



Volunteer opportunities!

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Dear Runner,

Welcome to the 87th Running of the Mt. Marathon Race on July 4th in Seward, Alaska. Check out the Mt. Marathon Blog at www.mmr.seward.com for news and updates on the mountain and the race!

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.

Please read the following important information regarding the race program for this year:

MMR Race Course Preview:

A group of veteran runners will lead race course preview on Mount Marathon from 1-3 p.m. Saturday June 21. There will be only one tour offered this year. The tours, offered in conjunction with the Mount Marathon Race Committee, will focus on helping participants travel safely on the bottom third of the mountain. Tour leaders will guide uphill until "Squirrel's Inn" and downhill through the creek-bed. Multiple options for descending off the mountain to the road portion will be covered. Anyone who is signed up for this year's race or interested in a future race is encouraged to participate. There is no fee but participants must sign a waiver. The group will meet at the picnic table near the gate on upper Lowell Canyon Road beginning at 12:30 p.m. For more information, contact Matias Saari at 529-4178 or matiasmountain@gmail.com

July 3rd:

Pre-Race Events at Seward High School (2100 Swetmann Ave)

- 5:00 - 8:00 PM: Bib pick-up all returning runners (Identification required for bib pick-up)

- 5:00 - 7:00 PM: Pasta Feed in cafeteria, proceeds to Seward Nordic Ski Club

- 5:00 - 6:45 PM: Sign up for Senior Race raffle. NO late sign-ups!

- 7:00 PM: Auction and drawing for race spots begins

- 7:45 PM: Mandatory safety video and bib pick-up for all FIRST TIME Runners

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.

July 4th:

Bib Pick-up begins 8 AM for all returning runners at Race Headquarters: Legends of the Mountain building

(Washington St between 4th & 5th Ave)

RACE START: Corner of Adams St & 4th Ave

Junior Race START: 9:30 AM, boys and girls Women's Race START:

Wave 1 (bib numbers 1 - 199) 11:15 AM

Wave 2 (bib numbers 401 - 599) 11:20 AM

Parade 1:30 PM Downtown Seward

Men's Race START:

Wave 1 (bib numbers 1 - 199) 3:00 PM

Wave 2 (bib numbers 401 - 599) 3:05 PM

Awards Ceremony AVTEC Gym 6:00 PM
(4th Ave, between Madison & Monroe St)

Showers for all runners at AVTEC: 11:00 AM - 6 PM

Pick up your finisher t-shirt and receive your shower entry ticket for AVTEC showers. NO Ticket, NO entry!

Cut-Off Time 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.

Senior racers must cross past the Junior Race Point (1/2 way up the mountain) within one hour (60 minutes) of their start time. Seniors that 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 top 225 finishers to remain eligible for Priority Status.

First-Time Racers Must Completed Entire Race Course Prior to Race Day

Before first-time racers will be allowed to pick up their, 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.

Notify Finish line Officials if You Don't Start/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.

For a map of the race route and other important information please go to The Seward Chamber of Commerce website at www.seward.com - Alaska Starts Here!

TSS Photography is now called Alaska's Focus Photography. Please contact the same great owners: John & Cindy Hitchcock for all your official race photos www.alaskasfocus.com

The goal of the Mt. Marathon Race® is for racers and spectators to enjoy a memorable Independence Day in Seward. The Seward Chamber of Commerce and Conference & Visitors Bureau invests the race proceeds to improve and promote Seward for the benefit of the entire community.

Wishing you a fun and safe race this year,
The Mount Marathon Race Committee