caleb Green and Hayden Green. They died on a fishing trip last May when their boat capsized south of Seward, a place that for decades was one of the family's favorite destinations for summer fun.

"The last time we were here, everyone's heart was broken," Sturgill said.

He hopes to inspire some joy and good energy this year. Sturgill made a Green family tribute video to share with the family the week of the race, and on race day he'll don green shorts for his Mount Marathon debut.

Conant and Sturgill both gained entry to Mount Marathon via petition — one of the last resorts for runners seeking a bib in a race where participation is limited but interest is off the charts.

Unless a runner has earned priority status based on past results, they must enter a registration lottery. This year, 1,335 people entered the lottery and 405 scored one of the coveted race bibs.

If runners don't get in that way, they can try to buy their way in either through an online auction in April (six spots) or at the live auction the night before the race (14 spots).

Or they can petition the race committee for a one-time entry. This year the committee considered 16 petitions and approved 10; seven were merit-based — runners with a proven track record like Kendall Kramer of Fairbanks — and nine were based on unique circumstances. Conant and Sturgill were among those awarded spots based on unique circumstances.

"Our entire family has been fishing out of, living in, or visiting Seward for the greater part of the last 50 years," Sturgill wrote in his petition. "We all attend this race every year. This year I humbly ask that you allow the Green family to honor these men that we lost last year."

Josh Green was like a second dad, Sturgill said, and Caleb and Hayden were more like brothers than cousins. Josh coached all three boys in wrestling — Caleb, his son, was a two-time state heavyweight champion at Bartlett High.

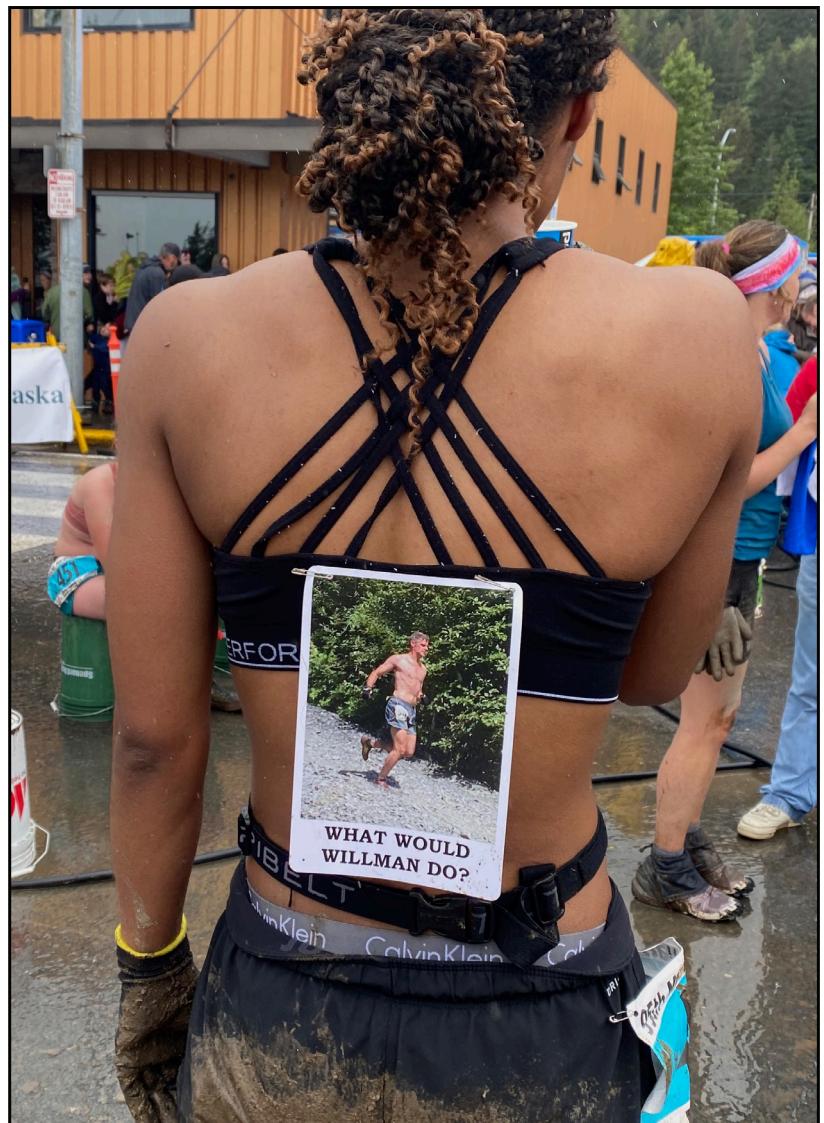
Sturgill said memories of working out with his cousins sustained him as he trained this winter.

"I keep finding myself in moments of time with these guys," he said, "like when I'm wearing a weighted vest on the stair-stepper. I'm ready to quit and I get an image of me and Hayden running up the mountain and down the mountain, or me and Caleb training for wrestling, and I think, 'They would never quit on you, don't you dare quit on them.'"

Conant, a longtime Seward resident, crossed her fingers that the race committee would approve her petition.

The race is part of her family's DNA, she said: "I've been a volunteer, a ton of the family runs the race, and the Fourth of July has always been a big thing to my family," she said.

She'll be among 10 family members racing Friday. Also entered are son Jimmy, daughter and son-in-law Amy and Ben Harper and grandchildren Ridge, Elsie, Belle, Cason, Charly and Ryah.



Nikki Boggs ran in honor of Dan Willman in 2023. Photo courtesy of Holly Willman.

The Willman sisters will continue a family tradition started by their dad. Dan did his first race in 1999 and his last in 2019; their mom, Holly, owns 10 finishes.

Dan and Holly's fierce love of the outdoors is reflected in the names of their children. Harper is named after the glacier on Denali, Ruby is named after the Yukon River village, and son Brooks is named after the mountain range.

Dan's love of Mount Marathon was so intense that he twice slept on the steps of the Seward Chamber of Commerce the night before race registration opened so he'd be sure to get a bib.

"He loved being part of the community of runners every year — even to the point it was an agreement when we got married that I would fly him back to Alaska as long as we

lived overseas," said Holly, whose work with BP took the couple to Russia from 2004-06.

Dan coaxed and inspired many to make Mount Marathon a goal. One year, his crowd-funding efforts allowed a couple to pay \$2,000 for two bibs at the auction, Holly said.

At the 2023 race, a few months after Dan died, a number of runners wore signs on their backs featuring a photo of Dan descending Mount Marathon along with the question, "What would Willman do?"

"Well," said Holly, "Willman would run, regardless of any circumstances around him, and he'd encourage others to do so as well — to just get out to the mountains."



