



2022 MEDIA GUIDE



TOYOTA



MEMBERS
COOPERATIVE CREDIT UNION





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A MINNESOTA NONPROFIT CORPORATION

June 2022

Welcome to Duluth and the 46th annual Grandma's Marathon weekend!

Media coverage and contributions have always been a cornerstone of our event, and your efforts have helped grow our race weekend into what it is today. On behalf of the Grandma's Marathon staff and Board of Directors, we thank you for your continued support and engagement.

After more than four decades of this great summer tradition, we have welcomed hundreds of thousands into our community and witnessed participants from all over the world cross the Grandma's Marathon finish line.

Each of these participants has their own unique story. From those trying to beat their personal records to those overcoming illness or personal hardship, each runner's story is what makes Grandma's Marathon so very special. Your telling of these stories only deepens the roots our race has in Duluth and the surrounding communities, and we thank you for all you have shared throughout the years.

With the numerous festivities and surrounding activities of Grandma's Marathon weekend, there surely is something for everybody. People from all over the world come together to make this a world class event with small town charm, and we could not do it without each and every one of them.

The 2022 Media Guide is designed to be your primary source of information as you cover our race weekend, but please do not hesitate to reach out if we can help in any other way to make your work easier and more effective.

Thank you for all you do, and please enjoy the 2022 Grandma's Marathon weekend!

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Media Information



MEDIA SCHEDULE OF EVENTS

THURSDAY, JUNE 16

RUDY PERPICH PUBLIC SERVICE AWARD BREAKFAST

7:00 a.m. | Garden Event Center

Honorees:

Bob Shene, Duluth Police Department

Carey Johnson, Lake County Sheriff

FRIDAY, JUNE 17

VIRTUAL COURSE TOUR (FEAT. DOUG KURTIS)

11:00 a.m. | DECC – Paulucci Hall

MEDIA CREDENTIAL PICKUP

11:00 a.m. – 3:00 p.m. | Garden Event Center

WHEELCHAIR PRE-RACE MEDIA AVAILABILITY

11:00 a.m. | Garden Event Center

Invited Athletes:

Aaron Pike

JohnBoy Smith

Susannah Scaroni

Jenna Fesemyer

MARSH NELSON MEDIA LUNCHEON & AWARD CEREMONY

12:00 p.m. | Garden Event Center

Honoree: Deb Messer, WDIO

YAF FESTIVAL FOR KIDS

12:00 p.m. – 4:00 p.m. | Bayfront Festival Park

WHIPPER SNAPPER RACES FOR KIDS

1:00 p.m. | Bayfront Festival Park

WOMEN'S PRE-RACE MEDIA CONFERENCE

1:15 p.m. | Garden Event Center

Invited Athletes:

Dakotah Lindwurm

Sarah Sellers

Molly Culver

Kelsy Bruce

Rosie Edwards

MEN'S PRE-RACE MEDIA CONFERENCE

1:45 p.m. | Garden Event Center

Invited Athletes:

Milton Rotich

Elisha Barno

CJ Albertson

Joel Reichow

Luis Orta

DIVERSITY, EQUITY, & INCLUSION ROUNDTABLE

2:00 p.m. | DECC – Paulucci Hall

Panelists:

Ed Walton – Black Men Run

Katia Lopez-Petrovich – Latinas on the Move

Alicia Kozlowski – Kwepack

Jake Fedorowski – Seattle Frontrunners

VIRTUAL COURSE TOUR (FEAT. DOUG KURTIS)

3:15 p.m. | DECC – Paulucci Hall

GRANDMA'S MARATHON PRE-RACE TALK SHOW (FEAT. DICK BEARDSLEY & CARRIE TOLLEFSON)

4:00 p.m. | DECC – Paulucci Hall

Guests:

Garry Bjorklund & Wendy Hovland

Milton Rotich & Dakotah Lindwurm

Aaron Pike & Susannah Scaroni

Duluth Mayor Emily Larson & Matt Baumgartner

29TH ANNUAL WILLIAM A. IRVIN 5K

6:00 p.m. Start Time

6:15 p.m. Approximate Champions Finish Time



MEDIA SCHEDULE OF EVENTS

SATURDAY, JUNE 19

MEDIA CENTER OPEN

5:30 a.m. – 2:00 p.m. | Garden Event Center

START OF THE 32nd ANNUAL GARRY BJORKLUND HALF MARATHON

6:00 a.m.

APPROXIMATE FINISH TIME OF THE GARRY BJORKLUND HALF MARATHON CHAMPIONS

7:00 a.m. Men's Champion

7:10 a.m. Women's Champion

START OF THE 46th ANNUAL GRANDMA'S MARATHON

7:35 a.m. Wheelchair & Duos

7:40 a.m. Men's Elite & Sub-Elite

7:45 a.m. Women's Elite & Sub-Elite

7:45 a.m. Citizen

POST-RACE MEDIA CONFERENCE (GARRY BJORKLUND HALF MARATHON)

8:00 a.m. | Garden Event Center

The Garry Bjorklund Half Marathon men's and women's champions will be available in a media conference setting inside the Media Center following a brief awards ceremony. Other elite athletes, including the men's and women's master champions, may be made available upon request. No interviews are allowed at the finish line.

APPROXIMATE FINISH TIME OF THE GRANDMA'S MARATHON WHEELCHAIR CHAMPIONS

9:00 a.m. Men's Champion

9:05 a.m. Women's Champion

APPROXIMATE FINISH TIME OF THE GRANDMA'S MARATHON CHAMPIONS

9:50 a.m. Men's Champion

10:10 a.m. Women's Champion

POST-RACE MEDIA CONFERENCE (GRANDMA'S MARATHON WHEELCHAIR)

10:30 a.m. | Garden Event Center

The Grandma's Marathon men's and women's wheelchair champions will be available in an open media setting inside the Media Center following a brief awards ceremony. Other wheelchair athletes may be made available upon request. No interviews are allowed at the finish line.

POST-RACE MEDIA CONFERENCE (GRANDMA'S MARATHON)

11:00 a.m. | Garden Event Center

The top two Grandma's Marathon men's and women's finishers will be available in a media conference setting inside the Media Center following a brief awards ceremony. Other elite athletes, including the men's and women's master champions, may be made available upon request. No interviews are allowed at the finish line.

POST-RACE RECEPTION

6:00 p.m. | DECC – Harborside Ballroom

Awards Presented:

Hall of Fame

Founder's Award

Award of Excellence

Ambassador Award

1000-Miler Award



MEDIA SPECIFICS

MEDIA CREDENTIALS

Official Grandma's Marathon media credentials are required for all working media on race weekend and must always be visible. Media members will have access to certain restricted areas, including the Media Center near the finish line. To access the secure finish line area, media must also have and display an official finish line ribbon with their credential.

MEDIA VEHICLES

No unofficial or private vehicles are allowed on the racecourse at any time during the running of Grandma's Marathon, the Garry Bjorklund Half Marathon, or the William A. Irvin 5K.

RACECOURSE COVERAGE

Travel on race weekend is limited and traffic can be heavy. If you plan to cover multiple points of the race, please contact Marketing & Public Relations Director Zach Schneider and he will help develop a working strategy. The best stationary positions for media are along the access roads connected to the MN-61 Expressway or along London Road and Superior Street. We do not recommend one person attempt to cover both the start and finish areas.

BROADCAST UNITS

Live trucks or other broadcast units used at the finish area must be parked in Canal Park before 3:00 p.m. on Friday, June 17, and the location must be pre-approved by Grandma's Marathon staff. The finish area will then be closed to all traffic until approximately 4:00 p.m. on Saturday, June 18.

PARKING

There is no parking available in Canal Park lots on race day. Parking is available at the DECC, Bayfront Festival Park, and in downtown Duluth.

MEDIA CENTER

The Grandma's Marathon Media Center is located in The Garden Event Center (425 S. Lake Avenue, Duluth, MN 55802) near the finish line area in Canal Park. A media credential is required to access the Media Center.

The Media Center will be open on Saturday, June 18 from 5:30 a.m. to 2:00 p.m. Table space, wireless internet, and refreshments will be provided for working media members throughout the day.

The Northland FAN 106.5 FM is the official radio station of Grandma's Marathon and will air race coverage on the radio that will be simulcast on ESPN Radio 560 WEBC.

WDIO-TV is the official television station of Grandma's Marathon and will air race coverage via web stream on wdio.com.

The Duluth News Tribune is the official newspaper of Grandma's Marathon and will print full race results in the Wednesday, June 22 edition.

The Northland FAN 106.5 FM, WDIO-TV, and the Duluth News Tribune are the only media outlets authorized to conduct interviews inside the secure finish area in Canal Park. Other outlets will be provided access to the top elite runners at the post-race media conference in the Media Center.



MEDIA SPECIFICS

RESULTS

Race results for all three of the weekend's races – Grandma's Marathon, the Garry Bjorklund Half Marathon, and the William A. Irvin 5K – will be posted online to www.grandmasmarathon.com and www.mtecresults.com as the races are in progress throughout the weekend.

Lists of top finishers in Grandma's Marathon and the Garry Bjorklund Half Marathon will be available in the Media Center throughout the day on Saturday, June 18. All results given on race day are unofficial until certified.

NOTE: We will recognize the top 10 men and women from each race at a short ceremony inside the Media Center. Age group winners can pick up their prizes at Bayfront Festival Park any time between 10:00 a.m. and 3:00 p.m. on Saturday.

LOGOS & PHOTOS

For high resolution logos and photos from the 2022 Grandma's Marathon weekend, please email your request to Marketing & Public Relations Director Zach Schneider at zach@grandmasmarathon.com.

QUESTIONS

Contact: Zach Schneider
Marketing & Public Relations Director
Office Phone: (218) 727-0947
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Email: zach@grandmasmarathon.com

USEFUL WEBSITES

grandmasmarathon.com

The official Grandma's Marathon website. Will have ASICS live runner tracking available on race day.

mtec.com

The official results platform of Grandma's Marathon. Chip-timing and tracking is a joint effort between ASICS and MTEC Results.

runningusa.org

The top long-distance running information site in the United States. Includes information about top American athletes and road races, in-depth statistics, and general news from the U.S. running industry.

usatf.org

USA Track & Field (USATF) is the national governing body for track and field, long-distance running, and race walking. Provides a variety of information including athlete bios, rules and regulations, statistics, and general news from the U.S. running industry.

raceresultsweekly.com

Includes elite athlete rankings, the world's top marathon times, and more general news from the U.S. running industry.



Course Records



GRANDMA'S MARATHON EVENT RECORD HOLDERS

MEN

Dominic Ondoro set the Grandma's Marathon men's event record in 2014 with a time of 2:09:06, breaking the longtime mark of Dick Beardsley that had stood since 1981.

It was just the second-ever US marathon for the Kenya native, who finished almost three full minutes ahead of the runner-up. Beardsley, who is now part of the radio broadcast team for the race, was among the first at the finish line to greet and congratulate Ondoro.

Ondoro also owns the event record at the Twin Cities Marathon, where he is a four-time champion.

*Superior St. Course Best – Dominic Ondoro (2014), 2:09:06

*Michigan St. Course Best – Elisha Barno (2018), 2:10:06

WOMEN

Kellyn Taylor set the Grandma's Marathon women's event record in 2018 with a time of 2:24:28, breaking the previous mark by more than two minutes.

It was, at the time, a personal-best by more than four minutes for Taylor and the seventh-fastest marathon in history for an American woman.

A native of Sussex, Wis., Taylor narrowly missed making the 2016 US Olympic Team by finishing fourth in the 10,000m. She also more recently placed eighth at the 2020 Olympic Trials in the marathon.

Taylor is a mom to her daughter Kylyn, and she also was certified in 2016 to become a firefighter when she's finished with her running career.

