



# SHASTA ASCENSION 2025 RESULTS

## Overall winners:

### Female:

1. Aura Spann
2. Kim Watt
3. Jamie Lefkowitz

### Male:

1. Andrew Parsel
2. Matt Fox
3. Sam Marano

## Heavy Metal

### Female:

1. Diana Anthony
2. Tate Harkness
3. Colleen Nash

### Male:

1. Alex Lewis
2. Geoff Harkness
3. Derek Dimitri

## Categories:

### Female:

#### 14 and under

1. Iris Galicia 1:38:34
2. Brynja Tarbell 1:54:04

#### 18-29

1. Olivia McDowell 1:59:51
2. Jordan Stefani 2:11:02
3. Elin Antaya 2:31:57

#### 30-39

1. Diana Anthony 1:40:25
2. Colleen Nash 1:58:07
3. Kate Sawant 2:09:39



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## 40-49

1. Aura Spann 1:24:58
2. Kim Watt 1:24:59
3. Jamie Lefkowitz 1:30:03

## 50-59

1. Elizabeth Galicia 2:35:39

## Split Boarders

1. Tate Harkness 1:54:09
2. Amanda Durbin 2:39:13
3. Emma Crossman 2:59:40

## Male

### 14 and under

1. Ryden Fisher 48:58
2. Nikko Kuwabara 54:35
3. Kai Kuwabara 1:02:46

### 18-29

1. Samuel Marano 1:01:39
2. Alex Lewis 1:19:54
3. George Holderness 1:19:59

### 30-39

1. Matt Fox 1:00:50
2. Richard Ross 1:17:43
3. Matt Matera 1:27:12

### 40-49

1. Andrew Parsel 55:31
2. Jason Koster 1:04:03
3. Yu Kuwabara 1:05:40

### 50-59

1. Chris Carr 1:14:25
2. Pete Wallstrom 1:23:28
3. Geoff Harkness 1:30:08

### 60+

1. Jacob Kann 1:58:48
2. Mike Donnelly 2:49:07



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## Split Boarders

1. Casey Botts 1:37:10
2. Justin Fisher 1:53:09
3. Eric Reichwein 1:53:37

## OVERALL TIMES

### SHORT COURSE

| Overall Place | Bib Number | Last Name | First Name | Gender | Hometown     | State | Sub-event  | Age | Time    |
|---------------|------------|-----------|------------|--------|--------------|-------|------------|-----|---------|
| 1             | 101        | Fisher    | Ryden      | M      | Mount Shasta | CA    | 14 & under | 13  | 0:48:58 |
| 2             | 103        | Kuwabara  | Nikko      | M      | Ashland      | OR    | 14 & under | 11  | 0:54:35 |
| 3             | 102        | Kuwabara  | Kai        | M      | Ashland      | OR    | 14 & under | 13  | 1:02:46 |
| 4             | 173        | Galicia   | Iris       | F      | Ashland      | OR    | 14 & under | 12  | 1:38:34 |
| 5             | 163        | Tarbell   | Brynja     | F      | Hayfork      | CA    | 14 & under | 9   | 1:54:04 |

### FULL COURSE

| Overall Place | Bib Number | Last Name | First Name | Gender | Hometown         | State | Sub-event   | Age | Time    |
|---------------|------------|-----------|------------|--------|------------------|-------|-------------|-----|---------|
| 1             | 15         | Parsel    | Andrew     | M      | Bend             | OR    | Lightweight | 41  | 0:55:31 |
| 2             | 33         | Fox       | Matt       | M      | Woody Creek      | CO    | Lightweight | 38  | 1:00:50 |
| 3             | 14         | Marano    | Samuel     | M      | Mt Shasta        | CA    | Lightweight | 28  | 1:01:39 |
| 5             | 27         | Koster    | Jason      | M      | Weed             | CA    | Lightweight | 47  | 1:04:03 |
| 6             | 24         | Kuwabara  | Yu         | M      | Ashland          | OR    | Lightweight | 45  | 1:05:40 |
| 7             | 26         | Carr      | Chris      | M      | Mt Shasta        | CA    | Lightweight | 53  | 1:14:25 |
| 8             | 1          | Kaasa     | Barrett    | M      | South Lake Tahoe | CA    | Lightweight | 43  | 1:16:27 |
| 9             | 5          | Ross      | Richard    | M      | Portola Valley   | CA    | Lightweight | 33  | 1:17:43 |
| 10            | 157        | Lewis     | Alex       | M      | Oakland          | CA    | Heavy Metal | 30  | 1:19:54 |



