



FOR IMMEDIATE RELEASE
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EARTH DAY IS RACE DAY FOR FITGER'S 5K

Several Initiatives Planned to Make Race a "Zero Waste Event" in 2023

(DULUTH, MINN.) --- With the 2023 Fitger's 5K falling on Earth Day, Grandma's Marathon-Duluth, Inc. and the Young Athletes Foundation (YAF) have announced plans to make it a zero-waste event.

Included for the 1,500-person race will be several initiatives aimed at curbing the local event's impact on the environment:

- Participant shirts, made by Leslie Jordan, will be made of recycled polyester.
- 3,000 reusable cups, provided by Hiccup, will be available to participants at a mid-race water station and the finish line.
- Compostable post-race refreshments available to participants will be bananas (Super One Foods), Old Dutch chips (Project Nice), and race rolls (Great Harvest).
- Waste sorting stations and a bike valet will be available throughout the event.
- Age division award winners will be presented with marigold flower boxes.

The 2023 Fitger's 5K is scheduled for Saturday, April 22 and will start at 9:00 a.m. in front of the Fitger's complex on Superior Street. A new, scenic racecourse will take participants toward the DECC and on a tour of the downtown waterfront before finishing on the Lakewalk behind the Fitger's complex.

Registration this year is limited to the first 1,500 participants, with the entry fees currently \$45 for adults and \$15 for youth (ages 18 & under). Each person registering will receive a long sleeve shirt and finisher medal as part of their entry fee.

Online registration is open now and available [HERE](#). That will continue through Thursday, April 20, and then in-person registration will be available at the following times:

Friday, April 21 – 12:00 p.m. to 6:00 p.m. @ Fitger's Complex
Saturday, April 22 – 8:00 a.m. to 9:30 a.m. @ Fitger's Complex

For any questions or interview requests, please contact Marketing & Public Relations Director Zach Schneider via phone at (218) 343-9874 or via email at zach@grandmasmarathon.com.

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ABOUT THE YOUNG ATHLETES FOUNDATION (YAF)

Created in 1990, the Young Athletes Foundation (YAF) works to support the growth and development of youth athletics throughout northeast Minnesota and northwest Wisconsin by assisting community members and local businesses to provide pathways of opportunity for kids to live active and healthy lifestyles.

The YAF offers community support in a variety of ways, including our Grant Program, Running Shoe Program, and UMD Eleanor Rynda Scholarship Fund. The organization also hosts several kids' events throughout the year including Wednesday Night & Saturday Morning at the Races.

The YAF's mission is helped and funded by various road races throughout the year --- the 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 \$1.3 million to area nonprofit youth athletic organizations.