*Superior St. Course Best – Sarah Kiptoo (2013), 2:26:32

*Michigan St. Course Best – Kellyn Taylor (2018), 2:24:28





GRANDMA'S MARATHON AGE DIVISION EVENT RECORDS

MEN

DIVISION	NAME	YEAR	CITIZENSHIP	TIME	AGE
Open	Dominic Ondoro	2014	Kenya	2:09:06	26
12-18	David House	1978	Canada	2:32:25	18
19-34	Dominic Ondoro	2014	Kenya	2:09:06	26
35-39	Christopher Kipyego	2011	Kenya	2:12:17	37
40-44	Christopher Kipyego	2014	Kenya	2:11:59	40
45-49	Christopher Kipyego	2019	Kenya	2:17:03	45
50-54	Fritz Mueller	1986	United States	2:30:27	50
55-59	Alex Ratelle	1981	United States	2:30:40	56
60-64	Tim Freeman	2014	United States	2:45:59	64
65-69	Jared Mondry	2009	United States	3:07:06	67
70+	John Keston	1995	United States	3:07:30	70
Wheelchair	Aaron Pike	2019	United States	1:20:59	33
Local	Todd Sperling	1981	USA (Superior, WI)	2:21:24	21
Minnesotan	Dick Beardsley	1981	USA (Excelsior, MN)	2:09:37	25

WOMEN

DIVISION	NAME	YEAR	CITIZENSHIP	TIME	AGE
Open	Kellyn Taylor	2018	United States	2:24:28	31
12-18	Karlene Erickson	1982	United States	2:45:37	16
19-34	Kellyn Taylor	2018	United States	2:24:28	31
35-39	Halina Karnatsevich	2005	Belarus	2:28:43	35
40-44	Fira Sultanova	2003	Russia	2:27:05	41
45-49	Ramilia Burangulova	2007	Russia	2:38:55	46
50-54	Gloria Jansen	1998	United States	3:03:57	51
55-59	Susan Loken	2019	United States	2:52:09	55
60-64	Amy Yanni	2014	United States	3:23:25	60
65-69	Myra Rhodes	1999	United States	3:44:14	66
70+	Toshiko d'Elia	2001	United States	4:04:03	71
Wheelchair	Susannah Scaroni	2019	United States	1:30:42	28
Local	Katie Koski	2002	USA (Two Harbors, MN)	2:42:33	29
Minnesotan	Dakotah Lindwurm	2021	USA (Eagan, MN)	2:29:04	26
Grandma	Susan Loken	2019	USA (Phoenix, AZ)	2:52:09	55



GRANDMA'S MARATHON began in 1977 when a group of local runners planned a scenic road race from Two Harbors to Duluth in northeastern Minnesota. There were just 150 participants that year, but organizers knew they had discovered something special.

The race got its name from the Duluth-based group of famous Grandma's Restaurants, the first

major sponsor of the marathon. Over time, the level of sponsorship with the restaurants changed, but the name stayed the same.

Today, more than 20,000 runners from all over the world travel to Duluth each year to participate in the weekend's festivities and have made it now the 12th-largest marathon in the United States.

GRANDMA'S MARATHON TOP 10 FINISHERS

MEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Dominic Ondoro	2014	Kenya	2:09:06
2	Dick Beardsley	1981	United States	2:09:37
3	Elisha Barno	2018	Kenya	2:10:06
4	Garry Bjorklund	1980	United States	2:10:20
5	Elisha Barno	2015	Kenya	2:10:38
6	Elly Rono	2002	Kenya	2:10:57
7	Don Norman	1985	United States	2:11:08
8	Bazu Worku	2013	Ethiopia	2:11:14
9	Dominic Ondoro	2015	Kenya	2:11:17
10	Pavel Andreev	2002	Russia	2:11:20

GRANDMA'S MARATHON TOP 10 USA FINISHERS

MEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Dick Beardsley	1981	Excelsior, MN	2:09:37
2	Garry Bjorklund	1980	Minneapolis, MN	2:10:20
3	Don Norman	1985	Republic, PA	2:11:08
4	Garry Bjorklund	1981	Minneapolis, MN	2:11:31
5	Andrew Colley	2019	Blowing Rock, NC	2:12:13
6	John Tuttle	1983	Auburn, AL	2:12:31
7	Matt Wilson	1983	Springfield, MO	2:12:56
8	Jeff Eggleston	2011	Flagstaff, AZ	2:13:12
9	Matt Gabrielson	2011	St. Louis Park, MN	2:13:28
10	Joseph Whelan	2019	Spring Branch, TX	2:13:39



GRANDMA'S MARATHON TOP 10 NON-USA FINISHERS

MEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Dominic Ondoro	2014	Kenya	2:09:06
2	Elisha Barno	2018	Kenya	2:10:06
3	Elisha Barno	2015	Kenya	2:10:38
4	Elly Rono	2002	Kenya	2:10:57
5	Bazu Worku	2013	Ethiopia	2:11:14
6	Dominic Ondoro	2015	Kenya	2:11:17
7	Pavel Andreev	2002	Russia	2:11:20
8	Joseph Kamau	2003	Kenya	2:11:22
9	Elisha Barno	2016	Kenya	2:11:26
10	Jordan Chipangama	2015	Zambia	2:11:35

GRANDMA'S MARATHON TOP 10 MINNESOTA FINISHERS

MEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Dick Beardsley	1981	Excelsior, MN	2:09:37
2	Garry Bjorklund	1980	Minneapolis, MN	2:10:20
3	Garry Bjorklund	1981	Minneapolis, MN	2:11:31
4	Matt Gabrielson	2011	St. Louis, Park, MN	2:13:28
5	Michael Reneau	2013	St. Paul, MN	2:13:53
6	Steve Benson	1981	Bloomington, MN	2:14:41
7	Dick Beardsley	1982	Rush City, MN	2:14:49
8	Barney Klecker	1981	Hopkins, MN	2:15:20
9	Chris Erichsen	2012	Minneapolis, MN	2:16:31
10	Tyler Jermann	2021	St. Paul, MN	2:16:42



GRANDMA'S MARATHON MULTIPLE TIME CHAMPIONS

MEN

# OF TITLES	NAME	YEARS	CITIZENSHIP
2	Garry Bjorklund	1977, 1980	United States
2	Dick Beardsley	1981, 1982	United States
2	Doug Kurtis	1989, 1993	United States
2	Patrick Muturi	1996, 1997	Kenya
2	Wesly Ngetich	2005, 2007	Kenya
4	Elisha Barno	2015, 2016, 2017, 2018	Kenya

GRANDMA'S MARATHON CLOSEST FINISHES

MEN

Based on elapsed time between first- and second-place finishers.

YEAR	FIRST PLACE (TIME)	SECOND PLACE (TIME)	MARGIN
2011	Christopher Kipyego (2:12:16)	Teklu Deneke (2:12:16)	0.2 Seconds
1999	Andrew Musuva (2:13:21)	Tesfaye Bekele (2:13:25)	4 Seconds
2008	Lamech Mokono (2:13:39)	David Tuwei (2:13:44)	5 Seconds
1994	Don Johns (2:18:19)	Jose Ramirez (2:18:25)	6 Seconds
2005	Wesly Ngetich (2:13:18)	Simon Sawe (2:13:33)	15 Seconds
2010	Philemon Kemboi (2:15:44)	Christopher Kipyego (2:16:00)	16 Seconds



GRANDMA'S MARATHON TOP 10 FINISHERS

WOMEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Kellyn Taylor	2018	United States	2:24:28
2	Sarah Kiptoo	2013	Kenya	2:26:32
3	Fira Sultanova	2003	Russia	2:27:05
4	Nell Rojas	2019	United States	2:28:06
5	Halina Karnatsevich	2005	Belarus	2:28:43
6	Dakotah Lindwurm	2021	United States	2:29:04
7	Elena Makolova	1999	Belarus	2:29:12
8	Lorraine Moller	1981	New Zealand	2:29:36
9	Albina Galliamova	1999	Russia	2:30:02
10	Askale Merachi	2018	Ethiopia	2:30:18

GRANDMA'S MARATHON TOP 10 USA FINISHERS

WOMEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Kellyn Taylor	2018	Flagstaff, AZ	2:24:28
2	Nell Rojas	2019	Boulder, CO	2:28:06
3	Dakotah Lindwurm	2021	Eagan, MN	2:29:04
4	Katja Goldring	2021	Flagstaff, AZ	2:31:30
5	Dot McMahon	2011	Rochester Hills, MI	2:31:50
6	Lindsey Scherf	2015	High Falls, NY	2:32:19
7	Mary Alico	1996	Orlando, FL	2:32:42
8	Tristin Van Ord	2021	Blowing Rock, NC	2:32:55
9	Jennifer Houck	2011	Bloomington, MN	2:33:01
	Jane Welzel	1992	Ft. Collins, CO	2:33:01

GRANDMA'S MARATHON TOP 10 NON-USA FINISHERS

WOMEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Sarah Kiptoo	2013	Kenya	2:26:32
2	Fira Sultanova	2003	Russia	2:27:05
3	Halina Karnatsevich	2005	Belarus	2:28:43
4	Elena Makolova	1999	Belarus	2:29:12
5	Lorraine Moller	1981	New Zealand	2:29:36
6	Albina Galliamova	1999	Russia	2:30:02
7	Askale Merachi	2018	Ethiopia	2:30:18
8	Doreen Kitaka	2013	Kenya	2:30:21
9	Yihunlish Delelecha	2011	Ethiopia	2:30:38
10	Everlyne Lagat	2011	Ethiopia	2:31:32



GRANDMA'S MARATHON TOP 10 MINNESOTA FINISHERS

WOMEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Dakotah Lindwurm	2021	Eagan, MN	2:29:04
2	Jennifer Houck	2011	Bloomington, MN	2:33:01
3	Dakotah Lindwurm	2019	Burnsville, MN	2:34:02
4	Janice Ettle	1991	St. Paul, MN	2:35:27
5	Janis Klecker	1987	Hopkins, MN	2:36:12
6	Janice Ettle	1987	St. Cloud, MN	2:36:21
7	Janis Klecker	1981	Edina, MN	2:36:46
8	Debbie Thometz	1983	St. Paul, MN	2:38:54
9	Janis Klecker	1990	Minnetonka, MN	2:40:08
10	Janice Ettle	1990	Minnetonka, MN	2:40:21

GRANDMA'S MARATHON MULTIPLE TIME CHAMPIONS

WOMEN

# OF TITLES	NAME	YEARS	CITIZENSHIP
3	Lorraine Moller	1979, 1980, 1981	New Zealand
2	Janice Ettle	1982, 1984	United States
2	Jane Welzel	1983, 1985	United States
2	Irina Bogacheva	1995, 1997	Kyrgyzstan
2	Fira Sultanova-Zhdanova	2003, 2004	Russia
3	Mary Akor	2007, 2008, 2009	United States
2	Sarah Kiptoo	2013, 2016	Kenya

GRANDMA'S MARATHON CLOSEST FINISHES

WOMEN

Based on elapsed time between first- and second-place finishers.

