



Assisting Local Youth Programs

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GrandmasMarathon.com

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FOR IMMEDIATE RELEASE

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FITGER'S 5K RETURNS TO FULL CAPACITY, NORMAL COURSE IN 2022

(DULUTH, MINN.) --- The 33rd annual Fitger's 5K will look and feel more like normal this April, with the iconic spring race returning to full capacity and a more traditional racecourse after two years of modifications.

"Our events are meant to come with a sense of community," Marketing & PR Director Zach Schneider said, "and that's tough to replicate with a limited field. Our participants this year will again be surrounded by lots of people with the same goals, and that type of positive energy can be very helpful not just in a race but in life."

This year's Fitger's 5K field will be capped at 2,000 participants and is expected to sell out prior to race day. The event will also return to an out-and-back racecourse, first introduced in 2019, that uses mainly Superior Street and London Road.

That's after just 900 people were able to participate last year, using a modified wave start process and racecourse designed to promote social distancing.

The 2022 Fitger's 5K is scheduled for a 9:00 a.m. start on Saturday, April 23. The cost of the race is \$35 for adults (\$40 on race day) and \$15 for youth (ages 12 and under). Each participant will receive a commemorative Fitger's 5K long sleeve shirt and pair of Fitsoks.

To register or for more information, please visit youngathletesfoundation.com.

For any interview requests, please contact Marketing & Public Relations Director Zach Schneider via email at zach@grandmasmarathon.com or call our office at (218) 727-0947.





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ABOUT THE YOUNG ATHLETES FOUNDATION

Created in 1990, this arm of Grandma's Marathon allows us to support community members and local businesses to provide pathways of opportunity for kids to live active and healthy lifestyles. The YAF offers a variety of community grants and youth programming, including our Grant Program, Running Shoe Program, UMD Eleanor Rynda Scholarship Fund, and kids' programming including Wednesday Night & Saturday Morning at the Races.

In addition, the YAF's mission is helped and funded by various races throughout the year --- St. Fennessy 4K, Fitger's 5K, Park Point 5-Miler, Minnesota Mile, and North End Nightmare.

Since its inception, the YAF has contributed more than \$1 million to area nonprofit youth athletic organizations.

