

Printing Instructions:

- Load desired paper to paper tray or bypass tray (if applicable).
 - Print page numbers 2-4 for desired number of copies:
 - single-sided.
 - Print at "Actual size" (NOT "Fit").
 - Set paper source (if applicable) and paper type under Properties.
 - When pages 2-4 are finished printing, load the stack back into the same tray in the printer, making sure that the output will print on the blank side in the right direction (print a test page if not sure). This is usually with the first page on top (whether facedown or faceup) in the same direction it came out of the printer.
 - Print the same number of copies of page numbers 5-7 with the same settings.
- Note: Printing auto-duplex/double-sided from the printer settings results in alignment errors of the front and back of the cards.
- Cut to the edges of the photo side of the cards, not the info side.



TEAM DESERT

SLO-MO
TRACK





TEAM FOREST

BETH RAWRDEN
CLIMBING





TEAM RIVER

KIERAN SMOLT
TRACK





TEAM RIVER

MINNIE "MIN" KNOW
SWIMMING





TEAM FOREST

ANA "RIPROOT" ROSE
CLIMBING



Photo: Nate Mardineau



TEAM COAST

SHELLY CRUSHER
STRENGTH





TEAM RIVER

AZI O'HELL
SWIMMING



Photo: Jeff Briggler



TEAM RIVER

DIANA FRYAD
SWIMMING





TEAM FOREST

TROY GLOBITE
CLIMBING

Photo: Lance Bishop/Bigons



TEAM COAST

MYA GRATION
TRACK



TEAM WETLAND

BROOKE-TAIL RABOUTOU
CLIMBING



TEAM WETLAND

MASSI SAGA
STRENGTH



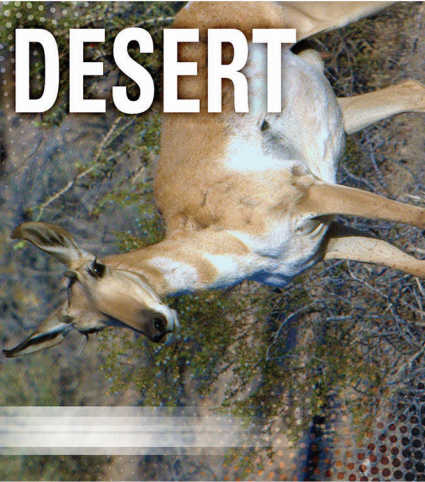
TEAM FOREST

BARK HENRY
STRENGTH



TEAM COAST

MICHAEL KELPS
SWIMMING



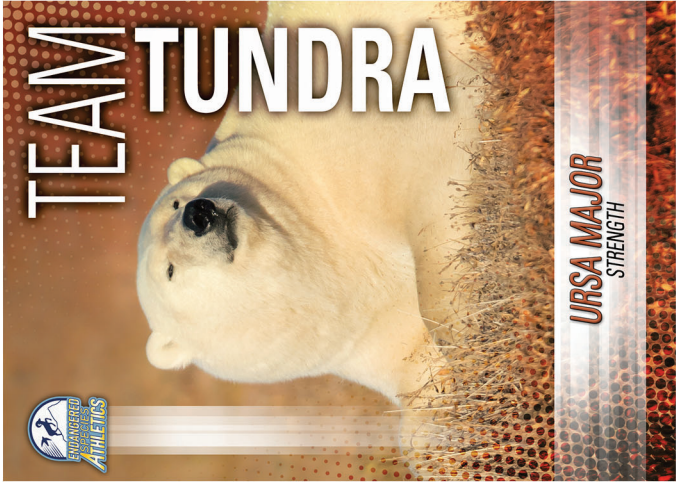
TEAM DESERT

NORA ANNIE LOPE
TRACK



TEAM RIVER

PHYL TRATION
STRENGTH



MINNIE "MIN" KNOW

SWIMMING 🐟 TEAM RIVER

Arkansas River Shiner

Hometown: Hydro, OK D.O.B: 5/4/2023

Length: 2" Weight: 0.11 oz

"My friends call me small fry, but the competition is going to get deep fried."