YEAR	FIRST PLACE (TIME)	SECOND PLACE (TIME)	MARGIN
1986	Karlene Erickson (2:38:45)	Dorothy Goertzen (2:38:50)	5 Seconds
2009	Mary Akor (2:36:52)	Alina Ivanova (2:36:58)	6 Seconds
1985	Susan Stone (2:39:45)	Wendy Renner (2:39:54)	9 Seconds
1987	Janis Klecker (2:36:12)	Janice Ettle (2:36:21)	9 Seconds
1995	Irina Bogacheva-Ratkovic (2:34:11)	Andrea Bowman (2:34:20)	9 Seconds



GRANDMA'S MARATHON CHAMPIONS & WINNING TIMES

MEN

YEAR	NAME	CITIZENSHIP	TIME
1977	Garry Bjorklund	United States	2:21:54
1978	Barney Klecker	United States	2:18:42
1979	Richard Wilde	United Kingdom	2:14:42
1980	Garry Bjorklund	United States	2:10:19
1981	Dick Beardsley	United States	2:09:37
1982	Dick Beardsley	United States	2:14:49
1983	Gerald Helme	England	2:12:09
1984	Derek Stevens	England	2:12:40
1985	Don Norman	United States	2:11:08
1986	Joseph Kipsang	Kenya	2:12:52
1987	Dan Schlesinger	United States	2:16:00
1988	Armando Azocar	Venezuela	2:20:07
1989	Doug Kurtis	United States	2:16:49
1990	Igor Braslavskiy	USSR	2:18:12
1991	Driss Dacha	Morocco	2:13:59
1992	Roy Dooney	Ireland	2:13:25
1993	Doug Kurtis	United States	2:16:38
1994	Don Johns	United States	2:18:19
1995	Mark Curp	United States	2:15:23
1996	Patrick Muturi	Kenya	2:13:43
1997	Patrick Muturi	Kenya	2:15:44
1998	Simon Peter	Tanzania	2:12:47
1999	Andrew Musuva	Kenya	2:13:21
2000	Pavel Andreev	Russia	2:14:31
2001	Benjamin Matolo	Kenya	2:14:25
2002	Elly Rono	Kenya	2:10:57
2003	Joseph Kamau	Kenya	2:11:22
2004	Vladimir Tsiamchyk	Belarus	2:17:59
2005	Wesly Ngetich	Kenya	2:13:18
2006	Sergei Lukin	Russia	2:14:30
2007	Wesly Ngetich	Kenya	2:15:55
2008	Lamech Mokono	Kenya	2:13:39
2009	Chris Raabe	United States	2:15:13



GRANDMA'S MARATHON CHAMPIONS & WINNING TIMES

MEN

YEAR	NAME	CITIZENSHIP	TIME
2010	Philemon Kemboi	Kenya	2:15:44
2011	Christopher Kipyego	Kenya	2:12:17
2012	Berhanu Girma	Ethiopia	2:12:25
2013	Bazu Worku	Ethiopia	2:11:14
2014	Dominic Ondoro	Kenya	2:09:06
2015	Elisha Barno	Kenya	2:10:38
2016	Elisha Barno	Kenya	2:11:26
2017	Elisha Barno	Kenya	2:12:06
2018	Elisha Barno	Kenya	2:10:06
2019	Boniface Kongin	Kenya	2:11:56
2020	n/a	n/a	n/a
2021	Milton Rotich	Kenya	2:13:04



GRANDMA'S MARATHON CHAMPIONS & WINNING TIMES

WOMEN

YEAR	NAME	CITIZENSHIP	TIME
1977	Wendy Hovland	United States	3:23:39
1978	Cheryl Westrum	United States	2:57:14
1979	Lorraine Moller	New Zealand	2:37:37
1980	Lorraine Moller	New Zealand	2:38:35
1981	Lorraine Moller	New Zealand	2:29:36
1982	Janice Ettle	United States	2:41:20
1983	Jenny Spangler	United States	2:33:51
1984	Anne Hird	United States	2:37:30
1985	Susan Stone	Canada	2:39:45
1986	Karlene Erickson	United States	2:38:45
1987	Janis Klecker	United States	2:36:12
1988	Jacqueline Gareau	Canada	2:43:27
1989	Louise Mohanna	United States	2:39:50
1990	Jane Welzel	United States	2:33:25
1991	Janice Ettle	United States	2:35:27
1992	Jane Welzel	United States	2:33:01
1993	Lorraine Hochella	United States	2:34:46
1994	Linda Somers	United States	2:33:42
1995	Irina Bogacheva	Russia	2:34:11
1996	Mary Alico	United States	2:32:42
1997	Irina Bogacheva	Kyrgyzstan	2:38:44
1998	Yelena Plastinina	Ukraine	2:36:46
1999	Elena Makolova	Belarus	2:29:12
2000	Svetlana Tkach-Schepeleva	Moldova	2:33:53
2001	Lyubov Denisova	Russia	2:35:13
2002	Zinaida Semenova	Russia	2:32:21
2003	Fira Sultanova-Zhdanova	Russia	2:27:05
2004	Fira Sultanova-Zhdanova	Russia	2:35:08
2005	Halina Karnatsevich	Belarus	2:28:43
2006	Svetlana Nekhorosh	Ukraine	2:37:33
2007	Mary Akor	United States	2:35:40
2008	Mary Akor	United States	2:38:50
2009	Mary Akor	United States	2:36:52



GRANDMA'S MARATHON CHAMPIONS & WINNING TIMES

WOMEN

YEAR	NAME	CITIZENSHIP	TIME
2010	Buzunesh Deba	Ethiopia	2:31:36
2011	Yihunlish Delelecha	Ethiopia	2:30:38
2012	Everlyne Lagat	Kenya	2:33:14
2013	Sarah Kiptoo	Kenya	2:26:32
2014	Pasca Myers	Kenya	2:33:45
2015	Jane Kibii	Kenya	2:32:06
2016	Sarah Kiptoo	Kenya	2:33:28
2017	Hellen Jepkurgat	Kenya	2:32:09
2018	Kellyn Taylor	United States	2:24:28
2019	Nell Rojas	United States	2:28:06
2020	n/a	n/a	n/a
2021	Dakotah Lindwurm	United States	2:29:04



GRANDMA'S MARATHON HISTORY

PARTICIPATION SUMMARY

YEAR	FINISHERS	MEN	WOMEN	YEAR	FINISHERS	MEN	WOMEN
1977	116	110	6	2000	6075	3953	2122
1978	585	550	35	2001	6701	4273	2428
1979	1290	1176	114	2002	6835	4346	2489
1980	2375	2192	183	2003	6871	4356	2515
1981	3202	2837	365	2004	6752	4225	2527
1982	4029	3444	585	2005	6885	4344	2541
1983	4195	3587	608	2006	6911	4306	2605
1984	4809	4040	769	2007	6966	4408	2558
1985	4402	3695	707	2008	6875	4343	2532
1986	4401	3650	751	2009	5997	3720	2277
1987	4199	3358	841	2010	5611	3464	2147
1988	3823	3069	754	2011	6337	3658	2679
1989	3749	2978	771	2012	5788	3425	2363
1990	4195	3288	907	2013	5620	3277	2343
1991	4134	3232	902	2014	6212	3497	2715
1992	4553	3576	977	2015	6077	3437	2640
1993	4365	3345	1020	2016	7518	3778	3740
1994	4369	3361	1008	2017	6444	3509	2935
1995	5253	3918	1335	2018	6097	3332	2765
1996	5353	4008	1345	2019	6367	3405	2962
1997	5262	3591	1671	2020	3005	1573	1432
1998	5122	3285	1837	2021	2776	1519	1257
1999	6114	3986	2128	TOTALS	224615	150424	74191

**2020 Race Completed Virtually (COVID-19)*



GRANDMA'S MARATHON HISTORY

WEATHER

YEAR	DATE	TEMPS (°F) LOW HIGH	GENERAL CONDITIONS	YEAR	DATE	TEMPS (°F) LOW HIGH	GENERAL CONDITIONS
1977	June 25	53 80	Clear, hot	2010	June 19	59 68	Partly cloudy
1978	June 24	53 75	Cloudy	2011	June 18	50 63	Cloudy, windy
1979	June 23	41 61	Cloudy	2012	June 16	58 72	Cloudy, windy
1980	June 21	56 79	Cloudy, hot	2013	June 22	55 63	Foggy, mist
1981	June 20	52 63	Cloudy, fog	2014	June 21	48 69	Foggy, mist
1982	June 19	44 61	Cloudy, light rain	2015	June 20	58 73	Foggy, mist
1983	June 11	52 81	Clear, hot	2016	June 18	62 83	Sunny, hot
1984	June 16	48 65	Cloudy, mist	2017	June 17	57 74	Cloudy
1985	June 15	48 66	Cloudy	2018	June 16	53 74	Cloudy, cool
1986	June 21	47 85	Cloudy, hot	2019	June 22	50 73	Clear, windy
1987	June 20	60 71	Sunny	2020	<i>RACE COMPLETED VIRTUALLY (COVID-19)</i>		
1988	June 11	57 84	Sunny, hot	2021	June 19	52 69	Cool, cloudy
1989	June 17	43 78	Clear				
1990	June 23	52 76	Clear				
1991	June 22	40 65	Clear				
1992	June 20	31 52	Cloudy, chilly				
1993	June 19	50 57	Cloudy				
1994	June 18	50 75	Clear				
1995	June 17	60 93	Clear, hot				
1996	June 22	51 63	Mostly clear				
1997	June 21	55 78	Clear				
1998	June 20	55 75	Foggy, light rain				
1999	June 19	52 64	Cloudy				
2000	June 17	37 64	Clear				
2001	June 16	48 69	Clear				
2002	June 22	53 70	Cloudy, cool				
2003	June 21	55 77	Clear				
2004	June 19	45 58	Clear				
2005	June 18	48 70	Clear				
2006	June 17	65 77	Hazy, humid				
2007	June 16	61 78	Clear, humid				
2008	June 21	53 74	Partly cloudy				
2009	June 20	62 83	Sunny, hot				



GRANDMA'S MARATHON WHEELCHAIR EVENT RECORD HOLDERS

MEN

Aaron Pike won his third consecutive Grandma's Marathon men's wheelchair title in 2019, setting a new event record in the process.

Pike finished with a time of 1:20:59, beating the old record held by Josh George by nearly two minutes.

Both Pike and George hail from Champaign, Ill., and they are both three-time Grandma's Marathon champions. They were also involved in the closest-ever finish in race history, with George edging Pike by hundredths of a second in 2012 to set the then-event record.

*Superior St. Course Best – Josh George (2012), 1:22:55

*Michigan St. Course Best – Aaron Pike (2019), 1:20:59

WOMEN

Susannah Scaroni shattered the Grandma's Marathon women's wheelchair event record in 2019, beating the old mark by nearly six minutes.

Scaroni raced across the finish line in a time of 1:30:42 for her second consecutive Grandma's Marathon title.

That time was also more than six minutes better than the official world record mark of Manuela Schär at the 2018 Berlin Marathon.

Because Grandma's Marathon is a point-to-point race with an elevation drop above the allowed standard, Scaroni's blistering time was not considered for world standards. Schär has a time of 1:28:17 at the 2017 Boston Marathon that fits that bill as well.

*Superior St. Course Best – Amanda McGrory (2012), 1:36:39

*Michigan St. Course Best – Susannah Scaroni (2019), 1:30:42





GRANDMA'S MARATHON TOP 10 WHEELCHAIR FINISHERS

MEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Aaron Pike	2019	United States	1:20:59
2	Patrick Monahan	2019	Ireland	1:22:23
3	Josh George	2012	United States	1:22:55
	Aaron Pike	2012	United States	1:22:55
5	Rafael Botello Jimenez	2012	Spain	1:23:00
6	Michel Filteau	2012	Canada	1:23:02
7	Krige Schabert	2013	South Africa	1:24:12
8	Josh George	2013	United States	1:24:19
9	Saul Mendoza	2012	Mexico	1:24:43
10	Richard Colman	2013	Australia	1:24:50

GRANDMA'S MARATHON TOP 10 USA WHEELCHAIR FINISHERS

MEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Aaron Pike	2019	Savoy, IL	1:20:59
2	Josh George	2012	Champaign, IL	1:22:55
	Aaron Pike	2012	Savoy, IL	1:22:55
4	Josh George	2013	Champaign, IL	1:24:19
5	Aaron Pike	2018	Savoy, IL	1:26:48
6	James Senbeta	2016	Savoy, IL	1:27:11
7	Aaron Pike	2016	Savoy, IL	1:28:07
8	Adam Bleakney	2012	Champaign, IL	1:28:14
9	James Senbeta	2018	Savoy, IL	1:28:16
10	James Senbeta	2019	Savoy, IL	1:28:24



GRANDMA'S MARATHON TOP 10 NON-USA WHEELCHAIR FINISHERS

MEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Patrick Monahan	2019	Ireland	1:22:23
2	Rafael Botello Jimenez	2012	Spain	1:23:00
3	Michel Filteau	2012	Canada	1:23:02
4	Krige Schabort	2013	South Africa	1:24:12
5	Saul Mendoza	2012	Mexico	1:24:43
6	Richard Colman	2013	Australia	1:24:50
7	JohnBoy Smith	2021	Great Britain	1:25:45
8	Krige Schabort	2005	South Africa	1:26:00
9	Jacob Heilveil	2005	South Korea	1:26:00
10	Luis Francisco Sanclemente	2019	Colombia	1:26:27

GRANDMA'S MARATHON CLOSEST WHEELCHAIR FINISHES

MEN

Based on elapsed time between first- and second-place finishers.