Brothers Josh and Nate Green



Laura & Jim Conant

JUNIOR GIRLS' ROSTER

BIB NAME AGE HOMETOWN

201	Olive Jordan	15	Seward, AK
202	Wren Spangler	13	Palmer, AK
203	Tania Boonstra	17	Kenai, AK
204	Hannah Bodkin	17	Eagle River, AK
205	Alise Elliott	16	Anchorage, AK
206	Nina Varnell	14	Anchorage, AK
207	Rosie Conway	17	Anchorage, AK
208	Aubrey Virgin	16	Palmer, AK
209	Grace Fleming	16	Seward, AK
210	Juniper Ingalls	16	Seward, AK
211	Ellie Abrahamsen	16	Fairbanks, AK
212	Clara Sensabaugh	14	Palmer, AK
213	Rylee Ruggles	14	Eagle River, AK
214	Sadie Haas	15	Seward, AK
215	Lucy Olson	15	Anchorage, AK
216	Isela Austin	16	Palmer, AK
217	Tirzah Brueckner	14	Seward, AK
218	Hannah Shaha	17	Eagle River, AK
219	Elliot Sensabaugh	16	Palmer, AK
220	Audra Burrill	17	Eagle River, AK
221	Claire Shaha	13	Eagle River, AK
222	Ellie Stull	16	Anchorage, AK
223	Hailee Stepetin	14	Eagle River, AK
224	Teresa Fallon	16	Kenai, AK
225	Chloe Shaha	11	Eagle River, AK
226	Karley Tichenor	16	Palmer, AK
227	Lilian Coy	17	Anchorage, AK
228	Lily Poray	14	Eagle River, AK
229	Annabelle Conant	11	Seward, AK
230	Emersyn Knopp	13	Fairbanks, AK
231	Brooklyn Mauger	13	Eagle River, AK
232	Emma Seavey	13	Seward, AK
233	Adele Matthews	17	Anchorage, AK
234	Rain Rubeo	10	Wasilla, AK
235	Sienna Himes	17	Chugiak, AK
236	Holly Rogness	17	Anchorage, AK
237	Addison Bailey	17	Anchorage, AK
238	Taylor Pennington	11	Palmer, AK
239	Ruby Willman	14	Anchorage, AK
240	Brynn Rathert	17	Anchorage, AK
241	Kathryn Shaha	15	Eagle River, AK
242	Sylvie Kastning	13	Anchorage, AK
243	Casey Bland	14	Anchorage, AK
244	Lucy Bamford	17	Seward, AK
245	Alder Deal	16	Palmer, AK
246	Hana Varnell	12	Anchorage, AK
247	Aurora Johnson	14	Chugiak, AK
248	Brianna Bailey	17	Anchorage, AK
249	Payton Nelson	14	Eagle River, AK
250	Peja Skinner	13	Anchorage, AK
251	Cora Ellsworth	15	Dubuque, IA
252	Lia Shank	16	Seward, AK
253	Tui Stanbury	15	Anchorage, AK
254	Svea Kastning	11	Anchorage, AK
255	Kohl Lang	10	Eagle River, AK
256	Melody Mleschnitzta	15	Wasilla, AK
257	Jazz Solstice	13	Anchorage, AK
258	Abigail Leathers	14	Anchorage, AK
259	Ryah Thrall	14	Seward, AK
260	Briony Stewart	13	Eagle River, AK
261	Kate Norvell	17	Seward, AK
262	Ruby Davis	16	Soldotna, AK
263	AddieAnn Randall	16	Willow, AK
264	Gigi Leonetti	16	Anchorage, AK
265	Blakeley Norvell	15	Seward, AK
266	Colette Leveque	13	Anchorage, AK
267	Nonie Mucha	13	Girdwood, AK
268	Macey Harper	17	Anchorage, AK
269	Avery Newell	13	Eagle River, AK
270	Annika Haussner	17	Anchorage, AK
271	Annabel Uffenbeck	15	Anchorage, AK
272	Elsie Conant	14	Seward, AK
273	Maeli Weaver	15	Anchorage, AK
274	Sophie Novakovich	15	Anchorage, AK
275	Ada Burrup	17	Eagle River, AK
276	Margaret Adams	16	Anchorage, AK
277	Adeleine Robson	13	Eagle River, AK
278	Ellie Trevithick	10	Anchorage, AK
279	Kylee Newman	11	Anchorage, AK
280	Emily Anger	17	Seward, AK
281	Eden Rinner	16	Anchorage, AK
282	Alta Liljemark	15	Seward, AK
283	Tess Budde	13	Eagle River, AK
284	Anna Burrup	16	Eagle River, AK
285	Ramona Knier	12	Anchorage, AK
286	Kendall Humbert	12	Seward, AK
287	Alayna Naylor	15	Palmer, AK
288	Crimson Rose	13	Chugiak, AK
	Townsend		
289	Charly Harper	11	Arroyo Grande, CA
290	Alana Varys	13	Wasilla, AK
291	Harper Willman	16	Anchorage, AK
292	June Poray	11	Eagle River, AK
293	Arielle Fleming	11	Seward, AK
294	Taylor-Jane Ingalls	10	Seward, AK
295	Ayla Simonson	17	Silver Bay, MN
296	Rosemary Maixner	13	Big Lake, AK
297	Eliza Heimerl	10	Anchorage, AK
298	Alice Robson	11	Eagle River, AK
299	Kyla Palin	13	Homer, AK
300	Londyn Newell	15	Eagle River, AK
301	Amara Ransom	16	Seward, AK
302	Mackenzie Kogl	15	Valparaiso, IN
303	Olivia Tidlow-Tranel	17	Yellowstone NP, WY
304	Aspen Moore	12	Anchorage, AK
305	Aly Andersen	10	Anchorage, AK
306	Audrey Bird	16	Seward, AK
307	Freja Bardarson	12	Seward, AK
308	Molly Sullivan	13	Moose Pass, AK
309	Cora Seavey	10	Seward, AK
310	Bernadette Maixner	10	Big Lake, AK
311	Stella Schwartz	10	Eagle River, AK
312	Iris Matthews	12	Anchorage, AK
313	Esme Wilder	17	Seward, AK
314	Nanibah Frommherz	17	Juneau, AK

315	Beatrix Brogan	17	Anchorage, AK
316	Journey Cournoyer	17	Seward, AK
317	Hannah Stepetin	16	Eagle River, AK
318	Lilly Stewart	15	Eagle River, AK
319	Lelaina Trembath	15	JBER, AK
320	Aubrey Wilder	15	Seward, AK
321	Anneliese Holsing	15	North Pole, AK
322	Allie Zellmer	15	Girdwood, AK
323	McKenzie Davis	15	Seward, AK
324	Abigail Somerville	13	Anchorage, AK
325	Karoline Privett	13	Eagle River, AK
326	Marcelle Shasby	13	Anchorage, AK
327	Mia Huey	13	Anchorage, AK
328	Brooklyn Klingen	13	Seward, AK
329	Zoey Stone	13	Kenai, AK
330	Elise Davis	13	Seward, AK
331	Sienna Glazier	12	Eagle River, AK
332	Maggie Lints	12	Homer, AK
333	Ailsa Faust	12	Anchorage, AK
334	Emery Miokte	12	Homer, AK
335	Annika Koenig	12	Anchorage, AK
336	Teigan Hegna	11	Eagle River, AK
337	Alice Keener	11	Palmer, AK
338	Makenna Klingen	11	Seward, AK
339	Robin Beesley	11	Anchorage, AK
340	Jane Jacko	11	Anchorage, AK
341	Kinley Best	10	Anchorage, AK
342	Rae Johnson	10	Seward, AK
343	Locksley Krulish	10	Anchorage, AK
344	Thalia Peter	9	Homer, AK
345	Tazlina Seavey	9	Seward, AK
346	Orla Ulman	9	Seward, AK
347	Elsa Bardarson	9	Seward, AK
348	Eliana Taylor	9	Anchorage, AK
349	Rowen Glazier	9	Eagle River, AK
350	Calista Zuber	14	Anchorage, AK



JUNIOR BOYS' ROSTER

BIB NAME AGE HOMETOWN

1	Vebjorn Flagstad	17	Anchorage, AK
2	Cedar Ruckel	17	Indian, AK
3	Blaze Rubeo	15	Wasilla, AK
4	Nathan Vanderlugt	16	Fort Wainwright, AK
5	Ethan Styvar	17	Anchorage, AK
6	Raven Spangler	16	Palmer, AK
7	Easton Roads	16	Anchorage, AK
8	Jaxon Henrie	17	Anchorage, AK
9	Logan Fellman	16	Juneau, AK
10	Luke Elhard	15	Seward, AK
11	Bodhi Panucci	17	Talkeetna, AK
12	Micah King	15	Bend, OR
13	Gabe Black	17	Palmer, AK
14	Zane Griffis	17	Anchorage, AK
15	Maxim Macy	14	Chugiak, AK
16	Aksel Flagstad	14	Anchorage, AK
17	Ridge Conant	16	Seward, AK
18	Van Angel	15	Anchorage, AK
19	Ethan Elliott	14	Anchorage, AK
20	Kohen Galloway	17	Eagle River, AK
21	Britton Bethard	17	Anchorage, AK
22	Theodore Stamoolis	16	Wasilla, AK
23	Thale Randall	14	Willow, AK
24	Barret Malouf	16	Anchorage, AK
25	Elliott Beals	16	Anchorage, AK
26	Mason Elhard	17	Seward, AK
27	Elias Williams	15	Anchorage, AK
28	Oliver Casurella	17	Anchorage, AK
29	Storm Rubeo	14	Wasilla, AK
30	Jeb Marvin	16	Palmer, AK
31	Austin Murphy	16	Bird Creek, AK
32	Nathen Lawson	16	Eagle River, AK
33	Logan Williams	13	Anchorage, AK
34	Ole Reese	15	Anchorage, AK
35	Breyden Nottingham	15	Eagle River, AK
36	Elijah Lang	14	Eagle River, AK