Min Know only weighs as much as a penny and is shorter than your pinky finger. But her sleek, aerodynamic profile, strong tail, and unmatched grit make her one of the strongest endurance swimmers in the world. Although an underdog, she is determined to win for all the little fish out there.

Summer 2024



KIERAN SMOLT

TRACK 🐟 TEAM RIVER

Winter-Run Chinook Salmon

Hometown: Redding, CA D.O.B: 7/14/2021

Length: 2'6" Weight: 18 lbs

"All my life, I've trained for the ferocious run up the river. No distance can stop me."

Kieran comes from a long line of distance superstars. As a smolt, Kieran was forced down over 300 miles of the Sacramento River by the current and vowed to return home stronger. After years of training in the ocean, Kieran is ready to prove his strength and endurance—this time, he's going upstream.

Summer 2024



BETH RAWRDEN

CLIMBING 🐟 TEAM FOREST

Southern Sierra Nevada fisher

Hometown: Shaver Lake, CA D.O.B: 4/2/2020

Height: 1'11" Weight: 8 lbs

"Taking 'Hang in There' to the EXTREME!"

As a kit, Beth saw humans climbing the steep granite cliffs of Yosemite and was inspired to become the best climber in the animal kingdom. Now she scales giant sequoias and monstrous boulders at rapid speeds with her enormous leaps, precise paw placement and sharp claws that help her hang onto the steepest pitches.

Summer 2024



SLO-MO

TRACK 🐟 TEAM DESERT

Mojave Desert Tortoise

Hometown: Twentynine Palms, CA D.O.B: 8/15/2007

Length: 6'9" Weight: 8 lbs

"Mo is my name and life in the slow lane is my game."

Ever since she was a 2-inch-long hatchling, Mo's dreamed of competing in the ES Athletics. She knew it was a long shot, given how challenging it is for tortoises to survive to adulthood, and they aren't exactly known for their speed. But survival, like Mo's track event, is a marathon, not a sprint.

Summer 2024



DIANA FRYAD

SWIMMING 🐟 TEAM RIVER

Bull Trout

Hometown: Upper Salmon River Basin, ID D.O.B: 4/15/2016

Length: 1'6" Weight: 2 lbs 1 oz

"Competition? They'll be seeing redd before they see me again."

There's no trout about it, if you're looking for someone to swim the distance, Diana Fryad is your girl. Like her coastal cousins that run up rivers from the ocean, she will swim over 100 miles each fall in pursuit of roe-mance. If the competition can't keep up, she'll leave them on redd.

Summer 2024



AZI O'HELL

SWIMMING 🐟 TEAM RIVER

Ozark Hellbender

Hometown: Eleven Point River, AR D.O.B: 9/6/2018

Length: 1'1" Weight: 2 lbs 8 oz

"They say I came from hell, but I'm sending the competition back without me."

With four legs and a tail, Azi is an unconventional opponent, but a confident swimmer. He's been racing his buddies, Walleye and Trout, up and down Eleven Point River since he was a child and won't let fast rapids, motorboats, or his lack of fins hold him back.

Summer 2024



SHELLY CRUSHER

SIRENTH 🐟 TEAM COAST

Kemp's Ridley Sea Turtle

Hometown: Padre Island, TX D.O.B: 7/14/1996

Length: 2' Weight: 100 lbs

"Don't underestimate the strength of ocean-crossing flippers and mollusk-crushing jaws. This victory's already hatched!"

As a hatchling, Shelly crawled across a beach and dove headfirst into the Gulf of Mexico. Since then, she's swam across oceans and back to nest on her home beach in Texas. This Kemp's ridley is ready to show those land dwellers what real strength looks like!

Summer 2024



ANA "RIPROOT" ROSE

CLIMBING 🐟 TEAM FOREST

Leedy's Roseroot

Hometown: Whitewater Park, MN D.O.B: 5/22/2019

Height: 4' Weight: 3 lbs 3 oz

"My roots are strong. But they don't hold me down. They lift me up."