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|           |     |            |           |   |                  |    |             |    |         |
|-----------|-----|------------|-----------|---|------------------|----|-------------|----|---------|
| <b>11</b> | 12  | Holderness | George    | M | San Francisco    | CA | Lightweight | 28 | 1:19:59 |
| <b>12</b> | 35  | Johnson    | Aaron     | M | Truckee          | CA | Lightweight | 40 | 1:20:21 |
| <b>13</b> | 30  | Steidler   | Adam      | M | Ashland          | OR | Lightweight | 43 | 1:20:29 |
| <b>14</b> | 13  | Wallstrom  | Pete      | M | Ashland          | OR | Lightweight | 51 | 1:23:28 |
| <b>15</b> | 28  | Spann      | Aura      | F | Ashland          | OR | Lightweight | 40 | 1:24:58 |
| <b>16</b> | 7   | Watt       | Kimberly  | F | Truckee          | CA | Lightweight | 43 | 1:24:59 |
| <b>17</b> | 37  | Matera     | Matthew   | M | Newport Beach    | CA | Lightweight | 31 | 1:27:12 |
| <b>18</b> | 18  | Seward     | Bala      | M | Portola Valley   | CA | Lightweight | 38 | 1:29:06 |
| <b>19</b> | 2   | Lefkowitz  | Jamie     | F | South Lake Tahoe | CA | Lightweight | 40 | 1:30:03 |
| <b>20</b> | 131 | Harkness   | Geoff     | M | MOUNT SHASTA     | CA | Heavy Metal | 52 | 1:30:08 |
| <b>21</b> | 17  | Harnett    | Quinn     | M | Redding          | CA | Lightweight | 28 | 1:30:29 |
| <b>22</b> | 148 | Dimitri    | Derek     | M | Reno             | NV | Heavy Metal | 41 | 1:32:36 |
| <b>23</b> | 165 | Rudin      | Sergio    | M | South Lake Tahoe | CA | Heavy Metal | 38 | 1:32:36 |
| <b>24</b> | 122 | Scarbro    | Kyle      | M | Redding          | CA | Heavy Metal | 29 | 1:34:18 |
| <b>25</b> | 11  | Dwyer      | Bo        | M | Pacifica         | CA | Lightweight | 34 | 1:34:26 |
| <b>26</b> | 36  | Sawant     | Sachin    | M | South Lake Tahoe | CA | Lightweight | 39 | 1:34:27 |
| <b>27</b> | 4   | Taylor     | Christian | M | Redding          | CA | Lightweight | 39 | 1:35:13 |
| <b>28</b> | 146 | Botts      | Casey     | M | Ashland          | OR | Splitboard  | 37 | 1:37:10 |
| <b>29</b> | 29  | Roeslein   | Jason     | M | SF               | CA | Lightweight | 33 | 1:37:21 |
| <b>30</b> | 123 | Arey       | Dillon    | M | South Lake Tahoe | CA | Heavy Metal | 31 | 1:37:24 |
| <b>31</b> | 105 | Murray     | Kincaid   | M | Bend             | OR | Heavy Metal | 30 | 1:37:44 |