Photo: Brikru Photography

WOMEN'S ROSTER - WAVE 1

BIB NAME AGE HOMETOWN

1	Klaire Rhodes	27	Anchorage, AK
2	Kendall Kramer	23	Fairbanks, AK
3	Meg Inokuma	45	Palmer, AK
4	Kalie McCrystal	37	Squamish BC CANADA
5	Christy Marvin	44	Palmer, AK
6	Denali Strabel	35	Palmer, AK
7	April McAnly	43	Eagle River, AK
8	Sophie Wright	22	Palmer, AK
9	Rosie Fordham	23	Fairbanks, AK
10	Katey Houser	21	Palmer, AK
11	Shauna Severson	38	Eagle River, AK
12	Novie McCabe	23	Winthrop WA
13	Julianne Dickerson	37	Anchorage, AK
14	Charity Duley	42	Anchorage, AK
15	Megan Cooke	33	Boulder, CO
16	Taylor Deal	31	Anchorage, AK
17	Gail Taylor	59	Wasilla, AK
18	Viviana Mina	40	Eagle River, AK
19	Claire Nelson	22	Reno, NV
20	Nowelle Spencer	22	Anchorage, AK
21	Carrie Koso	33	Wasilla, AK
22	Sarah Cosgrave	28	Anchorage, AK
23	Maggie Cvana	21	Anchorage, AK
24	Lauren Fritz	37	Girdwood, AK
25	Annie Connnelly	27	Chugiak, AK
26	Megan Murphy	35	Anchorage, AK
27	Rachel Dow	46	Seward, AK
28	Jennifer Sandvik	56	Eagle River, AK
29	Lisa Anglen	44	Anchorage, AK
30	Carly Venzke	27	Palmer, AK
31	Tara Swanson	33	Seward, AK
32	Katarina Kuba	30	Squamish BC CANADA
33	Hannah LaCroix	36	Anchorage, AK
34	Megan Neale	29	Anchorage, AK
35	Lauren Spinelli	46	Anchorage, AK
36	Sofija Spaic	23	Palmer, AK
37	Emily Moore	19	Eagle River, AK
38	Tatjana Spaic	28	Anchorage, AK
39	Sarah Freistone	31	Anchorage, AK
40	Kinsey Loan	32	Eagle River, AK
41	Delainey Zock	22	Anchorage, AK
42	Katie Sela	39	Wasilla, AK
43	Kala Maus	36	Anchorage, AK
44	Tekla Seavey	36	Seward, AK
45	Jillian Gavalya	20	Chugiak, AK
46	Maddie Schuh	19	Anchorage, AK
48	Alyse Loran	38	Anchorage, AK
49	Julia Shatten	37	Anchorage, AK
50	Michelle Richards	58	Palmer, AK
51	Hannah Lies	30	Salt Lake City, UT
52	Heather Ricci	39	JBER, AK
53	Erica Dye	32	Anchorage, AK
54	Cassandra Delgado	38	West Bend WI
55	Jessica Pahkala	30	Anchorage, AK
56	Mamie Clare	31	Anchorage, AK
57	Kristen Sieminski	46	Seward, AK
58	Jocelyn Kopsack	28	Palmer, AK
59	Danielle Varney	42	Anchorage, AK
60	Milissa Lewis	39	Seward, AK
61	Cecelia Nocas	36	Anchorage, AK
62	Shelby Dykstra	33	Kasilof, AK
63	Megan Lacy	31	Boise, ID
64	Anna Widman	41	Kenai, AK
65	Sabrina Farmer	28	Anchorage, AK
66	Shelby Sieminski	21	Seward, AK
67	Annika Nilsson	21	Seward, AK
68	Jennie Bender	37	Kalispell, MT
69	Jayna Boonstra	19	Kenai, AK
70	Allison Barnwell	33	Wenatchee, WA
71	Amy Harper	46	Arroyo Grande, CA
72	Stephanie Wright	39	Seward, AK
73	Adriane Horn	29	Anchorage, AK
74	Jana Seaman	44	Anchorage, AK
75	Karina Packer	32	Anchorage, AK
76	Tori Fishburn	30	Anchorage, AK
77	Karol Fink	57	Anchorage, AK
78	Laura Tuttle	36	Anchorage, AK
79	Teresa Comer	43	Eagle River, AK
80	Hannah Ingrim	30	Anchorage, AK
81	Sarah Thomas	50	Eagle River, AK
82	Drea Owens	27	Eagle River, AK

