

RACE WINNERS

WOMEN

| | |
|-----------------------|---------|
| 2011 Kikkan Randall | 52:03 |
| 2010 Cedar Bourgeois | 51:48 |
| 2009 Cedar Bourgeois | 54:19 |
| 2008 Cedar Bourgeois | 52:11 |
| 2007 Cedar Bourgeois | 52:21 |
| 2006 Cedar Bourgeois | 52:33 |
| 2005 Cedar Bourgeois | 51:44 |
| 2004 Cedar Petrosius | 55:09 |
| 2003 Nina Kempffel | 56:46 |
| 2002 Nina Kempffel | 55:04 |
| 2001 Nina Kempffel | 56:59 |
| 2000 Nina Kempffel | 54:20 |
| 1999 Nina Kempffel | 61:47 |
| 1998 Nina Kempffel | 59:36 |
| 1997 Nina Kempffel | 55:08 |
| 1996 Nina Kempffel | 55:08 |
| 1995 Nancy Pease | 53:50 |
| 1994 Nina Kempffel | 57:46 |
| 1993 Patti Foldager | 56:36 |
| 1992 Nancy Pease | 51:41 |
| 1991 Nancy Pease | 53:06 |
| 1990 Nancy Pease | 50:30 |
| 1989 Nancy Pease | 51:13 |
| 1988 Carmen Young | 53:53 |
| 1987 Carmen Young | 52:15 |
| 1986 Carmen Young | 50:54 |
| 1985 Patti Foldager | 58:17 |
| 1984 Nancy Pease | 54:09 |
| 1983 Lynn Galanes | 53:19 |
| 1982 Carmen Young | 57:07 |
| 1981 Betsy Haines | 60:01 |
| 1980 Betsy Haines | 61:14 |
| 1979 Betsy Haines | 57:38 |
| 1978 Liz Carey | 58:06 |
| 1977 Judy Ziemlak | 73:10 |
| 1976 Allison Spenser | 57:39 |
| 1975 Debbie Haines | 63:53 |
| 1974 Kathy Anderson | 58:23 |
| 1973 Lynn Spencer | 60:39 |
| 1972 Kathy Spivey | 77:03 |
| 1971 Margie Mahoney | 65:25 |
| 1970 Margie Mahoney | 67:24 |
| 1969 Ann Livingston | 86:17 |
| 1968 Grace Hoeman | 1:23:33 |
| 1967 Joyce Patten | 1:16:10 |
| 1966 Marlis Kilcher | 1:30:13 |
| 1965 No Female Racers | |
| 1964 No Female Racers | |
| 1963 Jane Trigg | 1:37:08 |

MEN

| | |
|-----------------------|-------|
| 2011 Eric Strabel | 44:40 |
| 2010 Trond Flagstad | 44:40 |
| 2009 Matias Saari | 48:00 |
| 2008 Trond Flagstad | 44:03 |
| 2007 Brad Precosky | 46:14 |
| 2006 Brad Precosky | 45:42 |
| 2005 Brian Bethard | 45:17 |
| 2004 Tobias Schwoeler | 43:39 |
| 2003 Todd Boonstra | 47:32 |
| 2002 Brad Precosky | 46:17 |
| 2001 Brad Precosky | 45:07 |
| 2000 Brad Precosky | 45:31 |
| 1999 Brad Precosky | 46:10 |
| 1998 Todd Boonstra | 46:17 |
| 1997 Todd Boonstra | 45:17 |
| 1996 Todd Boonstra | 47:30 |
| 1995 Marten Martensen | 46:49 |
| 1994 Steve Buchanan | 49:02 |
| 1993 Steve Buchanan | 47:17 |
| 1992 Marten Martensen | 46:54 |
| 1991 Bill Spencer | 46:15 |
| 1990 Marten Martensen | 47:57 |
| 1989 Michael Graham | 49:16 |
| 1988 Michael Graham | 46:24 |
| 1987 Jim Renkert | 46:33 |
| 1986 Young & Spencer | 45:32 |
| 1985 Sam Young | 44:49 |
| 1984 Sam Young | 50:49 |
| 1983 Bill Spencer | 46:01 |
| 1982 Bill Spencer | 45:59 |
| 1981 Bill Spencer | 43:21 |
| 1980 Jeff Johnson | 46:35 |
| 1979 Jeff Johnson | 46:17 |
| 1978 Jeff Johnson | 46:46 |
| 1977 Tom Besh | 44:59 |
| 1976 Bill Spencer | 44:25 |
| 1975 Bill Spencer | 44:37 |
| 1974 Bill Spencer | 44:11 |
| 1973 Tom Besh | 45:49 |
| 1972 Gene Morgan | 46:16 |
| 1971 Terry Aldrich | 48:10 |
| 1970 Dale Shea | 46:57 |
| 1969 Tom Besh | 46:36 |
| 1968 Jonathan Chaffee | 44:25 |
| 1967 Jonathan Chaffee | 44:28 |
| 1966 William Spencer | 48:21 |
| 1965 Ed Williams | 49:05 |
| 1964 William Spencer | 46:55 |
| 1963 Karl Bohlin | 48:37 |