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|           |     |           |          |   |                  |    |             |    |         |
|-----------|-----|-----------|----------|---|------------------|----|-------------|----|---------|
| <b>33</b> | 106 | Anthony   | Diana    | F | South Lake Tahoe | CA | Heavy Metal | 32 | 1:40:25 |
| <b>34</b> | 114 | Anderson  | Bret     | M | Ashland          | OR | Heavy Metal | 45 | 1:40:25 |
| <b>35</b> | 127 | Tull      | Zach     | M | Corte Madera     | CA | Heavy Metal | 24 | 1:42:22 |
| <b>36</b> | 21  | Ingram    | Michael  | M | Graton           | CA | Lightweight | 48 | 1:43:19 |
| <b>37</b> | 23  | Power     | Ryan     | M | Bend             | OR | Lightweight | 11 | 1:45:06 |
| <b>38</b> | 34  | Shelton   | Jenn     | F | ashland          | CA | Lightweight | 41 | 1:47:31 |
| <b>39</b> | 117 | Holland   | Benjamin | M | Seattle          | WA | Heavy Metal | 25 | 1:48:25 |
| <b>40</b> | 8   | Donehower | John     | M | Ashland          | OR | Lightweight | 52 | 1:48:27 |
| <b>41</b> | 121 | Morgan    | Shan     | M | Castella         | CA | Heavy Metal | 59 | 1:50:21 |
| <b>42</b> | 25  | Cutler    | Grant    | M | Berkeley         | CA | Lightweight | 48 | 1:52:42 |
| <b>43</b> | 139 | Fisher    | Justin   | M | Mount Shasta     | CA | Splitboard  | 46 | 1:53:09 |
| <b>44</b> | 159 | Callahan  | Aidan    | M | SF               | CA | Heavy Metal | 27 | 1:53:29 |
| <b>45</b> | 136 | Reichwein | Eric     | M | Santa Cruz       | CA | Splitboard  | 33 | 1:53:37 |
| <b>47</b> | 158 | Harkness  | Tate     | F | Mt Shasta        | CA | Splitboard  | 23 | 1:54:09 |
| <b>48</b> | 135 | Mayfield  | Reid     | M | Aptos            | CA | Splitboard  | 32 | 1:56:11 |
| <b>49</b> | 6   | Wrona     | Thomas   | M | Reno             | NV | Lightweight | 34 | 1:56:12 |
| <b>50</b> | 111 | Spaulding | John     | M | Mt Shasta        | CA | Heavy Metal | 46 | 1:57:16 |
| <b>51</b> | 149 | Nash      | Colleen  | F | Tahoe City       | CA | Heavy Metal | 30 | 1:58:07 |
| <b>52</b> | 16  | Kann      | Jacob    | M | Ashland          | OR | Lightweight | 64 | 1:58:48 |
| <b>53</b> | 162 | McDowell  | Olivia   | F | Sacramento       | CA | Heavy Metal | 29 | 1:59:51 |
| <b>54</b> | 147 | Fleshman  | Terron   | M | Santa Rosa       | CA | Splitboard  | 32 | 2:00:20 |