83 Heather Russell

84 Alina Rice

85 Christine Soskins

86 Zoe Chang

87 Amber McDonough

88 Rachel Kidwell

89 Ashton LeKites

90 Samantha Jensen

91 Katie Conway

92 Kelsey Coolidge

93 Sarah Lucas

94 Hannah Petrich

95 Susan Casey

96 Katie Stull

97 Tonia Baklanova

98 Teresa Russell

99 Teal Hall

100 Leah Legate

101 Megan Volk

102 Kim Kersten

103 Becca Hitchcock

104 Gina Valdes

105 Kristin Wetzel

106 Leah Carlson

107 Amanda Hegna

108 Heidi Sinclair

109 Claire Marshalek

110 Jessica Davis

111 Elizabeth Hooper

112 Caitlin Gohr

113 Trish Kopp

114 Jane Malouf

115 Greta Bochenek

116 Natalie Sieminski

117 Tiffanie Bird

118 Skyler Belmear

119 Julie Johnson

120 Julia Ruimveld

121 Gillian McPherson

122 Megan Feeley

123 Sophia Steffens

124 Naomi Nelson

125 Guerin Platte

37 Wasilla, AK

45 Belgrade, MT

44 Tacoma, WA

21 Anchorage, AK

49 Palmer, AK

38 Anchorage, AK

24 Eagle River, AK

19 Eagle River, AK

48 Anchorage, AK

37 Anchorage, AK

58 Eagle River, AK

22 Anchorage, AK

37 Anchorage, AK

59 Eagle River, AK

60 Moose Pass, AK

37 Anchorage, AK

37 Grand Junction, CO

46 Anchorage, AK

35 Kenai, AK

33 Anchorage, AK

37 Palmer, AK

31 Anchorage, AK

46 Eagle River, AK

46 Seward, AK

28 Seward, AK

33 Wasilla, AK

59 Anchorage, AK

24 Anchorage, AK

39 Homer, AK

36 Seward, AK

24 Bellingham WA

31 San Francisco, CA

34 Pequot Lakes, MN

35 Anchorage, AK

271 Sarah Nicholas

272 Margaret Spencer

273 Riley Carter

274 Azalea Daugherty

275 Mya Taylor

276 Gabby Kern

277 Ava Moore Smyth

278 Iris Anderson

279 Hanna Henrie

280 Leah Fallon

281 Tiffany Hall

282 Cynthia Martensen

283 Heidi Fries

284 Marion Glaser

285 Michelle Dickson

286 Christy Youngblood

287 Mariah Johnson

288 Laurel Walker

289 Katherine Sind

290 Liana Gulzow

291 Abigail Tidlow-Tranel

292 Amy Dreger

293 Kelley Mae Wiley

294 Cassandra Burke

295 Lauren Cole

297 Alexa Kelly

298 Genta Lena

299 Kendal Blohm

300 Susannah Numme

301 Kristel Wissel

302 Ally Burdett

303 Eva Marley-Jester

304 Jessica Jensen

305 Makayla Brown

WOMEN'S ROSTER - WAVE 3

BIB	NAME	AGE	HOMETOWN
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402	Stella Dow	19	Seward, AK
403	Kathleen Morrison	48	Aumsville, OR
405	Alexa Hanley	32	Anchorage, AK
406	Sadie Ulman	43	Seward, AK
407	Trina Resari-Salao	45	Anchorage, AK
408	Chloe Billingslea	27	Seattle, WA
409	Amber Sheffield	55	Wasilla, AK
411	Victoria Lintott	27	Newtown, PA
412	Ingrid Burton	62	Monte Sereno, CA
413	Liliana Santoro	42	Anchorage, AK
414	Katee Chard	35	San Diego, CA
415	Yereth Rosen	66	Anchorage, AK
416	Patricia Casey	20	Eagle River, AK
417	Rachel Walker	25	Fountain, CO
418	Rachel Gordon	36	Seward, AK
419	Brigitte Ennis	61	Anchorage, AK
420	Rachel Fischer	28	Portland, ME
421	Allison Macy	18	Chugiak, AK
423	Ellen Kruchoski	18	Eagle River, AK
424	Olivia Thompson	18	Silverthorne, CO
425	Kaebrii Weaver	18	Anchorage, AK
426	Jean Labonte	65	Eagle River, AK
427	Eileen Fisher	43	Fairbanks, AK
428	Emily Coleman	35	Seattle, WA
429	Kristyn Turney	30	Anchorage, AK
430	Annie Johnson	36	Seward, AK
431	Kayce James	40	Seward, AK
432	Helena Jagielski	54	Seward, AK
433	Andrea Brady	26	Seward, AK
434	Wendy Bryden	57	Moose Pass, AK
435	Holly Sager	61	Anchorage, AK
436	Emily Lindsey	32	Great Falls, MT
437	Kathy Jacobsen	52	Anchorage, AK
438	Joye Sumner	28	Anchorage, AK
439	Elizabeth Jones	47	Anchorage, AK
440	Carly Ness	34	Seward, AK
441	Kelly Gerlach	55	Anchorage, AK
442	Michelle Smith	41	Anchorage, AK
443	Lincoln Standley	33	Anchorage, AK
444	Rebecca Haviland	42	Anchorage, AK
445	Amy Brumbaugh	52	Anchorage, AK
446	Leslie Dickson	57	Anchorage, AK
447	Maureen McCrea	81	Anchorage, AK
448	Bonnie Moore	42	Anchorage, AK
449	Katrina Cain	59	Anchorage, AK
451	Dina Torres	56	Eagle River, AK
452	Jennessa Labonte	23	Eagle River, AK
453	Eileen Burger	70	Big Pine, CA
454	Katie Peot	38	Missoula, MT
455	Kathryn Erbes	45	Big Sky, MT
456	Zoee Beiergrohslein	23	Eagle River, AK
457	Laura Conant	70	Seward, AK
458	Petra Matthew-Brown	39	Arlington, VA
459	Hannah Otten	25	Eagle River, AK
461	Pang Webber	37	Seward, AK
462	Sophia Templin	18	Walla Walla, WA
463	Marin Pemberton	19	Anchorage, AK
464	Mya Mason	19	Eagle River, AK
465	Olivia Jones	19	Anchorage, AK
466	Linda` Jack	21	Seward, AK
467	Courtney Hanley	22	Arlington, VA
468	Hannah Goodrum	24	Chicago, IL
469	Lauren Kohntopp	24	Anchorage, AK
470	Brianna Masters	24	Anchorage, AK
471	Nicole Friendshuh	24	Anchorage, AK
472	Annalene Coke	26	Wasilla, AK
473	Kyla Lucey	26	Eagle River, AK
474	Natalia Heath	26	Eagle River, AK
476	Caroline Jacob	26	Sugar Land, TX
477	Hannah Murray	26	Spencer, MA
478	Annette Jarosz	26	Seward, AK
479	Merit Paramo	27	Girdwood, AK
480	Ashley Corl	27	Petersburg, AK
481	Hannah Palmer	28	Anchorage, AK
482	Lindsay Maffei	28	Windham, NH
483	Katherine Bell	28	Anchorage, AK
485	Kienna Stephens	29	Seward, AK
486	Jenny Justinger	29	JBER, AK
488	Mackenzie Dunn	31	Kennewick, WA
490	Karrissa Shuey	32	Wasilla, AK
491	Danna Lehneis	32	Eagle River, AK

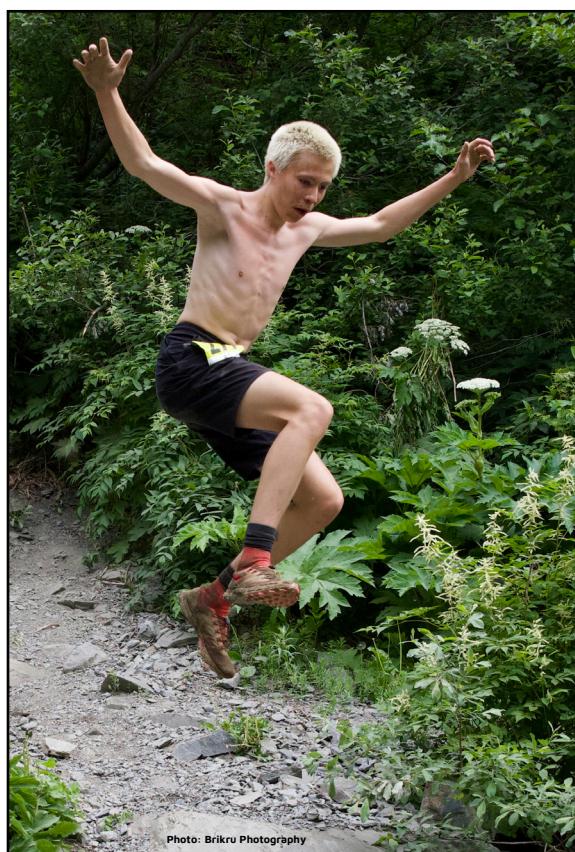


Photo: Brikru Photography

WOMEN'S ROSTER - WAVE 3

492	Destiny Boggs	32	Zanesville, OH
493	Whitney Kazmierczak	34	Anchorage, AK
494	Calamity Farris	34	Scottsdale, AZ
495	Lindsay Moore	34	Soldotna, AK
496	Kimberly Lamson	35	Anchorage, AK
497	Cristina Monaco	35	Fairbanks, AK
498	Brittney Gladstone	35	Merrimack, NH
499	Joanna Kauhola	36	Eagle River, AK
502	Ace Wilder (non-binary)	38	Tucson, AZ
503	Emily Freitas	39	Anchorage, AK
504	Tatjana Beher	39	Miami, FL
505	Jessica Seely	39	Seward, AK
506	Melissa Knight	40	Anchorage, AK
507	Samantha Saul	40	Auburn, CA
508	Danielle Chi	41	Portland, OR
509	April Fischer	42	Anchorage, AK
510	Amber Frommherz	44	Juneau, AK
511	Gina Serra	44	Anchorage, AK
512	Kristin DeCou	44	Port Angeles, WA
513	Sarah Gail	44	Seward, AK
514	Andrea Davidson	45	Brooklyn, NY
515	Jo Pak	45	Anchorage, AK
517	Amber Momblow	48	Eagle River, AK
518	Sarah Davidson	49	Green River, WY
519	JuliAnne Robinson	49	Kimberly, ID
520	Halee Jordan	50	Seward, AK
521	Cathy Bavar	53	Crane Hill, AL
522	Christine Williams	55	Anchorage, AK
523	Jennifer Carter	55	Sparr, FL
524	Liz Paudine	56	Seattle, WA
525	Morgan James	57	Anchorage, AK
526	Sara Gergen	59	Anchorage, AK
527	Trish Capehart	61	Orient, OH
528	Sandra Draper	62	Anchorage, AK
529	Nola Gum	37	Princeton, WV
530	Tina Campbell	52	Palmer, AK
531	Linnea Dohring	32	Anchorage, AK
	(non-binary)		