Only in recent years has Ana become interested in climbing, during which she has quickly developed her skill. She grew up in her ancestral lands mentored by her grandma and has become recognized as the best 'rootippin' climber this side of the Mississippi.

Summer 2024





MASSI SAGA

STRENGTH 🐾 TEAM WETLAND

Eastern Massasauga

Hometown: New Hampton, IA D.O.B: 9/2/2020

Length: 2'3" Weight: 1 lb 1 oz

"Let's get Massi."

As a rattlesnake, Massi has no limbs and relies on pure muscle to survive. He plans his protein gains with a vengeance, eating at least three small rodents a week. Plus—to get his greens in—he incorporates a frog, monthly. With a rattle and venom to spare, he's ready to take on any competition.

Summer 2024



BROOKE-TAIL RABOUTOU

CLIMBING 🐾 TEAM WETLAND

Florida Panther

Hometown: Immokalee, FL D.O.B: 5/16/2014

Height: 2' Weight: 100 lbs

"If at first you don't succeed, dust your tail off and try again."

As a kitten, Brooke-tail had an accident that permanently disfigured her tail, but the hit to her balance didn't slow her down. She's now an expert climber and panther celebrity, where she uses her fame to talk about her true passion: wildlife crossings.

Summer 2024



MYA GRATON

TRACK 🐾 TEAM COAST

Rufa Red Knot

Hometown: Delaware Bay, DE D.O.B: 7/15/2022

Length: 10" Weight: 4.2 oz

"Flying fast, far, and for long—it's what I love to do!"

Mya is a travel fanatic who spreads her wings to go on yearly vacations from Tierra del Fuego in Argentina to the Canadian Arctic. But the almost 10,000 mile trip isn't enough. Taking after her roseate tern mentor, Mya wants to be the first red knot to go to France. Look out croissants – here comes Mya!

Summer 2024



TROY GLOBITE

CLIMBING 🐾 TEAM FOREST

Virginia Big-Eared Bat

Hometown: Karst Cave, VA D.O.B: 6/6/2016

Height: 4" Weight: 0.3 oz

"The only thing I like more than sleeping upside down is climbing."

Though he could fly at just three weeks old, Troy prefers climbing to grab the moths he likes to munch on at mealtimes. Using his big ears that take up a quarter of his body length, he detects the vibrations in cave walls to predict and avoid falling rocks, making him an excellent and precise climber.

Summer 2024



PHYL TRATON

STRENGTH 🐾 TEAM RIVER

Dwarf Wedgemussel

Hometown: Pequest River, NJ D.O.B: 4/19/2020

Length: 1.6" Weight: 0.75 oz

"No matter how strong the current, I won't be knocked down."

A mussel motivated by memories of her fallen friends, Phyl is determined to survive and be the strongest mussel around. Her sedentary lifestyle doesn't make her lazy; she uses her powerful foot to anchor to the riverbed, withstanding currents up to 4 mph while her strong stomach filters the river water.

Summer 2024



NORA ANNIE LOPE

TRACK 🐾 TEAM DESERT

Sonoran Pronghorn

Hometown: Ajo, AZ D.O.B: 5/31/2018

Height: 2'10" Weight: 70 lbs

"I am the GOAT—the speed goat."

Nora is always moving with her herd, searching for greener pastures and cooler locations when the weather gets hot. Running is in her heart—literally. Her oversized heart allows more blood to travel to her huge lungs, making her a fierce contender. However, don't tawn over Nora, because you might just receive a prong-hug.

Summer 2024



MICHAEL KEEPS

SWIMMING 🐾 TEAM COAST

Southern Sea Otter

Hometown: Morro Bay, CA D.O.B: 1/14/2020

Length: 4' Weight: 64 lbs

"Embrace the waves."

As a baby otter, Michael's mother would leave him floating in the water, wrapped in kelp, while she dove for food. This inspired his passion for diving. Before competitions, Michael rubs his lucky shell, hoping it will help him swim faster and dive deeper. Currently, Michael can dive to 280 feet, but his goal is 300 feet.

