

- JOHN MAXWELL -
2021 SALOMON PRO SQUAD
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CAREER HIGHLIGHTS

1ST PLACE OVERALL 2017 GRAND RIDGE 50K – 4:35:03
2ND PLACE OVERALL 2018 SQUAMISH 50/50 – 14:52:40
9TH PLACE OVERALL 2018 PINE TO PALM 100MILER – 21:08:50
5TH PLACE OVERALL 2019 TIGER CLAW – 3:38:39
1ST PLACE OVERALL 2019 ECHO VALLEY 100K – 8:26:27
WONDERLAND TRAIL (UNSUPPORTED/SOLO) FKT – 22:23:05 (2019)
6TH PLACE OVERALL 2019 WHISTLER ALPINE MEADOWS – 27:59:49
8TH PLACE OVERALL 2019 MOAB 240 – 76:22

PERSONAL BESTS

LONGEST RUN – 2020 WA PCT – 400 MILES – 6.5 DAYS
200+ MILER – 2019 MOAB 240 – 76:22 (8TH OVERALL)
100 MILER – 2021 JAPANESE GULCH 100 – 18:35:51
100K – 2019 ECHO VALLEY 100K – 8:26:27 (1ST OVERALL)
50 MILER – 2017 WHITE RIVER 50M – 8:30:08 (12TH OVERALL)
50K – GRAND RIDGE 50K – 4:35:03 (1ST PLACE OVERALL)
MARATHON – 2016 PORTLAND MARATHON – 2:49:52 (19TH OVERALL)

2021 GOALS

- Set 100 Miler Personal Record – January 2021 - 18:35:51
- Tillamook Burn 50 Miler – May 1, 2021
- Squamish 50/50 – August 2021*
- TDS by UTMB – August 2021*
- Volunteer with WTA and local race organizations
- Host weekly Kids Run in the Japanese Gulch
- Increase community involvement
- Stay Healthy



*Depending on COVID restrictions I may not be able to attend these races and will find local substitutes

Bio

John Maxwell is a 32-year-old Ultra-Trail Runner based in Sedro-Woolley Washington. A husband and father of two boys, John is a family focused athlete who shares his love for running with everyone around him. John first discovered his passion for running in 2010 while attending the University of Washington running on the Burke Gilman Trail in-between classes and made his marathon debut at the 2011 Eugene Marathon. Over the next 5 years he completed over 15 marathons including the 2013 Boston Marathon.

John shifted focus to trail running after finishing the White River 50 Miler in August 2017. In just a few years, John competed in a number of highly competitive races including a 2nd Place finish at the 2018 Squamish 50/50, 6th place in the 2019 Inaugural Whistler Alpine Meadows 100 Miler and set what was the new Unsupported Fastest Known Time (FKT) on the Wonderland Trail in 2019 (Loop around Mountain Rainier).

Although 2020 looked very different in all aspects of life, John stayed focused, and in September set out on the Washington Pacific Crest Trail (PCT) with aspirations to set the FKT. After 6 days of continuous movement, pushing personal boundaries, both physically and mentally, John was forced to stop 400 miles into the journey due to small tears in his Achilles limiting mobility in his left leg. After 8 weeks of recovery from damage incurred on the PCT, John set his sights on doing an informal 100 miler. In January 2021, training smart, dialing in nutrition and taking lessons learned from the PCT, John set a new personal record at 18:35:51 on a route with over 14,000 feet of vertical gain.

There's still a lot of unknown for 2021. Rest assured, when John's not spending time with family, he'll be training hard for competing as an Elite Athlete at TDS[®] (acronym for "Sur les Traces des Ducs de Savoie" - following the footprints of the Dukes of Savoie) by Ultra Trail du Mont Blanc (UTMB) in France this summer.