MEN'S ROSTER - WAVE 1

BIB	NAME	AGE	HOMETOWN
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1	David Norris	34	Steamboat Springs, CO
2	Max King	45	Bend, OR
3	Jessie McAuley	25	Squamish BC, CANADA
4	Ali Papillon	20	South Lake Tahoe, CA
5	Bodhi Gross	24	South Lake Tahoe, CA
6	Jeret Gillingham	23	Flagstaff, AZ
7	Michael Earnhart	22	Eagle River, AK
8	Darren Thomas	31	Reno, NV
9	Lars Arneson	35	Anchorage, AK
10	Lyon Kopsack	29	Palmer, AK
11	Tracen Knopp	26	Anchorage, AK
12	Michael Connolly	23	Chugiak, AK
13	Chad Trammell	41	Anchorage, AK
14	Ryan Cox	35	Anchorage, AK
15	Galen Hecht	30	Anchorage, AK
16	James Carlberg	34	Seward, AK
17	Pyper Dixon	34	Seward, AK
18	Erik Johnson	48	Seward, AK
19	Bayden Menton	21	Gunnison, CO
20	Blake Hanley	19	Anchorage, AK
21	Conor Deal	32	Anchorage, AK
22	Christopher Kirk	28	Eagle River, AK
23	Kenneth Brewer	32	Fairbanks, AK
24	Danny Kane	40	Anchorage, AK
25	Matthew Novakovich	51	Anchorage, AK
26	Zachary Cheyette	20	Palmer, AK
27	Brian Kirchner	35	Anchorage, AK
28	Matias Saari	54	Anchorage, AK
29	Tom Ritchie	51	Anchorage, AK
30	William Mans	27	Anchorage, AK
31	Taylor Turney	30	Anchorage, AK
32	Jimmy Sliwa	35	Wasilla, AK
33	Franklin Dekker	37	Anchorage, AK
34	William Zenker	36	Anchorage, AK
35	Jeffrey Stern	38	Mill Valley, CA
36	Bjorn Peter Nilsson	23	Seward, AK
37	Corbyn Jahn	34	Anchorage, AK
38	Eric Vilce	35	Anchorage, AK
39	Kurtis Brumbaugh	23	Anchorage, AK
40	Collin Atkinson	33	Seward, AK
41	Oliver Wright	19	Anchorage, AK
42	Owen Young	19	Anchorage, AK
43	Zack Bursell	32	Juneau, AK
44	Charles DiMarzio	45	Seward, AK
45	Ben Marvin	44	Palmer, AK
46	Rowan Robinson	19	Anchorage, AK
47	Jacob Kirk	32	Anchorage, AK
48	Gabe Martin	24	Anchorage, AK
49	Patrick Conway	48	Anchorage, AK
50	Allan Spangler	38	Anchorage, AK
51	Zach Hartmann	36	Anchorage, AK
52	Ethan Copp	23	Palmer, AK
53	Andrew Baalerud	41	Eagle River, AK
54	Miles Numme-Worrell	19	Anchorage, AK
55	Ryan Beckett	40	Anchorage, AK
56	Samuel Adams	38	Palmer, AK
57	Max Kiskaddon	20	Anchorage, AK
58	Mackie Derrick	43	Anchorage, AK
59	John Pahkala	36	Anchorage, AK
60	Jared Kirkham	44	Anchorage, AK

259	Sam O'Melia	29	Anchorage, AK
260	Brendon Boston	37	Eagle River, AK
261	Jason Bressler	41	Anchorage, AK
262	Vince Stewart	39	Anchorage, AK
264	Caleb Cotter	34	Anchorage, AK
265	Bryan Templeman	55	Anchorage, AK
266	Ryan Syvertson	41	Anchorage, AK
267	James Conant	43	Seward, AK
268	Stephen Mayer	54	Anchorage, AK
269	Walter Moore	39	Kasilof, AK
270	Connor Sperry	33	Mesa, AZ
271	Flip Foldager	68	Hope, AK
272	Matt Olding	61	Moab, UT
273	Tyler Johnson	58	Nome, AK
274	Kris Burnett	59	Anchorage, AK
275	Joey Klecka	36	Anchorage, AK
276	David Aquino	77	Anchorage, AK
277	Kyle Kelley	51	Girdwood, AK
278	Jeremy Berry	59	Seattle, WA
279	David Rebischke	75	Anchorage, AK
280	Samuel Young	70	Seward, AK
281	Ted Paprocki	47	Anchorage, AK
282	Matheus Hanson	31	Broomfield CO
283	Douglas Ketterer	54	Anchorage, AK
284	Joseph Hawkins	58	Palmer, AK
285	Peter McEnaney	60	Eagle River, AK
286	Clint Mccool	61	Anchorage, AK
287	John Cosgrave	26	Anchorage, AK
288	Kyle Meakins	39	Glenallen AK
289	Ben Martensen	24	Anchorage, AK
290	Jeremy Weber	37	Wasilla, AK
291	Daniel Linkhart	47	Seward, AK
292	Eugen Beutler	60	Seward, AK
293	Keith Sanfacon	50	Anchorage, AK
294	Ryan Hansen	18	Anchorage, AK
295	Timothy Brown	38	Greybull, WY
296	Conner Lowe	22	Anchorage, AK
297	Joshua Novakovich	24	Anchorage, AK
298	Dylan Jones	26	Anchorage, AK
299	Ruben Rhodes	18	Anchorage, AK
300	Evan Rand	22	Anchorage, AK
301	John Jantzi	23	Sterling, AK
302	Reece Williams	26	Anchorage, AK
303	Ben Grysik	26	Eagle River, AK
304	Colton Bontrager	28	Eagle River, AK
305	Jake Fiske	29	Anchorage, AK
306	Max Dickerman	29	Eagle River, AK
307	Brady Sanders	29	Eagle River, AK
308	Jesse Phalanukorn	30	Anchorage, AK
309	Lars Borson-Paine	33	Anchorage, AK
310	Douglas Mack	34	North Pole AK
311	James Robinson	34	Anchorage, AK
312	Zachary Casias	34	Albuquerque, NM
313	Alec McLaughlin	35	Homer, AK
314	Pierce Schwalb	35	Wasilla, AK
315	Daniel Grund	36	Kamas, UT
316	Joshua Goldstein	37	Palmer, AK
317	Eric Thompson	37	Anchorage, AK
318	Isaac Landecker	40	Anchorage, AK
319	Benjamin Rolfs	49	Anchorage, AK
320	Jason Woodward	48	Eagle River, AK
321	Lucas Arthur	25	Wasilla, AK
324	James Varner	47	Issaquah, WA
325	Travis Christman-Strawn	25	Eagle River, AK
326	Alexander Pahno	27	Seward, AK
327	Ian Shaughnessy	48	Anchorage, AK
328	Jereld Rice	52	Belgrade, MT
329	Dan Myers	55	Anchorage, AK
330	Chris McCartney	55	Charlottesville, VA
331	Aden Parsons	22	Manchester, NH
332	Scott Warner	37	Anchorage, AK
333	Paul Hentges	27	Anchorage, AK