JUNIOR GIRLS

| | |
|------------------------|-------|
| 2011 Allison Ostrander | 30:32 |
| 2010 Allison Ostrander | 31:15 |
| 2009 Allison Ostrander | 34:24 |
| 2008 Allison Barnwell | 36:59 |
| 2007 Denali Foldager | 35:22 |
| 2006 Denali Foldager | 35:33 |
| 2005 Denali Foldager | 35:20 |
| 2004 Sarah Glaser | 37:28 |
| 2003 Leah Besh | 35:47 |
| 2002 Leah Besh | 35:22 |
| 2001 Dominique Colberg | 35:00 |
| 2000 Kikkan Randall | 33:28 |
| 1999 Kikkan Randall | 34:44 |
| 1998 Kikkan Randall | 35:01 |
| 1997 Aubrey Smith | 33:01 |
| 1996 Aubrey Smith | 34:42 |
| 1995 Aubrey Smith | 38:39 |
| 1994 Kristel Nelsen | 36:00 |
| 1993 Emily Ransom | 38:00 |
| 1992 Emily Ransom | 35:05 |
| 1991 Kristel Nelson | 35:21 |
| 1990 Emily Ransom | 34:17 |
| 1989 Emily Ransom | 36:30 |
| ----- | ----- |
| 1986 Amanda Findlater | 38:18 |
| ----- | ----- |
| 1978 JJ Peot | 33:54 |
| 1977 JJ Peot | 34:33 |
| 1978 Becky Forbes | 31:26 |

We would like your help completing the juniors winner list. If you have results you can share please email events@seward.com.

RACE WINNERS 1915-1962 (Women 1st Raced in '63)

| | | | |
|-------------------------|---------|------------------------|---------|
| 1962 Karl Bohlin | 52:33 | 1943 Roger Peck | 1:10:15 |
| 1961 Norman Roberts | 51:02 | 1942 No Race | |
| 1960 Dick Kopsack | 55:16 | 1941 Oscar Wilson | 1:09:23 |
| 1959 Sven Johanson | 50:48 | 1940 Johnny Hughes | 1:05:00 |
| 1958 Sven Johanson | 52:45 | 1939 Johnny Hughes | 58:55 |
| 1957 Sven Johanson | 51:40 | 1932-38 No Races | |
| 1956 Sven Johanson | 52:59 | 1931 William Kanyak | 56:24 |
| 1955 Sven Johanson | 57:09 | 1930 Ephraim Kalmakoff | 54:00 |
| 1954 Sven Johanson | 53:20 | 1929 Ephraim Kalmakoff | 55:13 |
| 1953 Ralph Hatch | 54:56 | 1928 Ephraim Kalmakoff | 52:35 |
| 1952 Don Stickman | 53:36 | 1927 Eric Eckman | 1:01:17 |
| 1951 Don Stickman | 56:38 | 1926 Eric Eckman | 58:26 |
| 1950 Ralph Hatch | 58:10 | 1925 Ed Vogel | 57:40 |
| 1949 Ralph Hatch | 1:06:52 | 1920-24 No Races | |
| 1948 Ralph Hatch | 57:31 | 1919 D. Mauntino | 1:06:45 |
| 1947 Ralph Hatch | 58:13 | 1918 Joe Karaoff | 58:30 |
| 1946 Ralph Hatch | 59:58 | 1917 Tom Hardoff | 57:39 |
| 1945 Mainhardt Bredt | 1:01:11 | 1916 Alec Bolan | 55:12 |
| 1944 Inekente Kalmakoff | 59:59 | 1915 James Walters | 1:02:02 |

