



**FOR IMMEDIATE RELEASE**  
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## REGISTRATION OPENS FOR 2023 NORTH END NIGHTMARE 5K

*New Morning Start Time Highlights Changes for Race's 5<sup>th</sup> Year*

**(SUPERIOR, WIS.)** --- Registration is officially open for the 2023 North End Nightmare 5K, which will be held at 11:00 a.m. on Saturday, October 28 in Superior, Wis.

The morning start time is new for the Halloween-based event, which will again start and finish near Earth Rider Brewery and be part of the day-long Superior Spooktacular celebration.

Participants are encouraged to dress up and run in their Halloween costumes for the event. A costume contest will again offer fabulous prizes to the day's best dressed, as well as separate prizes for the best group and kids' costumes.

All participants this year will receive a commemorative North End Nightmare 5K full-zip sweatshirt and a free beverage ticket to be redeemed on race day at Earth Rider Brewery.

The Spider Dash Races for Kids, which are free and open to ages 14 & under, are scheduled to start at 12:30 p.m. and are intended to lead directly into the Superior Spooktacular Halloween parade.

The 2023 North End Nightmare 5K will use a tiered pricing system, as outlined below, so early registration is encouraged:

### ADULTS

September 1-September 15 — \$30

September 16-October 15 — \$35

October 16-Race Day — \$40

### YOUTH (Ages 18 & Under)

September 1-Race Day — \$10

For more information or to register for the 2023 North End Nightmare 5K, please click [HERE](#).



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](mailto: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.

