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FIRST TIMERS HILL, STRANDEMO LEAD THE WAY AT 17TH ANNUAL MINNESOTA MILE

Duluth Running Company Defends Title in Corporate Team Challenge

(DULUTH, MINN.) --- Kendall Hill and Madeline Strandemo were both running in their first-ever Minnesota Mile on Friday evening, but both can now return next year with hopes of a second straight win.

Hill, a Duluth East graduate, had never run the race before but set an ambitious goal pace of 4:30. After going out faster than he wanted, Hill broke the tape in 4:31 and was four seconds ahead of second-place finisher Alex Heidorn.

Strandemo, meanwhile, signed up only Friday morning for the event and was planning on acting as a pacer for her boyfriend. After instead joining the women's competitive heat, the Duluth resident finished in 4:59 to post the best women's time in this event since 2019.

Samantha Frey, also of Duluth, won the non-binary division with a time of 7:33, and the Duluth Running Company successfully defended its overall title in the Corporate Team Challenge.

Full results of the 2023 Minnesota Mile can be found [HERE](#).

With 556 registered participants, this year's Minnesota Mile saw 470 total finishers, which was the most for the event since 2019.

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.