JUNIOR BOYS

| | |
|-----------------------|-------|
| 2011 Miles Knotek | 26:18 |
| 2010 Alexander Babos | 27:29 |
| 2009 Alexander Babos | 28:36 |
| 2008 Austin Gillespie | 31:04 |
| 2007 William Jarrett | 29:26 |
| 2006 Erick Romig | 29:32 |
| 2005 Matt Adams | 27:47 |
| 2004 Rory Egelus | 26:35 |
| 2003 Rory Egelus | 27:14 |
| 2002 Rory Egelus | 28:13 |
| 2001 Mark Johnson | 30:57 |
| 2000 Jacob Elhard | 28:46 |
| 1999 Eric Strabel | 28:30 |
| 1998 Ryan Quinn | 29:44 |
| 1997 Tory Dugan | 26:51 |
| 1996 Tory Dugan | 27:14 |
| 1995 Jason Eastman | 30:58 |
| 1994 Jason Eastman | 29:52 |
| 1993 Matt Porter | 33:20 |
| 1992 Darryl Sela | 30:52 |
| 1991 Darryl Sela | 30:18 |
| 1990 Jeremy Crawford | 30:43 |
| 1989 Justin Meyers | 27:52 |
| ----- | ----- |
| 1986 Marten Martensen | 30:32 |
| 1985 Sean Erchingier | |
| 1984 Sean Erchingier | |
| 1983 Sean Erchingier | |
| 1982 Sean Erchingier | 28:19 |
| ----- | ----- |
| 1978 Steve Schmitz | 28:32 |
| 1977 Jim Renkert | 27:23 |
| 1976 Scott Taylor | 26:40 |
| 1975 Scott Taylor | 27:10 |
| 1974 Barney Griffith | 27:12 |
| 1973 Bill Spencer | 24:30 |

Should we add a note about junior and senior record changes and Ephraim's age change?

RACE SCHEDULE

| | | |
|---------------|----------|-------------|
| Junior's Race | 9:30 am | All Juniors |
| Women's | 11:15 am | First Wave |
| | 11:20 am | Second Wave |
| Men's | 3:00 pm | First Wave |
| | 3:05 pm | Second Wave |

Senior racers with bibs numbered 1– 300 start in the first wave; bibs 400 and above start in the second wave.

MT. MARATHON TRIVIA

Elevation gain

3,022 feet

Race Distance

18,211 feet | 269 feet short of 3.5 miles

Youngest Winner

Ephraim Kalmakoff | age 16 | 1928 | 52:35

Oldest Winner

Todd Boonstra | age 41 | 2003 | 47:32

Longest Record Holders

Bill Spencer | 38 years | Set 1974, Broken 1981 - 2011

Nancy Pease | 22 years | 1990 - 2011

Most Senior Race Wins

Nina Kempffel | 9 wins | 1994, 1996 - 2003

Bill Spencer | 8 wins | 1974-76, 1986, 1981-83, 1991

Most Wins by Seward Residents

Cedar Bourgeois | 7 wins | 2004 - 2010

Ralph Hatch | 6 wins | 1946 - 50, 1953

Most Junior Race Wins

Emily Ransom | 4 wins | 1989 - 90, 1992 - 93

Shawn Erchingier | 4 wins | 1982-1985

Most Consecutive Races

Fred Moore | 42 races | 1970-2011

Oldest Finishers

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

Millie Spezialy | age 72 | 2011 | 2:12:28



Elaine Nelson, descends to a 60 - 69 age group record finish in 2007.