MEN'S ROSTER - WAVE 3

BIB	NAME	AGE	HOMETOWN
401	Mike Lucas	63	Anchorage, AK
402	Neil Lamothe	64	Anchorage, AK
403	Everett Billingslea	64	Seattle, WA
404	Braun Kopsack	68	Palmer, AK
405	Bill Spencer	69	Anchorage, AK
406	Kevin Lauver	63	Soldotna, AK
407	Joe Burton	60	Girdwood, AK
408	Brian Stoecker	61	Anchorage, AK
409	DuWayne Ruzicka	63	Anchorage, AK
410	Steven Carroll	63	Anchorage, AK
411	Solomon D'Amico	41	Seward, AK
412	Carl Bassler	67	Anchorage, AK
413	Mark Jacobsen	65	Anchorage, AK
414	Nathan Pitney	43	Palmer, AK
415	Brian Burns	46	Fritz Creek AK
416	John Browne	55	Anchorage, AK
417	Klaus Hanley	29	Anchorage, AK
418	Gregory Lincoln	57	Bethel, AK
419	Steve McKeever	71	Anchorage, AK
420	David Lorring	41	Soldotna, AK
421	Jason Moore	45	Anchorage, AK
422	Burt Spence	45	Eagle River, AK
423	Timothy Branson	67	La Habra, CA
424	Fred Moore	85	Seward, AK
425	Terry Hubler	74	Caldwell, ID
426	Rusty Storjohann	59	Anchorage, AK
427	Ron Nelson	52	Seattle, WA
428	Roger Kempel	83	Anchorage, AK
429	James Conley	62	Chugiak, AK
430	William Thompson	74	Saint Helena, CA
431	Christopher Booth	47	Burnsville, MN
432	Paul Pedersen	66	Soldotna, AK
433	Corbin Stirling	41	Seward, AK
434	Chad Resari	89	Anchorage, AK
435	Michael Craytor	42	Seward, AK
436	Hunter Forshee-Kurtz	18	Seward, AK
437	Brian Gross	53	Anchorage, AK
438	Chris Reynolds	55	Anchorage, AK
439	Jordan Stoner	37	Bozeman, MT
440	Norm Johnson	80	Anchorage, AK
441	Dirk Brodish	64	Anchorage, AK
442	Kevin Peterson	65	Wasilla, AK

443	Francis Schmitz	78	La Crosse, WI
444	Kneeland Taylor	77	Anchorage, AK
445	Michael Chard	71	Custer, SD
446	Tab Ballantine	70	Anchorage, AK
447	Clarence Pautzke	79	Anchorage, AK
448	Scott Babos	60	Manchester, WA
449	Ben Burrough	54	Anchorage, AK
450	Douglas Wight	76	Seward, AK
451	Robert Bernardi	31	La Marque, TX
452	Anthony Brown	31	Homer, AK
453	Tim Dion	31	Vail, AZ
454	Jason Richardson	42	Norfolk, VA
455	Sean O'Connell	27	Anchorage, AK
456	Jeff Baker	57	Anchorage, AK
458	Fred Luminoso	45	Fairbanks, AK
459	Francis (Greg) Lynch	25	Bozeman, MT
460	Christian Tofson	29	Anchorage, AK
461	Matthew Ritter	33	Anchorage, AK
462	Mark Repsher	46	Lafayette, CO
463	Joe Fong	50	Anchorage, AK
464	Jake Brown	18	Anchorage, AK
465	Klevin Gracey	18	Anchorage, AK
466	Silas Modrow	21	Stuttgart, GERMANY
467	James Hajdukovich	22	Anchorage, AK
469	Ethan Kuzina	23	Palmer, AK
470	Teagan Maier	25	Anchorage, AK
471	Jarrod Mohr	27	Peoria, AZ
472	Francois Visseque de la prade	27	Marly-le-roi, FRANCE
473	Eugene Peltola III		Anchorage, AK
475	Shawn Landon	28	Seward, AK
476	Ryan Appelhof	28	Eagle River, AK
477	Andrew Oliver	28	Old Orchard Beach, ME
478	Eric Nygard	29	Lakewood, OH
480	Llorenc Aguiar	31	Long Beach, CA
481	Nicholas Syvertson-hag-estuen	31	Salcha, AK
482	James McLoughlin	31	Seward, AK
483	Jeremiah Palmer	31	Anchorage, AK
484	Talon Sturgill	31	Anchorage, AK
485	Ben Fitzgerald	32	Anchorage, AK
486	Joe O'brien	32	Solon, IA
487	Brendon Boyd	32	Eagle River, AK
489	Jacob Carroll	33	Wasilla, AK
490	Michael Brown	34	Anchorage, AK
491	Michael Hannen	34	Palmer, AK
492	Cody Gibson	34	Anchorage, AK
493	Luis Guajardo	34	Anchorage, AK
494	Derek Tilley	35	Tucson, AZ
495	Isaac Wilson	36	Anchorage, AK
496	Michael DeTerra	36	Thousand Oaks, CA
497	Marshall Carlyle	36	Palmer, AK
498	Tim Daw	36	Wasilla, AK
499	Todd Phillips	36	Eagle River, AK
500	Andres Bustamante	36	Kenai, AK
501	Bradley Golden	38	Anchorage, AK



502	Brian del Rosario	38	Anchorage, AK
503	Joseph Peters	38	Anchorage, AK
504	Matthew Nocas	39	Lompoc, CA
505	Michael Walter	40	Phoenix, AZ
506	Jorge Guevara	40	Manhattan MT
507	Kurt Anderson	40	Crystal Falls, MI
508	Brandon McKinney	40	Wasilla, AK
509	Jake Miles	40	Anchorage, AK
510	Ryan Webb	41	Anchorage, AK
511	Buddy North	42	Seward, AK
512	Leif Wycoff	42	Anchorage, AK
513	Daniel Nelson	43	Fairbanks, AK
514	Stephen Kaplan	43	Anchorage, AK

Sandal Man: Meet Ethan Copp

By Beth Bragg

Eschewing shoes wasn't always Ethan Copp's thing. One of the first times he went outside without shoes nearly put him in steel-toed boots for the rest of his life.

When he was a little kid he stepped on a bee. It hurt, and it conjured thoughts of other shoeless mishaps, like wading into a lake and getting stabbed by a fishing hook.

"I was a little paranoid," he said.

He grew out of it. These days, Copp, a 23-year-old from Palmer, races in sandals — barely-there flip-flops that offer scant protection from rocks, gravel, shale, scree, snow and water.

"It's an intimate experience because you have to be mindful and alert the whole way," he said. "It's almost meditative for me."

In his Mount Marathon debut last year, Copp placed 52nd in a pair of Earth Runners sandals that weigh 5.9 ounces and have soles about three-eighths of an inch thick.

He finished the race in 56 minutes, 10 seconds. Among his takeaways: Snow feels super-nice, medium-sized gravel does not, and sandals are great on shale.

"At Mount Marathon everyone is concerned about the shale," he said. "I'd rather go down barefoot or in sandals because the shale will take you right down. It doesn't cut you up as much as you think."

Copp's feet don't look gnarly: no scars, bruises or bulges. He cut

one of his feet when he hit a rock in last year's Crow Pass Crossing, but damage is mostly limited to what he calls "small surface wounds."

Sandals have some advantages: They shed water easily, and the few rocks they collect easily pop out. And they elicit some memorable reactions: "It feels like I'm following Jesus," a nearby runner said at the start of one race.

But sandals at Mount Marathon? The race where runners go through rolls of duct tape wrapping the tops of their shoes so gravel won't get in and ankles won't give out?

The race known for loose rock, a terrifyingly steep downhill and technical running?

"Why sandals?" Copp said, anticipating the obvious question. "It's a way that works for me. We are our best gear, and sandals help me develop my own process."

Running in sandals, he said, "is a way to stay grounded and slow down and appreciate the terrain ... You just gotta relax into the ground and let it move through you."

Copp chose minimalism a few years ago after watching online video of a man who runs barefoot. His family influenced him too — he has an uncle who introduced him to Vibram FiveFingers shoes, and his dad spent a year working in Africa and often went barefoot there.

"That sort of gave me permission. Small little things that told me this is OK," he said.

Longtime race committee member Karol Fink said she doesn't know of anyone else who has raced Mount Marathon in sandals, "but I often see tourists on the mountain in Teva's or other poor shoe choices," she said by email. Metal cleats and microspikes are prohibited.