YEAR	FIRST PLACE (TIME)	SECOND PLACE (TIME)	MARGIN
2017	Aaron Pike (1:29:02)	Josh George (1:29:02)	< 1 Second
2012	Josh George (1:22:55)	Aaron Pike (1:22:55)	< 1 Second
2011	Saul Mendoza (1:28:54)	Jorge Madera Jimenez (1:28:54)	< 1 Second
2005	Krige Schabort (1:26:00)	Jacon Heilveil (1:26:00)	< 1 Second
1995	Paul Van Winkel (1:41:21)	Jeffrey Muralt (1:41:22)	1 Second
2008	Krige Schabort (1:29:33)	Ernst Van Dyk (1:29:35)	2 Seconds
2014	GyuDae Kim (1:36:11)	Rafael Botello Jimenez (1:36:14)	3 Seconds
2015	Josh George (1:30:12)	Rafael Botello Jimenez (1:30:17)	5 Seconds

GRANDMA'S MARATHON WHEELCHAIR MULTIPLE TIME CHAMPIONS

MEN

# OF TITLES	NAME	YEARS	CITIZENSHIP
2	Gary Weber	1982, 1983	United States
2	David Eckstrom	1984, 1985	United States
8	Paul Van Winkel	1986, 1987, 1989, 1990, 1991, 1993, 1994, 1995	Belgium
7	Saul Mendoza	1999, 2000, 2001, 2002, 2003, 2010, 2011	Mexico
3	Krige Schabort	2005, 2006, 2013	South Africa
3	Josh George	2009, 2012, 2015	United States
3	Aaron Pike	2017, 2018, 2019	United States



GRANDMA'S MARATHON TOP 10 WHEELCHAIR FINISHERS

WOMEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Susannah Scaroni	2019	United States	1:30:42
2	Tatyana McFadden	2019	United States	1:31:30
3	Katrina Gerhard	2019	United States	1:36:26
4	Amanda McGrory	2012	United States	1:36:39
5	Jenna Fesemyer	2019	United States	1:37:02
6	Susannah Scaroni	2018	United States	1:37:32
7	Amanda McGrory	2013	United States	1:38:58
8	Amanda McGrory	2011	United States	1:39:31
9	Margriet Van Den Broek	2019	Netherlands	1:40:34
10	Amanda McGrory	2017	United States	1:40:42
	Susannah Scaroni	2017	United States	1:40:42

GRANDMA'S MARATHON TOP 10 USA WHEELCHAIR FINISHERS

WOMEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Susannah Scaroni	2019	Urbana, IL	1:30:42
2	Tatyana McFadden	2019	Clarksville, MD	1:31:30
3	Katrina Gerhard	2019	Ashburnham, MA	1:36:26
4	Amanda McGrory	2012	Savoy, IL	1:36:39
5	Jenna Fesemyer	2019	Champaign, IL	1:37:02
6	Susannah Scaroni	2018	Urbana, IL	1:37:32
7	Amanda McGrory	2013	Savoy, IL	1:38:58
8	Amanda McGrory	2011	Savoy, IL	1:39:31
9	Amanda McGrory	2017	Savoy, IL	1:40:42
	Susannah Scaroni	2017	Urbana, IL	1:40:42



GRANDMA'S MARATHON TOP 10 NON-USA WHEELCHAIR FINISHERS

WOMEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Margriet Van Den Broek	2019	Netherlands	1:40:34
2	Aline Dos Santos Rocha	2016	Brazil	1:41:40
3	Maria De Fatima Fonseca Chaves	2016	Spain	1:41:42
4	Maria De Fatima Fonseca Chaves	2017	Spain	1:48:26
5	Ivonne Reyes	2019	Mexico	1:49:03
6	Alicia Ibarra	2016	Mexico	1:49:27
7	Ivonne Reyes	2013	Mexico	1:50:39
8	Alicia Ibarra	2013	Mexico	1:51:07
9	Alicia Ibarra	2018	Mexico	1:58:44
10	Alicia Ibarra	2017	Mexico	1:59:44

GRANDMA'S MARATHON CLOSEST WHEELCHAIR FINISHES

WOMEN

Based on elapsed time between first- and second-place finishers.

YEAR	FIRST PLACE (TIME)	SECOND PLACE (TIME)	MARGIN
2017	Amanda McGrory (1:40:42)	Susannah Scaroni (1:40:42)	< 1 Second
2005	Christina Ripp (1:46:46)	Cheri Blauwet (1:46:46)	< 1 Second
1997	Candace Cable (1:54:28)	DeAnna Sodoma (1:54:28)	< 1 Second
2016	Aline Dos Santos Rocha (1:41:40)	Maria De Fatima Fonseca Chaves (1:41:42)	2 Seconds
2006	Amanda McGrory (1:46:51)	Miriam Ladner (1:46:57)	6 Seconds
1996	DeAnna Sodoma (1:51:11)	Candace Cable (1:51:18)	7 Seconds

GRANDMA'S MARATHON WHEELCHAIR MULTIPLE TIME CHAMPIONS

WOMEN

# OF TITLES	YEARS	NAME	CITIZENSHIP
2	1979, 1987	Sharon Limpert	United States
10	1985, 1986, 1988, 1989, 1992, 1993, 1994, 1995, 2000, 2001	Tami Othoudt	United States
7	1990, 1991, 1997, 1998, 1999, 2002, 2003	Candace Cable	United States
8	2006, 2007, 2008, 2009, 2011, 2012, 2013, 2017	Amanda McGrory	United States
3	2014, 2018, 2019	Susannah Scaroni	United States



GRANDMA'S MARATHON WHEELCHAIR CHAMPIONS & WINNING TIMES

MEN

YEAR	NAME	CITIZENSHIP	TIME
1977	n/a	n/a	n/a
1978	n/a	n/a	n/a
1979	Jim Finch	United States	2:30:09
1980	Russ Stover	United States	2:52:54
1981	Charlie Baumer	United States	2:53:06
1982	Gary Weber	United States	3:14:06
1983	Gary Weber	United States	2:42:55
1984	David Eckstrom	United States	2:20:59
1985	David Eckstrom	United States	1:56:09
1986	Paul Van Winkel	Belgium	2:05:50
1987	Paul Van Winkel	Belgium	1:46:42
1988	Bart Bardwell	United States	2:19:20
1989	Paul Van Winkel	United States	1:54:06
1990	Paul Van Winkel	United States	1:40:18
1991	Paul Van Winkel	United States	1:37:29
1992	Jeffrey Muralt	United States	1:38:37
1993	Paul Van Winkel	United States	1:34:32
1994	Paul Van Winkel	United States	1:32:18
1995	Paul Van Winkel	United States	1:41:21
1996	Kenny Carnes	United States	1:39:58
1997	Paul Wiggins	United States	1:36:15
1998	Eric Neitzel	United States	1:30:53
1999	Saul Mendoza	Mexico	1:31:05
2000	Saul Mendoza	Mexico	1:39:20
2001	Saul Mendoza	Mexico	1:46:59
2002	Saul Mendoza	Mexico	1:34:37
2003	Saul Mendoza	Mexico	1:32:26
2004	Scott Hollenbeck	United States	1:46:40
2005	Krige Schabort	South Africa	1:26:00
2006	Krige Schabort	South Africa	1:27:15
2007	Rafael Botello Jimenez	Spain	1:28:45
2008	Krige Schabort	South Africa	1:29:33
2009	Josh George	United States	1:32:01
2010	Saul Mendoza	Mexico	1:36:55
2011	Saul Mendoza	Mexico	1:28:54
2012	Josh George	United States	1:22:54
2013	Krige Schabort	South Africa	1:24:12
2014	GyuDae Kim	South Korea	1:36:11
2015	Josh George	United States	1:30:12
2016	James Senbeta	United States	1:27:01



GRANDMA'S MARATHON WHEELCHAIR CHAMPIONS & WINNING TIMES

MEN

YEAR	NAME	CITIZENSHIP	TIME
2017	Aaron Pike	United States	1:29:02
2018	Aaron Pike	United States	1:26:48
2019	Aaron Pike	United States	1:20:59
2020	n/a	n/a	n/a
2021	JohnBoy Smith	Great Britain	1:25:45

WOMEN

YEAR	NAME	CITIZENSHIP	TIME
1977	n/a	n/a	n/a
1978	n/a	n/a	n/a
1979	Sharon Limpert	United States	3:11:27
1980	Marcia Bevard	United States	2:59:40
1981	n/a	n/a	n/a
1982	n/a	n/a	n/a
1983	n/a	n/a	n/a
1984	n/a	n/a	n/a
1985	Tami Oothoudt	United States	2:25:27
1986	Tami Oothoudt	United States	2:30:02
1987	Sharon Limpert	United States	3:09:51
1988	Tami Oothoudt	United States	2:24:41
1989	Tami Oothoudt	United States	2:23:39
1990	Candace Cable	United States	1:50:29
1991	Candace Cable	United States	2:03:24
1992	Tami Oothoudt	United States	1:55:10
1993	Tami Oothoudt	United States	1:54:25
1994	Tami Oothoudt	United States	2:04:50
1995	Tami Oothoudt	United States	2:04:52
1996	DeAnna Sodoma	United States	1:51:11
1997	Candace Cable	United States	1:54:28
1998	Candace Cable	United States	1:52:59
1999	Candace Cable	United States	1:46:31
2000	Tami Oothoudt	United States	2:22:35
2001	Tami Oothoudt	United States	2:33:56
2002	Candace Cable	United States	1:58:07
2003	Candace Cable	United States	1:50:00
2004	n/a	n/a	n/a
2005	Christina Ripp	United States	1:46:46
2006	Amanda McGrory	United States	1:46:51
2007	Amanda McGrory	United States	1:46:29



GRANDMA'S MARATHON WHEELCHAIR CHAMPIONS & WINNING TIMES

WOMEN

YEAR	NAME	CITIZENSHIP	TIME
2008	Amanda McGrory	United States	1:49:59
2009	Amanda McGrory	United States	1:44:19
2010	Dawna Callahan	United States	2:30:12
2011	Amanda McGrory	United States	1:39:31
2012	Amanda McGrory	United States	1:36:39
2013	Amanda McGrory	United States	1:36:58
2014	Susannah Scaroni	United States	2:02:53
2015	Tatyana McFadden	United States	1:42:50
2016	Alina Dos Santos Rocha	Brazil	1:41:40
2017	Amanda McGrory	United States	1:40:42
2018	Susannah Scaroni	United States	1:37:32
2019	Susannah Scaroni	United States	1:30:42
2020	n/a	n/a	n/a
2021	Ivonne Reyes	Mexico	2:06:47



GRANDMA'S MARATHON WHEELCHAIR HISTORY

PARTICIPATION SUMMARY

YEAR	FINISHERS	MEN	WOMEN	YEAR	FINISHERS	MEN	WOMEN
1977	-	-	-	2000	14	11	3
1978	-	-	-	2001	5	3	2
1979	2	1	1	2002	19	15	4
1980	2	1	1	2003	15	12	3
1981	1	1	0	2004	15	15	-
1982	0		0	2005	19	15	4
1983	1	1	0	2006	16	14	2
1984	1	1	0	2007	17	11	6
1985	2	1	1	2008	24	19	5
1986	2	1	1	2009	22	19	3
1987	2	1	1	2010	14	12	2
1988	2	1	1	2011	15	13	2
1989	25	21	4	2012	31	28	3
1990	24	20	4	2013	38	32	6
1991	21	18	3	2014	28	25	3
1992	21	17	4	2015	28	21	7
1993	18	15	3	2016	24	18	6
1994	21	19	2	2017	30	24	6
1995	16	14	2	2018	33	28	5
1996	25	21	4	2019	39	32	7
1997	24	19	5	2020	0	0	0
1998	21	19	2	2021	15	14	1
1999	15	11	4	TOTALS	707	584	123

NOTE: SOME WHEELCHAIR PARTICIPATION RECORDS MAY BE INCOMPLETE



GARRY BJORKLUND HALF MARATHON EVENT RECORD HOLDERS

MEN

Meb Keflezighi is one of the most recognizable faces in American distance running, and his dramatic run in 2013 is still the time to beat at the Garry Bjorklund Half Marathon.