Photo compliments of TSS Photography



2001 Seward Hwy
PO Box 749
Seward Alaska 99664
907-224-8051
events@seward.com

Seward.com
Alaska Starts Here.

Junior Race

The Junior Race is for racers ages 7- 17 and began in 1964. This race follows the same route as the senior race but racers turn around halfway to the summit. Junior racers may race as individuals as well as on teams.

Boy's Record: Bill Spencer 1973 24:30

Girl's Record: Allison Ostrander 2011 30:32

Boy's Age Group Records*

| | | | |
|-------|------------------|------|-------|
| 7- 11 | Aaron Thrall | 1994 | 30:51 |
| 12-14 | Michael Marshall | 2010 | 28:48 |
| 15-17 | Miles Knotek | 2011 | 26:18 |

Girl's Age Group Records*

| | | | |
|-------|-------------------|------|-------|
| 7- 11 | Allison Ostrander | 2008 | 37:35 |
| 12-14 | Allison Ostrander | 2011 | 30:32 |
| 15-17 | Aubrey Smith | 1997 | 33:01 |

* Junior age group divisions were created in 1994.

Women's Race

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

Record: Nancy Pease 1990 50:30

Women's Age Group Records

| | | | |
|-------|---------------|------|---------|
| 18-29 | Nance Pease | 1990 | 50:30 |
| 30-39 | Carmen Young | 1986 | 50:54 |
| 40-49 | Teresa Brady | 2007 | 58:42 |
| 50-59 | Carmen Dunham | 2006 | 1:01:28 |
| 60-69 | Elaine Nelson | 2007 | 1:19:36 |
| 70-79 | Mary Hensel | 2008 | 1:57:02 |

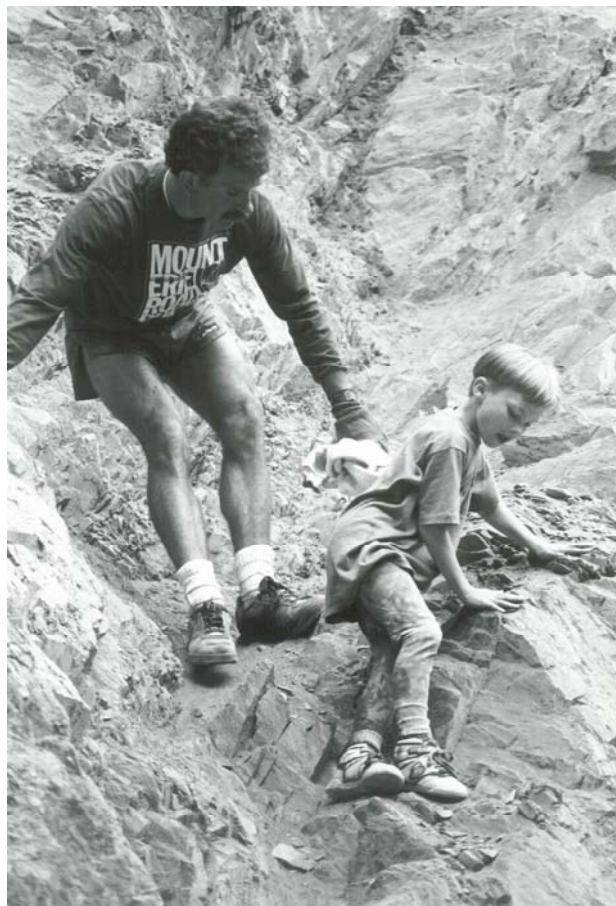
Men's Race

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

Record: Bill Spencer 1981 43:21

Men's Age Group Records

| | | | |
|-------|-----------------|------|---------|
| 18-29 | Bill Spencer | 1981 | 43:21 |
| 30-39 | Trond Flagstad | 2008 | 44:03 |
| 40-49 | Trond Flagstad | 2010 | 44:40 |
| 50-59 | Barney Griffith | 2008 | 48:23 |
| 60-69 | Thomas Coolidge | 2011 | 1:00:06 |
| 70-79 | Fred Moore | 2010 | 1:07:09 |
| 80-89 | Corky Corthell | 2009 | 1:52:59 |