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|----|-----|------------------|-------------|---|------------------|----|-------------|----|---------|
| 55 | 126 | Berry            | John        | M | Rochester        | MN | Heavy Metal | 26 | 2:00:21 |
| 56 | 137 | Barnes           | Garrett     | M | Palo Cedro       | CA | Splitboard  | 28 | 2:00:54 |
| 57 | 152 | Belzer           | Rich        | M | Redding          | CA | Heavy Metal | 46 | 2:02:34 |
| 58 | 109 | Balboni          | Theodore    | M | Mt. Shasta       | CA | Heavy Metal | 35 | 2:02:40 |
| 59 | 108 | Shenk            | Kevin       | M | South Lake Tahoe | CA | Heavy Metal | 31 | 2:03:39 |
| 60 | 129 | Gudas            | Christopher | M | South Lake Tahoe | CA | Heavy Metal | 40 | 2:04:44 |
| 61 | 20  | Victory          | Mark        | M | Belmont          | CA | Lightweight | 49 | 2:05:13 |
| 62 | 128 | Sawant           | Kate        | F | South Lake Tahoe | CA | Heavy Metal | 33 | 2:09:39 |
| 63 | 10  | King             | Ryan        | M | Tiburon          | CA | Lightweight | 34 | 2:10:29 |
| 64 | 161 | Stefani          | Jordan      | F | Oakland          | CA | Heavy Metal | 26 | 2:11:02 |
| 65 | 40  | Rozaklis         | James       | M | Ashland          | OR | Lightweight | 38 | 2:12:14 |
| 66 | 3   | Brooks           | Jacob       | M | Napa             | CA | Lightweight | 30 | 2:12:20 |
| 67 | 107 | Shenk            | Jana        | F | South Lake Tahoe | CA | Heavy Metal | 32 | 2:19:09 |
| 68 | 145 | Besmer           | Luke        | M | Arcata           | CA | Splitboard  | 44 | 2:24:07 |
| 69 | 32  | Fletcher         | Anne        | F | Berkeley         | CA | Lightweight | 48 | 2:29:17 |
| 70 | 132 | Yang             | Chun        | M | Berkeley         | AL | Heavy Metal | 34 | 2:31:12 |
| 71 | 166 | Ascensio         | Michael     | M | Mountain View    | CA | Heavy Metal | 34 | 2:31:35 |
| 72 | 124 | Antaya           | Elin        | F | Juneau           | AK | Heavy Metal | 22 | 2:31:57 |
| 73 | 174 | Garcia Gettelman | Elizabeth   | F | Ashland          | OR | Heavy Metal | 50 | 2:35:39 |
| 74 | 118 | jancuska         | jeffrey     | M | ashland          | OR | Heavy Metal | 34 | 2:37:20 |
| 75 | 144 | Durbin           | Amanda      | F | San Francisco    | CA | Splitboard  | 26 | 2:39:13 |



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| <b>76</b> | 154 | Talty    | Seton     | F | Redding          | CA | Heavy Metal | 31 | 2:39:33 |
| <b>77</b> | 104 | Aymond   | Ty        | M | Reno             | NV | Heavy Metal | 38 | 2:43:30 |
| <b>78</b> | 133 | Sarazin  | Dave      | M | Reno             | NV | Splitboard  | 38 | 2:43:42 |
| <b>79</b> | 9   | Nova     | Marcus    | M | Dunsmuir         | CA | Lightweight | 42 | 2:44:33 |
| <b>80</b> | 125 | Garcia   | Whitney   | F | Chico            | CA | Heavy Metal | 32 | 2:47:26 |
| <b>81</b> | 153 | Harris   | Michael   | M | Talent           | OR | Splitboard  | 38 | 2:47:39 |
| <b>82</b> | 110 | Donnelly | Mike      | M | Chico            | CA | Heavy Metal | 62 | 2:49:07 |
| <b>83</b> | 38  | Klymko   | Christine | F | South Lake Tahoe | CA | Lightweight | 38 | 2:54:31 |
| <b>84</b> | 150 | Meeker   | Jessica   | F | McCloud          | CA | Heavy Metal | 48 | 2:58:48 |
| <b>85</b> | 151 | Moore    | Dave      | M | McCloud          | CA | Splitboard  | 58 | 2:59:13 |
| <b>86</b> | 167 | Ellis    | Jessica   | F | Mt Shasta        | CA | Heavy Metal | 29 | 2:59:36 |
| <b>87</b> | 116 | Coyner   | Julia     | F | Seattle          | WA | Heavy Metal | 25 | 2:59:37 |
| <b>88</b> | 143 | Crossman | Emma      | F | Reno             | NV | Splitboard  | 34 | 2:59:40 |