Keflezighi ran a time of 1:01:22 in the 2013 USA Half Marathon Championships, falling just short of winning after being outkicked in the final 800-meters by Mo Trafeh. *Note: Mo Trafeh ran a 1:01:17 at the 2013 USA Half Marathon championships but later had that result stripped by the US Anti-Doping Agency (USADA).*

Keflezighi won a silver medal in the marathon at the 2004 Athens Olympics, and he also turned in winning performances at the 2009 New York City and 2014 Boston Marathons.

*Superior St. Course Best – Meb Keflezighi (2013), 1:01:22

*Michigan St. Course Best – Paniel Mkungo (2019), 1:02:37



WOMEN

Duluth native Kara Goucher returned to her hometown in the summer of 2012 for the USA Half Marathon Championships, and she delivered one of the most electrifying performances in the history of the Garry Bjorklund Half Marathon.

In what have become two of the most iconic images of the 13.1-mile event, Goucher pumped her fist as she crossed the finish line with an event record time of 1:09:46 and then carried her son, Colt, up and down Canal Park Drive with an American flag draped across her shoulders.

Goucher is a two-time US Olympian, competing in both the 5,000m and 10,000m at the 2008 Beijing Games and then the marathon at the 2012 London Games.

*Superior St. Course Best – Kara Goucher (2012), 1:09:46

*Michigan St. Course Best – Monica Ngige (2018), 1:09:55





GARRY BJORKLUND HALF MARATHON AGE DIVISION EVENT RECORDS

MEN

DIVISION	NAME	YEAR	CITIZENSHIP	TIME	AGE
Open	Meb Keflezighi	2013	United States	1:01:22	38
12-18	Gudeta Roba	2001	United States	1:10:02	18
19-34	Derese Deniboba	2011	Ethiopia	1:02:19	28
35-39	Meb Keflezighi	2013	United States	1:01:22	38
40-44	Kevin Castille	2013	United States	1:04:32	41
45-49	Kevin Castille	2017	United States	1:03:58	45
50-54	John Campbell	1999	New Zealand	1:08:28	50
55-59	John Vandanacker	2019	United States	1:15:43	56
60-64	Leslie Davis	2003	England	1:19:13	60
65-69	Dan Conway	2005	United States	1:25:00	66
70+	Dick Wilson	2003	United States	1:32:34	71
Local	Scott Behling	2019	USA (Duluth, MN)	1:06:28	29
Minnesotan	Joe Moore	2013	USA (Minneapolis, MN)	1:04:06	29

WOMEN

DIVISION	NAME	YEAR	CITIZENSHIP	TIME	AGE
Open	Kara Goucher	2012	United States	1:09:46	33
12-18	Alana Hadley	2012	United States	1:16:59	15
19-34	Kara Goucher	2012	United States	1:09:46	33
35-39	Colleen de Reuck	2003	United States	1:10:00	39
40-44	Sherry Piers	2012	United States	1:14:19	41
45-49	Jeanne Lasee-Johnson	2003	United States	1:20:17	45
50-54	Joan Benoit Samuelson	2009	United States	1:20:36	52
55-59	Terri Cassel	2017	United States	1:31:21	55
60-64	Mimi Sturgell	2011	United States	1:35:46	61
65-69	Linda Bjornbers	2016	United States	1:49:26	66
70+	Toshiko D'Elia	2003	United States	1:56:32	73
Local	Jennifer Houck	2010	USA (Duluth, MN)	1:15:49	26
Minnesotan	Katy Jermann	2019	USA (Burnsville, MN)	1:10:27	27



Garry Bjorklund won the inaugural Grandma's Marathon in 1977 and was again the champion in 1980.

The Duluth area native also represented the United States in the 1976 Montreal Olympic Games, and he has been instrumental in the development of running throughout Minnesota.

In 1991, the **GARRY BJORKLUND HALF MARATHON** was created to recognize his lifelong contributions to distance running, and it has now grown to become one of the largest half marathons in the country.

GARRY BJORKLUND HALF MARATHON TOP 10 FINISHERS

MEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Meb Keflezighi	2013	United States	1:01:22
2	Derese Deniboba	2011	Ethiopia	1:02:19
3	Tesfaye Alemayehu	2011	Ethiopia	1:02:22
4	Shadrack Biwott	2013	United States	1:02:24
5	Tim Ritchie	2013	United States	1:02:29
6	Fernando Cabada	2011	United States	1:02:32
7	Josphat Boit	2013	United States	1:02:32
8	Panuel Mkungu	2019	Kenya	1:02:37
9	Abdi Abdirahman	2012	United States	1:02:46
10	Brett Gotcher	2012	United States	1:02:49

WOMEN

RANK	NAME	YEAR	CITIZENSHIP	TIME
1	Kara Goucher	2012	United States	1:09:46
2	Cynthia Limo	2014	Kenya	1:09:50
3	Monicah Ngige	2018	Kenya	1:09:55
4	Colleen De Reuck	2003	United States	1:10:00
5	Katy Jermann	2019	United States	1:10:27
6	Deena Kastor	2004	United States	1:10:30
7	Bethany Sachtleben	2019	United States	1:10:43
8	Maegan Krifchin	2012	United States	1:10:56
9	Caroline Rotich	2014	Kenya	1:11:03
10	Mary Davies	2013	New Zealand	1:11:07



GARRY BJORKLUND HALF MARATHON TOP 10 MINNESOTA FINISHERS

MEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Tyler Jermann	2019	Burnsville, MN	1:03:31
2	Danny Docherty	2019	Richfield, MN	1:03:47
3	Chris Erichsen	2011	St. Paul, MN	1:04:29
4	Benjamin Sathre	2019	St. Paul, MN	1:04:33
5	Michael Reneau	2012	St. Paul, MN	1:04:37
6	Matt Gabrielson	2012	St. Louis Park, MN	1:04:42
7	Joe Moore	2012	Minneapolis, MN	1:04:43
8	Mike Torchia	2011	Minneapolis, MN	1:04:47
9	Benjamin Sathre	2015	Chaska, MN	1:04:52
10	Chris Lundstrom	2002	St. Paul, MN	1:05:12

WOMEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Katy Jermann	2019	Burnsville, MN	1:10:27
2	Kelly Brinkman	2013	Bloomington, MN	1:11:33
3	Michelle Frey	2012	Minneapolis, MN	1:11:45
4	Emily Brown	2012	Minnetonka, MN	1:12:44
5	Sara Wells	2003	Edina, MN	1:13:16
6	Katie McGregor	2011	Savage, MN	1:13:18
7	Kelly Keeler	1998	Bloomington, MN	1:15:16
8	Desiree Budd	2006	Mankato, MN	1:15:33
9	Janet Robertz	2003	Shorewood, MN	1:15:36
10	Kelly Keeler	2001	Bloomington, MN	1:15:48



GARRY BJORKLUND HALF MARATHON MULTIPLE TIME CHAMPIONS

MEN

# OF TITLES	NAME	YEARS	CITIZENSHIP
2	Thomas Plechter	1991, 1995	United States
3	Dan Carlson	1992, 1993, 1994	United States
2	Sean Mulheron	1997, 1998	United States
6	Ryan Meissen	1999, 2000, 2001, 2002, 2004, 2005	United States
2	Panuel Mkungu	2018, 2019	Kenya

WOMEN

# OF TITLES	NAME	YEARS	CITIZENSHIP
3	Debra Gormley	1996, 1997, 2002	United States
3	Kelly Keeler	1998, 2000, 2001	United States

GARRY BJORKLUND HALF MARATHON HISTORY

PARTICIPATION SUMMARY

YEAR	FINISHERS	MEN	WOMEN	YEAR	FINISHERS	MEN	WOMEN
1991	1361	602	759	2007	5262	2328	2934
1992	1556	705	851	2008	5407	2393	3014
1993	1171	807	964	2009	5624	2416	3208
1994	1882	854	1028	2010	5852	2529	3323
1995	2161	996	1165	2011	5996	2535	3461
1996	2471	1138	1333	2012	6478	2725	3753
1997	2694	1258	1436	2013	6628	2725	3903
1998	3170	1505	1665	2014	7299	2865	4434
1999	3331	1590	1741	2015	7218	2806	4412
2000	3546	1710	1836	2016	7917	2906	5011
2001	3788	1818	1970	2017	7337	2630	4707
2002	4063	1910	2153	2018	7581	2868	4713
2003	4469	2022	2447	2019	7494	2871	4623
2004	4435	1982	2453	2020	5412	1836	3576
2005	4823	2098	2725	2021	3305	1276	2029
2006	5036	2146	2890	TOTALS	145367	60850	84517

*2020 Race Completed Virtually (COVID-19)



GARRY BJORKLUND HALF MARATHON CHAMPIONS & WINNING TIMES

MEN

YEAR	NAME	CITIZENSHIP	TIME
1991	Thomas Plechter	United States	1:08:44
1992	Dan Carlson	United States	1:07:27
1993	Dan Carlson	United States	1:06:31
1994	Dan Carlson	United States	1:08:20
1995	Thomas Plechter	United States	1:09:22
1996	Curt Kotsonas	United States	1:06:12
1997	Sean Mulheron	United States	1:07:30
1998	Sean Mulheron	United States	1:06:53
1999	Ryan Meissen	United States	1:08:14
2000	Ryan Meissen	United States	1:08:09
2001	Ryan Meissen	United States	1:06:10
2002	Ryan Meissen	United States	1:04:19
2003	Jason Lehmkuhle	United States	1:06:43
2004	Ryan Meissen	United States	1:05:51
2005	Ryan Meissen	United States	1:06:38
2006	Matt Hooley	United States	1:06:40
2007	Chad Johnson	United States	1:05:18
2008	Matthew Chesang	United States	1:04:48
2009	Ernest Kebenei	Kenya	1:05:15
2010	Stephen Muange	Kenya	1:04:24
2011	Derese Deniboba	Ethiopia	1:02:19
2012	Abdi Abdirahman*	United States	1:02:46
	Jack Delehanty	United States	1:10:57
2013	Meb Keflezighi*	United States	1:01:22
	John Klecker	United States	1:09:19
2014	Julius Koskei	Kenya	1:03:36
2015	Shadrack Biwott	United States	1:03:09
2016	Macdonald Ondara	Kenya	1:03:33
2017	Evans Kurui	United States	1:03:05
2018	Paniel Mkungo	Kenya	1:02:50
2019	Paniel Mkungo	Kenya	1:02:37
22020	n/a	n/a	n/a
2021	Mohamed Hrezi	Libya	1:04:14