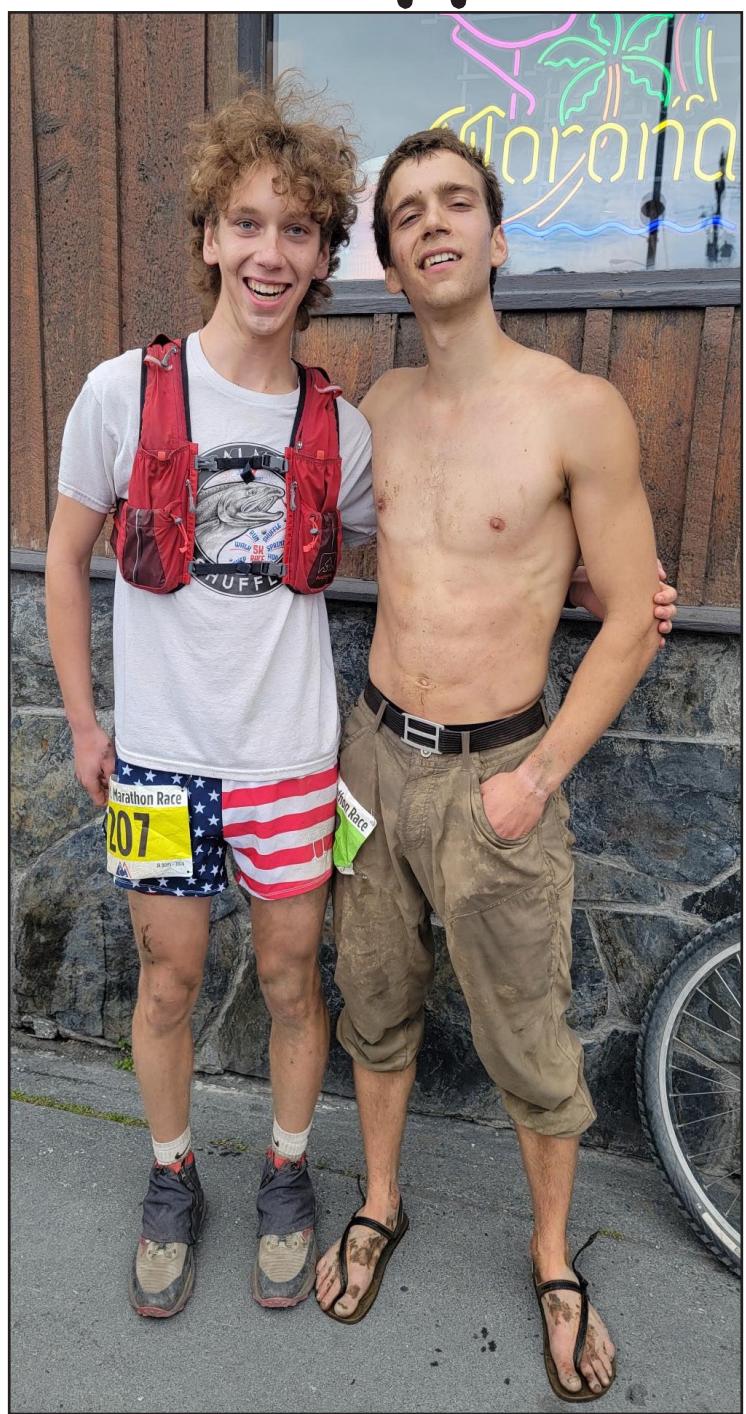
Copp raced in sandals for the first time at the 2020 Matanuska Peak Challenge, where he drew comments from spectators but no judgment.

"No one was like, 'That's wrong.' We were all there to do our thing and interact with the mountain and interact with each other," he said.

At the 2023 Resurrection 100 trail run, he made it 70 miles before he dropped out — not because of his feet, but because he didn't bring enough layers and he was cold and wet.

Copp wears work shoes for his job as a staff air quality scientist for SLR Consulting but it's strictly sandals when he races. A 2020 graduate of Palmer High School, he said he hasn't raced in shoes since his high school days.

"Before I was running to get a goal," he said. "Now it's way more about exploration and curiosity."



Teigan & Ethan Copp Photo by Therese Tomasoski



Ethan Copp at Resurrection Pass 100-mile start. Photo courtesy Laura McDonough



Photo by Beth Bragg

Have fun racers! Thank you Seward for your support in the 2025 Iditarod. I look forward to making you proud when I race in the 2026 Iditarod. -Travis Beals

Seward Highschool Class of 2010 and 10 time Iditarod Finisher

Help us on our quest to WIN Iditarod 2026 by sending us your guests to go dogsledding here in Seward either at our kennel or on Godwin Glacier!

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RACERS


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The Mini Mount Marathon Race



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



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

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

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

Mini Racer Round Up - July 4 at 10:50 a.m.
(down 4th Ave, away from the women's start)

Mini Racer Start - July 4 at 11:13 a.m.

THANK YOU PETRO MARINE!

Logo Winner!

Katey Houser is the winner of this year's logo contest for her hand-drawn design of a downhill racer facing Resurrection Bay. Houser, 21, is from Palmer and currently attends Montana State University, where she is a member of the cross country ski team. Houser's winning entry — which earned her \$250 — is the first predominantly red, white and blue design since 2012. It will be printed on the 2025 racer and volunteer t-shirts and on other merchandise and promotional efforts. Houser has six Mount Marathon finishes — three as a junior and three as an adult — and placed 10th overall in the women's race in 2024. She's entered again this year. Isla Crouse of Kenai placed runner-up. The Mount Marathon Race Committee, which selected the winner, thanks all 20 artists who took part in the annual contest this year.



A Big Thank You to our Volunteers!

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



NELSON BROWN PHOTOGRAPHY

FESTIVAL FUN!

Food trucks serving mouthwatering fare, unique handmade goods from Alaskan artisans, and interactive booths hosted by non-profits come together at the 4th of July Festival!

The Festival begins Thursday, July 3rd at noon, with vendors on Adams St. between 3rd and 5th Avenues, and another makers' vendor space just down the street on 4th Ave. next to Ranting Raven. Festival activities continue through 6:00 pm on Saturday, July 5th.

VENDOR BOOTH SCHEDULE

Thursday July 3: 12:00 PM – 6:00 PM

Friday, July 4: 9:00 AM – 6:00 PM

Saturday, July 5: 10:00 AM – 6:00 PM

Games Schedule

NO SIGN-UPS ARE NECESSARY TO PARTICIPATE IN THE GAMES!

THURSDAY, JULY 3RD

4 PM - 10 PM Firefighter Games at the Seward Fire Department

4:00 PM Knockout Turney by SPRD at the Teen Rec Room

5:00 PM Minute to Win it by Seward Community Library & Museum at the Teen Rec Room

6:00 PM Slow Bike Race by the Seward Bike Shop on Church Street

6:30 PM Small Bike Race by the Seward Bike Shop on Church Street

7:00 PM Drag Race by the Seward Pride Alliance on Church Street

8:00PM Fish Toss by SPRD and OBI on 4th Ave in front of the Fire Department

8:30PM Greased Pole by SPRD and Catalyst Marine at the Teen Rec Room

FRIDAY, JULY 4TH

12 PM - 6 PM Firefighter Games at the Seward Fire Department

6 PM - 7:30 PM The Miller's Landing Games at Miller's Landing

(Fish Toss, Chubby Bunny, Seagull Call, and Tug-O-War)

SATURDAY, JULY 5TH

10:00 AM Hula Hoop Contest by SPRD & Laurie Millane at the Teen Rec Room

11:00 AM Musical Chairs hosted by SPRD and Youth 360 at the Teen Rec Room

12:00 PM Sawdust hosted by LaRow and Sons and American Legion at the Teen Rec Room

1:00 PM Egg Toss by Uncle Sam the Chicken Man at the Teen Rec Room

2:00 PM Tug-of-War hosted by SPRD and Kenai Fjords Tours at the Teen Rec Room

3:00 PM Water Bucket Challenge hosted by SPRD at the Teen Rec Room

Games and activities will be held at locations downtown: 4th Ave., Church St., the Seward Parks and Recreation Department Teen Rec Room (336 3rd Ave.), and the Fire Department on 4th Ave. as well as at Miller's Landing (13880 Beach Dr.)