Summer 2024



BARK HENRY

STRENGTH 🐾 TEAM FOREST

Whitebark Pine

Hometown: Mount Tallac, CA D.O.B: 6/1/1886

Height: 48'5" Weight: 2,357 lbs

"My bark may be soft, but my core is strong."

Bark watched their mother compete in the Summer 1896 games, and they're ready to carry on the family legacy. Whether it's 100 mph winds or 90 inches of snow on their branches, Bark overcomes any challenge by thinking of their mother and listening to the encouragement of Coach Lightfoot, a Clark's nutcracker.

Summer 2024





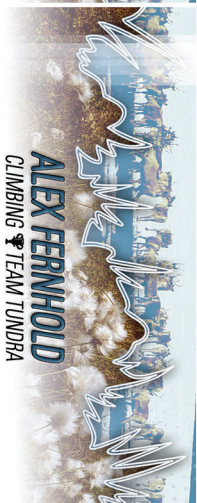
HUFF HOGAN

WRESTLING 🏆 TEAM TUNDRA

Wood Bison
Hometown: Lower Yukon/Innoko Rivers, AK D.O.B: 8/12/2010
Height: 6' Weight: 2000 lbs

*"When the going gets tough,
the tough get grazin'."*

It's all about the BBB! Big Bison Bounce! This big fella spends the off-season grazing on grasses and sedges while they perfect their headbutting technique. Huff's every wrestling move is a spectacle to behold, but their signature "horn toss" urges their opponents and the audience to take cover!



ALEX FERNHOLD

CLIMBING 🏆 TEAM TUNDRA

Aleutian Shield Fern
Hometown: Adak Island, AK D.O.B: 6/21/2023
Height: 6' Weight: 3 oz

"I'm root-in' for everyone!"

Alex is one of very few endangered Aleutian shield ferns on the remote island of Adak, where she has spent her life climbing crevices along rocky coastal cliffs and mountains overlooking the Aleutian chain! Rock climbing becomes art when you witness Alex's roots anchored into the tiniest cracks on the steepest rock faces.



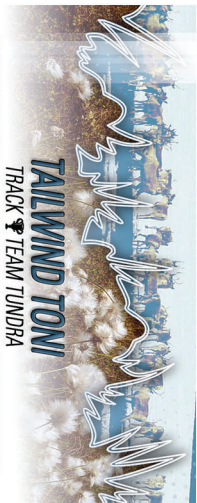
URSA MAJOR

STRENGTH 🏆 TEAM TUNDRA

Polar Bear
Hometown: Arctic Circle, AK D.O.B: 1/2/2017
Height: 8' Weight: 700 lbs

"Too cold to hold."

Huge and hungry, this heavyweight legend of the Arctic Circle is ready to rumble and humble. Ursa works tirelessly to stay at polar peak performance. She starts her training with a protein-rich bearded seal snack and then goes for a chilly and invigorating dip among the sea ice, which she requires for peak performance.



TAILWIND TONI

TRACK 🏆 TEAM TUNDRA

Short-Tailed Albatross
Hometown: Torishima, Japan D.O.B: 12/31/2009
Height: 2' Weight: 9 lbs

"Here comes Mr. World WIND!"

Tailwind Toni trains with his coach and lifelong mate, Shir Force, spending hours gliding over the ocean, and using his huge wingspan to find muscle-building nutrition like squid, fishes, and other marine munchies. Tailwind Toni is known for his ability to use wind currents to his advantage, soaring past the competition!



MICHELLE KELPS

SWIMMING 🏆 TEAM TUNDRA

Northern Sea Otter
Hometown: Amchitka, AK D.O.B: 4/18/2018
Length: 4'6" Weight: 60 lbs

*"Just keep paddling and aim for
the clam. A girl's gotta eat."*

All year long, Michelle hits the water as soon as the sun hits the International Date Line off the coast of Amchitka Island. Bring your binocs and catch Michelle's signature foraging dive, where she uses her webbed hind flippers to propel her further and deeper than otter athletes.