*USA Half Marathon Championships Winner



GARRY BJORKLUND HALF MARATHON CHAMPIONS & WINNING TIMES

WOMEN

YEAR	NAME	CITIZENSHIP	TIME
1991	Doris Windsand-Dausman	United States	1:23:05
1992	Jill Anderson	United States	1:21:28
1993	Kari Beasley	United States	1:19:09
1994	Julie Cotter	United States	1:25:30
1995	Laurel Park	United States	1:14:11
1996	Debra Gormley	United States	1:16:57
1997	Debra Gormley	United States	1:20:05
1998	Kelly Keeler	United States	1:15:16
1999	Mary J. Button	United States	1:20:53
2000	Kelly Keeler	United States	1:16:21
2001	Kelly Keeler	United States	1:15:48
2002	Debra Gormley	United States	1:20:18
2003	Colleen De Reuck*	United States	1:10:00
2004	Kimberly Anderson	United States	1:23:05
	Deena Kastor*	United States	1:10:30
	Kate Davis	United States	1:21:41
2005	Jennifer Blue	United States	1:17:44
2006	Desiree Budd	United States	1:15:33
2007	Paige Higgins	United States	1:14:46
2008	Liza Hunter-Galvan	United States	1:13:29
2009	Belainesh Gebre	Ethiopia	1:11:57
2010	Caroline Rotch	Kenya	1:12:40
2011	Katie McGregor	United States	1:13:18
2012	Kara Goucher*	United States	1:09:46
2013	Kelly Brinkman	United States	1:18:11
	Adrianna Nelson*	United States	1:09:57
	Mary Davies	New Zealand	1:11:07
2014	Cynthia Limo	Kenya	1:09:50
2015	Nelly Spence Gracey	United States	1:11:27
2016	Simegan Abnet	Ethiopia	1:13:21
2017	Biruktayit Degefa	Ethiopia	1:11:25
2018	Monicah Ngige	Kenya	1:09:55
2019	Katy Jermann	United States	1:10:27
2020	n/a	n/a	n/a
2021	Ann Centner	United States	1:14:23

*USA Half Marathon Championships Winner



WILLIAM A. IRVIN 5K EVENT RECORD HOLDERS

MEN

Jon Sinclair won the inaugural William A. Irvin 5K in 1994, and his time is still yet to be beaten.

Sinclair crossed the line in a time of 14:43, just three seconds ahead of runner-up Jason Jorczak. As it turns out, that'd be as close as anyone's ever come to breaking the mark set by Sinclair.

The 15:00 mark has been broken four more times, once by Jorczak in 1995, but Sinclair's mark has withstood the test of time in what's now become the kickoff race to Grandma's Marathon weekend.

Before running in Duluth, Sinclair was a two-time All-American at Colorado State University and in 1989 was inducted into the school's Athletic Hall of Fame.

*Railroad St. Course Best – John Sinclair (1994), 14:43

*Lakewalk Course Best – Dustin Franta (2017), 15:34

WOMEN

Duluth native Katie McGee won the first three titles at the William A. Irvin 5K from 1994-96, and she set a still-standing event record in the process.

McGee's time of 17:11 in 1996 was challenged by the following year's champion Sara Rhode, who also finished in 17:11 but just hundredths of a second slower than McGee.

Since then, the closest anyone's come to challenging McGee's mark was in 2016 when Sarah Crouch ran 17:21.

*Railroad St. Course Best – Katie McGee (1996), 17:11

*Lakewalk Course Best – Sarah Crouch (2016), 17:21





The **WILLIAM A. IRVIN 5K** started in 1994 and has now become the popular kickoff event to an exciting lineup of races and festivities on Grandma's Marathon weekend.

The 3.1-mile course was named after the William A. Irvin, an ore boat built in the 1930s for U.S.

Steel's Pittsburgh Steamship Company.

The steamer, which is longer than two football fields, is now owned by the Duluth Entertainment and Convention Center (DECC) and has become an iconic piece of Duluth's Canal Park as a floating museum of maritime history.

WILLIAM A. IRVIN 5K AGE DIVISION EVENT RECORDS

MEN

DIVISION	NAME	YEAR	RESIDENCE	TIME	AGE
Open	Jon Sinclair	1994	Ft. Collins, CO	14:43	36
12 & Under	Andy Magnuson	2008	Lindstrom, MN	18:38	12
13-18	Jeremy Polson	1996	Duluth, MN	15:03	18
19-34	Jason Jorczak	1994	Hayward, WI	14:46	24
35-39	Jon Sinclair	1994	Ft. Collins, CO	14:43	36
40-44	Willaim Markwardt	2000	La Crosse, WI	16:00	41
45-49	Bob Garcia	2000	Bellevue, NE	16:21	45
50-54	Paul Giannobile	2011	Minnetonka, MN	17:03	51
55-59	Alan Evans	2019	Beaver Dams, NY	17:43	56
60-64	Thom Weddle	1999	Burnsville, MN	17:56	60
65-69	Paul Heitzman	2000	Eudora, KS	19:08	69
70+	Paul Heitzman	2001	Eudora, KS	20:23	70

WOMEN

DIVISION	NAME	YEAR	RESIDENCE	TIME	AGE
Open	Katie McGee	1996	Duluth, MN	17:11	23
12 & Under	Rachel Sackett	1995	Grand Rapids, MN	19:52	12
13-18	Laura Hughes	2007	Mankato, MN	17:50	15
19-34	Katie McGee	1996	Duluth, MN	17:11	23
35-39	Michelle Oman	2009	Mankato, MN	17:53	35
40-44	Carrie Tollefson	2017	St. Paul, MN	17:55	40
45-49	Marcy Gilles	1996	Eden Prairie, MN	18:18	45
50-54	Janet Rosen	2004	Cloquet, MN	19:39	50
55-59	Janet Rosen	2009	Cloquet, MN	20:40	55
60-64	Barb Leininger	2017	Minneapolis, MN	23:42	64
65-69	Gabby Lubich	2018	Roberts, WI	23:05	66
70+	Janet Ward	2013	Duluth, MN	29:30	70



WILLIAM A. IRVIN 5K TOP 10 FINISHERS

MEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Jon Sinclair	1994	Ft. Collins, CO	14:43
2	Jason Jorczak	1994	Hayward, WI	14:46
3	Dan Hostager	1996	St. Cloud, MN	14:47
4	Jason Jorczak	1995	Hayward, WI	14:55
5	Craig Miller	1994	Eau Claire, WI	14:57
	Sean Mulheron	1996	Minneapolis, MN	14:57
7	Thomas Tisell	1994	St. Paul, MN	15:00
8	Chad Gurrero	1994	St. Paul, MN	15:01
9	Kelly Mortenson	1996	St. Louis Park, MN	15:02
10	Jeremy Polson	1996	Duluth, MN	15:03

WOMEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Katie McGee	1996	Duluth, MN	17:11
2	Katie McGee	1994	Duluth, MN	17:21
	Sarah Crouch	2016	Blowing Rock, NC	17:21
4	Kristina King	2021	Chicago, IL	17:26
5	Savanna Plombon	2013	Frederick, MD	17:36
6	Katie McGee	1995	Duluth, MN	17:44
	Staci Bennett	2000	White Bear Lake, MN	17:44
8	Michelle Oman	2006	Mankato, MN	17:45
9	Kari Campbell	1994	Oakdale, MN	17:50
	Laura Hughes	2007	Mankato, MN	17:50



WILLIAM A. IRVIN 5K TOP 10 MINNESOTA FINISHERS

MEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Dan Hostager	1996	St. Cloud, MN	14:47
2	Sean Mulheron	1996	Minneapolis, MN	14:57
3	Thomas Tisell	1994	St. Paul, MN	15:00
4	Chad Gurrero	1994	St. Paul, MN	15:01
5	Kelly Mortenson	1996	St. Louis Park, MN	15:02
6	Jeremy Polson	1996	Duluth, MN	15:03
7	Ditlev Larsen	1996	St. Cloud, MN	15:08
8	Eric Hartmark	2003	Roseville, MN	15:09
9	Bob Simmons	1996	Minneapolis, MN	15:11
	Steve Leuer	1996	Maple Grove, MN	15:11

WOMEN

RANK	NAME	YEAR	RESIDENCE	TIME
1	Katie McGee	1996	Duluth, MN	17:11
2	Katie McGee	1994	Duluth, MN	17:21
3	Katie McGee	1995	Duluth, MN	17:44
4	Staci Bennett	2000	White Bear Lake, MN	17:44
5	Michelle Oman	2006	Mankato, MN	17:45
6	Kari Campbell	1994	Oakdale, MN	17:50
7	Laura Hughes	2007	Mankato, MN	17:50
8	Michelle Oman	2009	Mankato, MN	17:53
9	Kari Campbell	1996	Oakdale, MN	17:59
10	Kara Bloomquist	1999	Minneapolis, MN	18:00



WILLIAM A. IRVIN 5K MULTIPLE TIME CHAMPIONS

MEN

# OF TITLES	NAME	YEARS	CITIZENSHIP
2	Brett Carroll	2001, 2002	Rochester, MN
3	Scott Behling	2010, 2011, 2014	Duluth, MN

WOMEN

# OF TITLES	NAME	YEARS	CITIZENSHIP
3	Katie McGee	1994, 1995, 1996	Duluth, MN
4	Michelle Oman	2005, 2006, 2008, 2009	Mankato, MN
5	Carrie Tollefson	2010, 2014, 2017, 2018, 2019	St. Paul, MN

WILLIAM A. IRVIN 5K HISTORY

PARTICIPATION SUMMARY

YEAR	FINISHERS	MEN	WOMEN	YEAR	FINISHERS	MEN	WOMEN
1994	0			2009	1285	508	777
1995	0			2010	1367	553	814
1996	928	454	474	2011	1489	589	900
1997	0			2012	1617	604	1013
1998	944	418	526	2013	1653	614	1039
1999	1013	521	492	2014	1783	657	1126
2000	920	402	518	2015	1667	662	1005
2001	956	419	537	2016	1799	642	1157
2002	998	514	484	2017	1849	711	1138
2003	1018	415	603	2018	1804	703	1101
2004	1054	451	603	2019	1904	736	1168
2005	1154	523	631	2020	1931	695	1236
2006	1132	488	644	2021	1053	404	649
2007	1090	473	617	TOTALS	32479	13611	19921
2008	1124	455	669	<i>*2020 Race Completed Virtually (COVID-19)</i>			



WILLIAM A. IRVIN 5K CHAMPIONS & WINNING TIMES

MEN

YEAR	NAME	RESIDENCE	TIME
1994	Jon Sinclair	Ft. Collins, CO	14:43
1995	Jason Jorczak	Hayward, WI	14:55
1996	Dan Hostager	St. Cloud, MN	14:47
1997	Darren Lewis	Mankato, MN	14:52
1998	Brent Loberg	Duluth, MN	15:27
1999	Peter Kreminski	Duluth, MN	15:24
2000	Scott Jansky	Two Rivers, WI	15:31
2001	Brett Carroll	Rochester, MN	15:20
2002	Brett Carroll	Duluth, MN	15:25
2003	Eric Hartmark	Roseville, MN	15:09
2004	Eric Loeffler	Eagan, MN	15:24
2005	Patrick Russell	Duluth, MN	15:28
2006	Brent Kann	Rice Lake, WI	15:58
2007	Gregory Liebl	Montevideo, MN	15:17
2008	Jordan Tucker	Omaha, NE	16:22
2009	John Heitzman	Owatonna, MN	15:24
2010	Scott Behling	Duluth, MN	16:39
2011	Scott Behling	Duluth, MN	15:49
2012	Sean Kutz	Grantsburg, WI	15:54
2013	Matthew Grey	Minnetonka, MN	15:25
2014	Scott Behling	Duluth, MN	15:19
2015	Dominique Aulagnon	Thunder Bay, ON	15:43
2016	Blake Anderson	Sartell, MN	16:09
2017	Dustin Franta	Portland, OR	15:34
2018	Colin Cernik	Kansas City, KS	15:41
2019	Matthew Scherber	St. Paul, MN	15:24
2020	n/a	n/a	n/a
2021	Mason Shea	River Falls, WI	16:26



