



FOR IMMEDIATE RELEASE
Contact: Zach Schneider
Marketing & Public Relations Director
(218) 727-0947
zach@grandmasmarathon.com

NEW COURSE BRINGS NEW CHAMPIONS AT 2024 SUPERIOR NIGHTMARE 5K

(SUPERIOR, WIS.) --- Duluthians Carter Vork and Lauren Dynek were first across the finish line on Saturday morning, sidestepping any scary surprises on their way to victories at the newly named Superior Nightmare 5K.

The 25-year-old Vork won the men's race with a time of 18:24, outrunning six teenagers who all finished within two minutes of him. 13-year-old Axel Ohrt was the runner-up with a time of 19:12, and 17-year-old Gaven Greshowak was just behind him in 19:18.

Dynek, also 25 years old, won the women's race with a time of 19:56 that was more than a minute better than the runner-up Calla Gilbertson, who finished in 21:15.

There were 576 total finishers in Saturday's Superior Nightmare 5K, which was renamed this year and moved from the city's north end to the university district. Participants were encouraged to wear costumes, and the racecourse now travels through some of the most celebrated Halloween neighborhoods in Superior, including the famous Hammond Park.

This was the second-largest field in the event's history, trailing only the inaugural event in 2019 which saw 863 finishers.

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.

###

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 both the Eleanor Rynda and Carlyn Mather scholarships. 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 Saint Fennessy 4K, Fitger's 5K, Park Point 5-Miler, Minnesota Mile, and Superior Nightmare 5K.

Since its inception, the YAF has contributed more than \$1.3 million to nonprofit youth athletic organizations.