Race volunteer, Flip Foldager, helps an unidentified junior racer down the race cliffs. Circa 1900.

Mt. Marathon Story

The tradition of the Mt. Marathon Race®, according to folklore, began when two sourdoughs had an argument about whether it was possible to climb and descend the mountain in less than one hour. "Impossible!" one said. To settle the argument and the resulting wager, it was decided to hold a race with the loser to furnish drinks for the crowd. At the same time, enterprising merchants put up a suit of clothes and other attractions for the winner and proposed the race take place on a holiday - why not the Fourth of July? The optimistic sourdough lost his bet - the winning racer took one hour and two minutes. Official records disclose that the Mt. Marathon Race® actually began as an organized run in 1915 and has since developed into a legendary and much-loved aspect of the Independence Day celebration in Seward.



Race Logo designed by Michael Marchall



RACE TRAIL

★ RACE POINT 3022 FEET (921 METERS)
SUMMIT ROCK, SENIOR RACE POINT

SKYLINE TRAIL
CONNECTS TO BOWL ALONG RIDGE
STAY AWAY FROM EDGE

VERY STEEP SLOPES
LOOSE ROCK OVER HARD BEDROCK
POOR FOOTING

UP TRAIL STEEP RIDGE
DOWN TRAILS
LOOSE, ROCKY, SHALE SLOPES

JUNIOR RACE POINT
HALF-WAY MARK
UP AND DOWN TRAILS CROSS OVER

CHUTE
DUSTY WHEN DRY
POSSIBLE SNOW, ICE

UP TRAIL
WOODDED AND BRUSH COVERED RIDGE LINE
STEEP
SLIPPERY AND MUDDY WHEN WET

★ SQUIRRELS INN
STEEP
SLIPPERY AND MUDDY WHEN WET

THE GUT
CAUTION!
LOOSE ROCKS
RUNNING WATER
POSSIBLE SNOW AND ICE

UP TRAIL

★ UPPER CROSSOVER
★ CROSSOVER TRAILS
JEER TRAIL TO RACE TRAIL
★ LOWER CROSSOVER

★ CLIFFS
EXTREMELY DANGEROUS!
POLISHED ROCK
SLIPPERY, STEEP FACES
LOOSE AND FALLING ROCKS

★ ROOTS TRAIL
VARIOUS BRAIDED, UNMARKED

★ VERNON FALLS
★ TRAILHEADS

★ BASE
★ H TO HOSPITAL
★ LOWELL CANYON ROAD

★ LOWELL CREEK
★ LOWELL CREEK TUNNEL
DANGER! STAY BEHIND FENCE

AERIAL PHOTO BY EAGLE EYE GALLERY

GOING DOWN IS EVEN MORE DANGEROUS THAN GOING UP
WEAR GLOVES
GO SLOWLY

USE HANDS AND FEET TO "CLIMB-WALK" FACING FORWARD

KEEP YOUR CENTER OF GRAVITY LOW

MAKE SURE OF YOUR NEXT STEP

CROUCH OR SIT DOWN QUICKLY IF YOU FEEL YOURSELF FALLING

BRACE AGAINST THE SLOPE

SEWARD ALASKA RESIDENT SAM YOUNG, SHOWN ABOVE, IS A THREE-TIME MT MARATHON CHAMPION WHO HAS RESCUED COUNTLESS UNPREPARED HIKERS

GREENWOLD GRAPHICS