WILLIAM A. IRVIN 5K CHAMPIONS & WINNING TIMES

WOMEN

YEAR	NAME	RESIDENCE	TIME
1994	Katie McGee	Duluth, MN	17:21
1995	Katie McGee	Duluth, MN	17:44
1996	Katie McGee	Duluth, MN	17:11
1997	Sara Rohde	St. Paul, MN	17:11
1998	Jennifer Madland	St. Paul, MN	18:23
1999	Kara Bloomquist	Minneapolis, MN	18:00
2000	Staci Bennett	White Bear Lake, MN	17:44
2001	Katie Lesauvage	Arlington, TX	18:45
2002	Brooke Carney	Golden, CO	17:53
2003	Chelle Belland	La Crosse, WI	18:48
2004	Corrin Hoffman	St. Paul, MN	19:11
2005	Michelle Oman	Mankato, MN	18:24
2006	Michelle Oman	Mankato, MN	17:45
2007	Laura Hughes	Mankato, MN	17:50
2008	Michelle Oman	Mankato, MN	18:35
2009	Michelle Oman	Mankato, MN	17:53
2010	Carrie Tollefson	St. Paul, MN	18:25
2011	Heidi Peterson	Sartell, MN	18:34
2012	Kathleen Monaghan	Duluth, MN	19:09
2013	Savanna Plombon	Frederick, MD	17:36
2014	Carrie Tollefson	St. Paul, MN	18:36
2015	Hillory Davis	Colorado Springs, CO	18:15
2016	Sarah Crouch	Blowing Rock, NC	17:21
2017	Carrie Tollefson	St. Paul, MN	17:55
2018	Carrie Tollefson	St. Paul, MN	18:21
2019	Carrie Tollefson	St. Paul, MN	18:11
2020	n/a	n/a	n/a
2021	Kristina King	Chicago, IL	17:26



Incentives & Awards



GRANDMA'S MARATHON PRIZE MONEY

OPEN DIVISION

MEN		WOMEN	
1st Place	\$10,000	1st Place	\$10,000
2nd Place	\$7,500	2nd Place	\$7,500
3rd Place	\$5,000	3rd Place	\$5,000
4th Place	\$4,000	4th Place	\$4,000
5th Place	\$3,500	5th Place	\$3,500
6th Place	\$3,000	6th Place	\$3,000
7th Place	\$2,500	7th Place	\$2,500
8th Place	\$2,000	8th Place	\$2,000
9th Place	\$1,500	9th Place	\$1,500
10th Place	\$1,000	10th Place	\$1,000
TOTAL	\$40,000	TOTAL	\$40,000

WHEELCHAIR DIVISION

MEN		WOMEN	
1st Place	\$2,500	1st Place	\$2,500
2nd Place	\$1,500	2nd Place	\$1,500
3rd Place	\$1,000	3rd Place	\$1,000
4th Place	\$750	4th Place	\$750
5th Place	\$500	5th Place	\$500
TOTAL	\$6,250	TOTAL	\$6,250

40 & OVER DIVISION

MEN		WOMEN	
1st Place	\$2,500	1st Place	\$2,500
2nd Place	\$1,500	2nd Place	\$1,500
3rd Place	\$1,000	3rd Place	\$1,000
TOTAL	\$5,000	TOTAL	\$5,000

TOTAL PRIZE MONEY: \$102,500



GRANDMA'S MARATHON INCENTIVES

OPEN DIVISION

MEN		WOMEN	
sub 2:08	\$10,000	sub 2:28	\$10,000
sub 2:09	\$5,000	sub 2:29	\$5,000
sub 2:10	\$2,500	sub 2:30	\$2,500
sub 2:11	\$2,000	sub 2:31	\$2,000
sub 2:12	\$1,500	sub 2:32	\$1,500
sub 2:13	\$1,000	sub 2:33	\$1,000
sub 2:14	\$900	sub 2:34	\$900
sub 2:15	\$800	sub 2:35	\$800
sub 2:16	\$700	sub 2:36	\$700
sub 2:17	\$600	sub 2:37	\$600
sub 2:18	\$400	sub 2:38	\$400
sub 2:19	\$200	sub 2:39	\$200

NOTE: Time incentives are not cumulative.

WHEELCHAIR DIVISION

MEN		WOMEN	
sub 1:30	\$500	sub 1:43	\$500
sub 1:32	\$350	sub 1:47	\$350
sub 1:34	\$150	sub 1:51	\$150

NOTE: Time incentives are not cumulative.

40 & OVER DIVISION

MEN		WOMEN	
sub 2:20	\$500	sub 2:40	\$500

NOTE: 40 & over runners qualify for both open and masters time bonuses.



GARRY BJORKLUND HALF MARATHON PRIZE MONEY

OPEN DIVISION

MEN		WOMEN	
1st Place	\$3,000	1st Place	\$3,000
2nd Place	\$2,000	2nd Place	\$2,000
3rd Place	\$1,500	3rd Place	\$1,500
4th Place	\$1,000	4th Place	\$1,000
5th Place	\$800	5th Place	\$800
6th Place	\$700	6th Place	\$700
7th Place	\$600	7th Place	\$600
8th Place	\$500	8th Place	\$500
9th Place	\$400	9th Place	\$400
10th Place	\$300	10th Place	\$300
TOTAL	\$10,800	TOTAL	\$10,800

40 & OVER DIVISION

MEN		WOMEN	
1st Place	\$1,000	1st Place	\$1,000
2nd Place	\$750	2nd Place	\$750
3rd Place	\$500	3rd Place	\$500
TOTAL	\$2,250	TOTAL	\$2,250

TOTAL PRIZE MONEY: \$26,100



AGE GROUP & OTHER AWARDS

Gun time will be used to determine prize money and incentive bonuses.
Chip time will be used to determine all age-group winners and other award recipients.

GRANDMA'S MARATHON AWARDS

DIVISION	PLACE	DIVISION	PLACE
Open	1-10	65-69	1-3
12-18	1	70-74	1-2
35-39	1-3	75-79	1
40-44	1-3	80 & Over	1
45-49	1-3	Wheelchair	1-5
50-54	1-3	Grandmother	1
55-59	1-3	Non-Binary	1
60-64	1-3	Minnesotan	1
		Local	1

NOTE: Awards for the 19-34 age group are included in the Open Division for all races.

GARRY BJORKLUND HALF MARATHON AWARDS

DIVISION	PLACE
Open	1-10
12-18	1
35-39	1-3
40-44	1-3
45-49	1-3
50-54	1-3
55-59	1-3
60-64	1-3
65-69	1-3
70-74	1-2
75-79	1
80 & Over	1
Non-Binary	1
Minnesotan	1
Local	1

WILLIAM A. IRVIN 5K AWARDS

DIVISION	PLACE
Open	1-10
12 & Under	1
13-18	1
35-39	1-3
40-44	1-3
45-49	1-3
50-54	1-3
55-59	1-3
60-64	1-3
65-69	1-3
70-74	1-2
75-79	1
80 & Over	1
Non-Binary	1

NOTE: Awards for the 19-34 age group are included in the Open Division for all races



TIME QUALIFICATION STANDARDS

2023 BOSTON MARATHON QUALIFICATION STANDARDS

AGE GROUP	MEN'S STANDARD	PACE PER MILE	WOMEN'S STANDARD	PACE PER MILE
18-34	3:00:00	6:50	3:30:00	8:00
35-39	3:05:00	7:00	3:35:00	8:10
40-44	3:10:00	7:10	3:40:00	8:20
45-49	3:20:00	7:35	3:50:00	8:45
50-54	3:25:00	7:45	3:55:00	8:55
55-59	3:35:00	8:10	4:05:00	9:20
60-64	3:50:00	8:45	4:20:00	9:55
65-69	4:05:00	9:20	4:35:00	10:25
70-74	4:20:00	9:55	4:50:00	11:00
75-79	4:35:00	10:25	5:05:00	11:35
80+	4:50:00	11:00	5:20:00	12:10

2024 OLYMPIC TRIALS QUALIFICATION STANDARDS

GENDER	EVENT	STANDARD	PACE PER MILE
Men	Marathon	2:18:00	5:15
Women	Marathon	2:37:00	5:55
Men	Half Marathon	1:03:00	4:48
Women	Half Marathon	1:12:00	5:30

2024 OLYMPIC TRIALS QUALIFICATION STANDARDS – MARATHON PACE SPLITS

TIMING MAT	MEN'S PACE	WOMEN'S PACE
6.2M	32:37	36:46
13.1M	1:08:46	1:17:30
20M	1:45:00	1:58:20
23.9M	2:05:28	2:21:24
Finish	2:18:00	2:37:00

2024 OLYMPIC TRIALS QUALIFICATION STANDARDS – HALF MARATHON PACE SPLITS

TIMING MAT	MEN'S PACE	WOMEN'S PACE
6.9M	33:07	37:57
10.8M	51:50	59:24
Finish	1:03:00	1:12:00



Elite Athletes



COMPLETE LIST OF GRANDMA'S MARATHON ELITE MEN'S RUNNERS

LAST NAME	FIRST NAME	AGE	CITIZENSHIP	PR
Ondoro	Dominic	34	Kenya	2:08:00
Rotich	Milton	36	Kenya	2:08:55
Barno	Elisha	36	Kenya	2:09:32
Albertson	CJ	28	United States	2:10:23
Kongin	Boniface	32	Kenya	2:10:34
Stinson	Parker	30	United States	2:10:53
Ngandu	James	32	Kenya	2:11:03
Gregg	Brendan	33	United States	2:11:21
Cabada	Fernando	40	United States	2:11:36
Rotich	Sammy	35	Kenya	2:11:49
Kipyego	Christopher	48	Kenya	2:11:57
Lewis	Kevin	28	United States	2:12:02
Gilmore	Peter	45	United States	2:12:03
Jermann	Tyler	29	United States	2:12:40
Chesire	Mike	25	Kenya	2:13:28
Mokono	Lamech	41	Kenya	2:13:28
Richards	Malcolm	39	United States	2:13:29
Whelan	Joseph	31	United States	2:13:39
Terer	Kiplangat	36	Kenya	2:14:04
Morrison	Travis	29	United States	2:15:06
Root	Ryan	30	United States	2:15:22
Kerr	Caleb	28	United States	2:15:24
Havel	Kevin	32	United States	2:15:37
Crain	Johnny	30	United States	2:15:47
Docherty	Daniel	32	United States	2:15:55
Lawrence	Charlie	27	United States	2:16:12
Bogina	Austin	28	United States	2:16:19
Carter	Ian	27	United States	2:16:22
Serafini	Louis	30	United States	2:16:25
Aziz	Jonathan	31	United States	2:16:36
Ndhlovu	Pardon	34	Zimbabwe	2:16:47
Burks	Alexander	25	United States	2:16:51
Wiley	Turner	29	United States	2:16:51
Norris	Will	27	United States	2:17:04
Harvey	Brian	35	United States	2:17:05
Ashe	Eric	33	United States	2:17:06
Seelaus	Jeffrey	28	United States	2:17:08
Klingler	Mitchell	30	United States	2:17:18
Ornelas	Zachary	30	United States	2:17:21
Kirkov	Roman	28	United States	2:17:22
Cowart	Donald	36	United States	2:17:24
Cross	Will	29	United States	2:17:33