SCAN FOR VENDOR MAP AND
MOST CURRENT SCHEDULE



ConocoPhillips
Alaska

ConocoPhillips Alaska is a proud
sponsor of the Mount Marathon Race.
We wish all participants a safe and memorable run!



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2025 VENDOR LIST

Alaska Department of Corrections

Alaska Girls Kick Ass

Alaska Highway Safety Office

Alaska Mac Shack

Alaska Salt Co.

Alaska Soft Serve Co.

Baby Cakes

Bells Crochet & Craft Co.

Besties Candy Co.

Charmed by Jalanie

Clearview Creations

Cliff to Creek

Dark North Art Co.

Dippin' Dots

Earthly Chic

Eli's Dyes

Garcia's Cantina

Halibut House

Happy AK

Hot Dogs a la Carte

Iditarod Trail Committee

It's Us Candles

K Paulson Illustrations

La Joya

Lit Ink

Nethe's Brush

Nonkie Be's Cajun Faves

Northern Vibes Co.

OOski

Peak Flowers and Designs

Pioneer Peak Pretzel

Resurrection Bae

Resurrection Medical Care

Saturday Farmer's Market

Sourdough Creek

SWOOP

The Great Alaskan Bowl Company

The Leather Peony

The Mad Platter

The Original Gourmet Ice Cream Bars

The Smokehouse

The Toy Lady

Tidewater Fleece Co.

UnBEARied Treasure

Wild Waters Clothing Co.

Wisconsin Cheese Store

Wolf Child AK - Dream Gallery Art



The Annual July 4th Fireworks Display

Thank you to our 2025 fireworks display sponsors!

PLATINUM PARTNER



The fireworks display begins at **12:01 a.m. on July 4th**, marking the official start of the holiday! It will start after the Boat Parade.

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

AS A REMINDER:

- Dogs are not allowed throughout the festival, so please leave them at home!
- Flying drones are prohibited

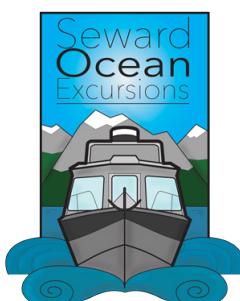
Also, be sure to collect all your belongings and garbage!

Thank you!

GOLD PARTNER



SILVER PARTNERS



Parades on land and sea!

BOAT PARADE - JULY 3RD AT 11 P.M.

Join us at the Seward 4th of July Boat Parade on July 3rd at 11 p.m. It will take place right before the fireworks display along the waterfront near the Seward Boat Harbor.

FLOAT PARADE - JULY 4TH AT 1 P.M.

On the afternoon of the 4th the streets are taken over by floats instead of runners as the parade makes its way through Seward's historic downtown and waterfront! Make sure you secure a spot before it begins at 1:00 p.m. on Friday, July 4th.

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

Scan to cast your vote for your favorite in each parade!



Schedule of Events

THURSDAY, JULY 3RD

12 PM – 6 PM **Festival booths open** (Adams St., Ranting Raven Lot on Fourth Ave.)
 5 PM – 7 PM Annual Pie Sale at Seward Memorial United Methodists Church
 5 PM – 8 PM Bib pick-up (Seward High School)
 5 PM – 8 PM Pasta Feed (Seward High School)
 6:00 PM **Raffle & auction for men's and women's race** (Seward High School)
 6:45 PM **Race Safety Meeting Mandatory for first-time racers** (Seward High School)
 11 PM **Boat Parade** (Seward Harbor & Waterfront Park)
 MIDNIGHT **Fourth of July Fireworks Display** (Seward Harbor & Waterfront Park)

FRIDAY, JULY 4TH

8 AM - 4 PM Race Headquarters open (Flamingo Lounge parking lot, 208 Fourth Ave.)
 8:50 AM Singing of the National Anthem
 9 AM – 6 PM **All festival booths open** (Adams St., Ranting Raven Lot on Fourth Ave.)
 9:00 AM **Junior Race** (Mass start for boys and girls) (Fourth Ave. & Adams St.)
 10:00 AM Junior Podium Awards Presentation (Finish Pen, Fourth Ave.)
 10:45 AM Mini Mount Marathon Racer Round Up (Fourth Ave. & Adams St.)
 11:00 AM BBQ Rib Feed at the American Legion (Fifth Ave. & Jefferson St.)
 11:00 AM Chicken BBQ at the Sacred Heart Catholic Church (409 Fifth Ave.)
 11:05 AM **Women's Race 1st Wave** (Fourth Ave. & Adams St.)
 11:08 AM **Women's Race 2nd Wave** (Fourth Ave. & Adams St.)
 11:11 AM **Women's Race 3rd Wave** (Fourth Ave. & Adams St.)
 11:13 AM **Mini Mount Marathon Race Begins** (Fourth Ave. & Adams St.)
 12:15 PM Women's Podium Awards Presentation (Finish Pen, Fourth Ave.)
 1:00 PM **Fourth of July Parade** (Downtown)
 2:05 PM **Men's Race 1st Wave** (Fourth Ave. & Adams St.)
 2:08 PM **Men's Race 2nd Wave** (Fourth Ave. & Adams St.)
 2:11 PM **Men's Race 3rd Wave** (Fourth Ave. & Adams St.)
 3:05 PM Men's Podium Awards Presentation (Finish Pen, Fourth Ave.)
 6:00 PM **Awards Ceremony** – AVTEC Gymnasium (519 Fourth Ave.)

SATURDAY, JULY 5TH

10 AM – 6 PM **Festival booths open** (Adams St., Ranting Raven Lot on Fourth Ave.)

ALL SHOPS WILL STILL BE OPEN DURING ROAD CLOSURES!

RACE STATS

WOMEN'S AGE GROUP RECORDS

18-29	Allie McLaughlin	2022	47:09
30-39	Carmen Young	1986	50:54
40-49	Meg Inokuma	2024	51:59
50-59	Gail Taylor	2024	58:44
60-69	Sheryl Loan	2019	59:23
70-79	Ellyn Brown	2024	1:22:03
80-89	Maureen McCrea	2024	2:21:53

MEN'S AGE GROUP RECORDS

18-29	David Norris	2016	41:26
30-39	David Norris	2024	40:37
40-49	Max King	2024	42:52
50-59	Barney Griffith	2012	48:09
60-69	Barney Griffith	2018	53:34
70-79	Fred Moore	2010	1:07:09
80-89	Fred Moore	2021	1:30:17

GIRLS' AGE GROUP RECORDS

7-11	Allison Ostrander	2008	37:35
12-14	Allison Ostrander	2011	30:32
15-17	Allison Ostrander	2013	28:53

BOYS' AGE GROUP RECORDS

7-11	Aaron Thrall	1994	30:51
12-14	Blaze Rubeo	2024	28:22
15-17	Bill Spencer	1973	24:30

ROOKIES: 312 VETERANS: 752

ALASKANS: 900 OTHERS 164

YOUNGEST: age 9 (15 racers)

OLDEST: Chad Resari, age 89

MOST FINISHES: Fred Moore, 54

MOST WOMEN'S FINISHES: Patti Foldager & Ellyn Brown, 41

ROAD CLOSURES

On July 3rd, Adams St. (from 3rd Ave. to 5th Ave.) Will be closed at 4 AM and will reopen at 10 PM on July 5th. THERE WILL BE NO PARKING AT THAT TIME. On July 3rd, 4th Ave. will be closed at 2 PM and will reopen 7 PM on July 4th.

