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## **REGULAR, ROOKIE EMERGE VICTORIOUS AT 34<sup>TH</sup> ANNUAL FITGER'S 5K**

*Behling, Nash Win Men's and Women's Titles at 2023 Fitger's 5K*

**(DULUTH, MINN.)** --- Scott Behling and Alyssa Nash broke the tape on Saturday morning at the 34<sup>th</sup> annual Fitger's 5K, crowning a usual victor of the men's race and a first-time winner of the women's race.

It was déjà vu all over again for Behling, who extended his all-time wins record at the Fitger's 5K to five with a finishing time of 15:56. The former UW-Superior standout has now won five of the past eight men's titles, finishing this year's race 20 seconds ahead of runner-up Evan Walpole.

Nash, meanwhile, was running in her first-ever Fitger's 5K and crossed the line first in the women's race with a time of 19:22. The former Hamline cross country and track and field runner was 18 seconds ahead of Duluthian Tiffany Kari Cizmas, who had her best-ever finish in second.

There were 857 finishers (364 men, 492 women) in the run division of the 2023 Fitger's 5K.

### **WALK DIVISION**

Chris Hegg, Terry Kolenda, and Kesley Brown, meanwhile, all finished as winners in the walk division of the 34<sup>th</sup> annual Fitger's 5K.

The 70-year-old Hegg, from Grand Marais, Minn., finished first among men's walkers with a time of 37:26, which was more than five minutes better than runner-up Frank Skolte.

The 61-year-old Kolenda, from Duluth, Minn., finished first among women's walkers with a time of 38:50, which was nearly two minutes better than runner-up Anne Hegg.



Brown, meanwhile, became just the second non-binary winner in the event's history by finishing the walk in 52:03. From Hibbing, Minn., Brown follows 2022 champion Brenna Roth (Duluth, Minn.) as the only non-binary participants in Fitger's 5K walk division history.

There were 80 finishers (23 men, 56 women, 1 non-binary) in the walk division of the 2023 Fitger's 5K.

Full results of the 2023 Fitger's 5K can be found [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.