COMPLETE LIST OF GRANDMA'S MARATHON ELITE MEN'S RUNNERS

LAST NAME	FIRST NAME	AGE	CITIZENSHIP	PR
Masterson	Kyle	29	United States	2:17:48
Archer	Ryan	27	United States	2:17:51
Phillips	Jonathan	29	United States	2:17:51
Rockett	Connor	25	United States	2:17:58
McCann	Andrew	34	United States	2:18:32
O'Brien	Austin	30	United States	2:18:38
French	Nick	28	United States	2:18:41
Rand	Matt	30	United States	2:18:42
Spector	Nicholas	30	United States	2:18:43
Vaslow	Zachary	37	United States	2:18:49
Moll	Quinlan	26	United States	2:18:56
Hibbs	Joshua	34	United States	2:19:03
Bromka	Peter	40	United States	2:19:05
Diltz	Alexander	29	United States	2:19:26
Reck	Connor	29	United States	2:19:27
Whalen	Blake	26	United States	2:19:27
Geha	Sam	26	United States	2:19:39
Doud	Samuel	26	United States	2:19:52
Mulder	Edward	29	United States	2:20:24
Dulabon	Zachary	26	United States	2:20:48
Sage	Brendan	26	United States	2:20:58
Mcneill	Max	28	United Kingdom	2:21:22
VanEtten	Taggart	26	United States	2:21:31
Asay	Jaydn	27	United States	2:21:34
Bramblett	Jordan	25	United States	2:21:40
Melly	David	29	United States	2:21:59
Arthur	Jeremy	34	United States	2:22:04
Conn	Joel	38	United States	2:22:23
Bordelon	Ian	29	United States	2:22:57
Kettler	Michael	42	United States	2:23:18
Williams	Matthew	35	United States	2:23:43
Reis	Brian	33	United States	2:24:04
Sloane	Christopher	38	United States	2:25:07
Weisenberger	Curtis	32	United States	2:25:54
Estes	Jeremiah	41	United States	2:25:56
Foley	Scott	33	United States	2:26:50
Roche	Connor	29	United States	2:26:57
Huffman	Riley	26	United States	2:27:07
Feeney	Dan	31	United States	2:27:57
Fitzmaurice	David	32	Ireland	2:30:28
Fryer	Anthony	47	United Kingdom	2:39:02
Benkovsky	Andrew	29	United States	Debut



COMPLETE LIST OF GRANDMA'S MARATHON ELITE MEN'S RUNNERS

LAST NAME	FIRST NAME	AGE	CITIZENSHIP	PR
Dynan	Matt	25	United States	Debut
Hampton	Chase	25	United States	Debut
Mangiapane	Andrew	29	United States	Debut
Park	Joshua	25	United States	Debut
Sultanov	Sem	24	United States	Debut
West	Jordan	27	United States	Debut
Widner	Zacchaeus	31	United States	Debut
Baldwin	William	29	United States	n/a
Zanker	Kevin	57	United States	n/a



GRANDMA'S MARATHON – MEN TO WATCH

NAME	HOME	AGE
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MILTON ROTICH **KENYA** **31**

Rotich returns to Duluth looking to defend his win at the 2021 Grandma's Marathon, which stretched the streak of Kenyan men's champions to seven. Despite not having competed in an official race since his 2021 win, Rotich will certainly be comfortable with the racecourse and atmosphere in Duluth as this is his fourth time here the past six years.

PERSONAL RECORD

2:08:55 – 2013 Casablanca Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2021: 1st Place – 2:13:04

2017: 6th Place – 2:16:16

OTHER MOST RECENT RACES

2021: California Int'l Marathon – 4th Place, 2:13:16

2019: Philadelphia Marathon – 2nd Place, 2:18:49

2019: Los Angeles Marathon – 4th Place, 2:13:44

NAME	HOME	AGE
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ELISHA BARNO **KENYA** **36**

As the only four-time men's winner in Grandma's Marathon history, Barno has effectively reached living legend status in Duluth. With two top five finishes already in 2022 – 3rd in Houston and 5th in Los Angeles – Barno comes into this year's race in fine form and hoping to add a fifth win to his already sparkling Grandma's Marathon resume.

PERSONAL RECORD

2:09:32 – 2018 Houston Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2019: 99th Place – 2:31:19

2018: 1st Place – 2:10:06

2017: 1st Place – 2:12:08

2016: 1st Place – 2:11:26

2015: 1st Place – 2:10:38

OTHER MOST RECENT RACES

2022: Houston Marathon – 3rd Place, 2:11:16

2022: Los Angeles Marathon – 5th Place, 2:16:40

2020: Los Angeles Marathon – 9th Place, 2:15:17

2019: Houston Marathon – 4th Place, 2:10:54

2019: Los Angeles Marathon – 1st Place, 2:11:47

2019: California Int'l Marathon – 1st Place, 2:13:36



GRANDMA'S MARATHON MEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
CJ ALBERTSON	UNITED STATES	28	BONIFACE KONGIN	KENYA	32

Albertson returns to Duluth after a runner-up finish in his Grandma's Marathon debut in 2021 and fresh off setting a new personal record of 2:10:23 at the 2022 Boston Marathon. Probably best-known for his 2021 Boston Marathon, where he finished 10th after going out on course-record pace for the opening 20 miles, Albertson has developed a reputation for pushing the pace early and often in the marathon.

PERSONAL RECORD

2:10:23 – 2022 Boston Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2021: 2nd Place – 2:14:29

OTHER MOST RECENT RACES

2022: Boston Marathon – 13th Place, 2:10:23

2021: Boston Marathon – 10th Place, 2:11:44

2021: California Int'l Marathon – 8th Place, 2:14:45

2020: US Olympic Trials – 7th Place, 2:11:49

2020: Marathon Project – 10th Place, 2:11:18

Kongin stole the show at the 2019 Grandma's Marathon, beating out four-time champion Elisha Barno and event record holder Dominic Ondoro to win in 2:11:56. Kongin ran much of that race in course-record pace but slowed in the final 10K as he dealt with severe cramping. After dropping out due to injury early in the 2021 race and then cheering as countryman Milton Rotich went on to win, "Bones" is back and looking for redemption of sorts this June.

PERSONAL RECORD

2:10:34 – 2019 Pittsburgh Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2021: DNF

2019: 1st Place – 2:11:56

OTHER MOST RECENT RACES

2020: Los Angeles Marathon – DNF

2019: Pittsburgh Marathon – 1st Place, 2:10:34

2019: Rock 'n' Roll Marathon – 1st Place, 2:15:18

2018: Twin Cities Marathon – 2nd Place, 2:12:12



GRANDMA'S MARATHON MEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
PARKER STINSON	UNITED STATES	30	BRENDAN GREGG	UNITED STATES	33

A nine-time All-American collegiate runner at Oregon, Stinson is the current American record holder in the 25K with a time of 1:13:48. Known for his aggressive approach to racing, Stinson ran a personal best 2:10:53 at the 2019 Chicago Marathon and will be making his Grandma's Marathon debut this summer.

PERSONAL RECORD

2:10:53 – 2019 Chicago Marathon

OTHER MOST RECENT RACES

2021: Boston Marathon – 26th Place, 2:21:21

2019: Chicago Marathon – 9th Place, 2:10:53

2018: Chicago Marathon – 16th Place, 2:14:29

Gregg will be making his Grandma's Marathon debut and is coming off a 1st place finish and personal record time of 2:11:21 at the 2021 California International Marathon. After narrowly missing out on the 2020 US Olympic Team, he may well have his sights set on getting back to the Trials and this time making the team ahead of the 2024 Summer Games.

PERSONAL RECORD

2:11:21 – 2021 California International Marathon

OTHER MOST RECENT RACES

2021: California Int'l Marathon – 1st Place, 2:11:21

2020: US Olympic Trials – 14th Place, 2:13:27

2020: Marathon Project – 20th Place, 2:13:49

2019: Boston Marathon – 20th Place, 2:16:46

2019: Chicago Marathon – 16th Place, 2:11:38

JAMES NGANDU **KENYA** **36**

Ngandu boasts an impressive resume coming into his Grandma's Marathon debut, having collected 10 total wins over the past four years. Nine of those wins are in the half marathon, but Ngandu earlier this year added a victory in his first-ever 26.2 mile race by finishing the Houston Marathon in a personal record time of 2:11:03. With his pedigree for success, Ngandu figures to be an unknown but not under-the-radar competitor this June.

PERSONAL RECORD

2:11:03 – 2022 Houston Marathon

OTHER MOST RECENT RACES

2022: Houston Marathon – 1st Place, 2:11:03

FERNANDO CABADA **UNITED STATES** **40**

Cabada has run in Duluth eight times before, but only once in the marathon. Included in his Garry Bjorklund Half Marathon performances are two runner-up and three 3rd place finishes. Now 40 years old, Cabada's personal best time of 2:11:36 came back in 2014 at the Berlin Marathon but he hopes to perhaps recapture some of his youth in what will be his second full Grandma's Marathon.

PERSONAL RECORD

2:11:36 – 2014 Berlin Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2016: 21st Place – 2:27:09

OTHER MOST RECENT RACES

2022: Los Angeles Marathon – 8th Place, 2:24:27

2021: Woodlands Marathon – 1st Place, 2:21:17

2019: Mexico City Marathon – 13th Place, 2:29:53



GRANDMA'S MARATHON MEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
SAMMY ROTICH	KENYA	35	TYLER JERMANN	UNITED STATES	29

Rotich got off to a good start in 2022 with a 1st place finish at the Austin Marathon, his third victory in the past three years. Now, after running the Garry Bjorklund Half Marathon four times before, he's ready for his first-ever 26.2-mile race in Duluth. Another of the elder statesmen in Duluth this year, Rotich's personal record of 2:11:49 came nearly 15 years ago at the 2008 Enschede Marathon.

PERSONAL RECORD

2:11:49 – 2008 Enschede Marathon

OTHER MOST RECENT RACES

2022: Austin Marathon – 1st Place, 2:14:25
 2020: Los Angeles Marathon – 7th Place, 2:14:14
 2019: Los Angeles Marathon – 12th Place, 2:16:28
 2019: Milwaukee Marathon – 1st Place, 2:17:10
 2019: Columbus Marathon – 1st Place, 2:15:05

After just missing a top 10 finish at the 2022 Houston Marathon, Jermann will be back to Duluth this summer for his fifth Grandma's Marathon. He ran to a career-best 4th place finish here a year ago, and he'll likely again be the best chance to see our first Minnesota resident to win the men's race since Dick Beardsley did so in 1982.

PERSONAL RECORD

2:12:40 – 2020 Marathon Project

PREVIOUS GRANDMA'S MARATHON RESULTS

2021: 4th Place – 2:14:42
 2018: 12th Place – 2:18:59
 2017: 11th Place – 2:19:07
 2016: 10th Place – 2:20:19

OTHER MOST RECENT RACES

2022: Houston Marathon – 11th Place, 2:14:58
 2021: Chicago Marathon – 22nd Place, 2:23:21
 2020: Marathon Project – 16th Place, 2:12:40
 2020: Houston Marathon – 34th Place, 1:02:52

KEVIN LEWIS UNITED STATES 28

Fresh off a 6th place finish at the 2022 Los Angeles Marathon, Lewis will be making his Duluth debut in this year's Grandma's Marathon. A former standout at the University of Iowa, Lewis was an All-American for the Hawkeyes and still owns the school record in the 5,000-meters. Now a member of the Minnesota Distance Elite, this year's Grandma's Marathon will be just his fifth-ever try at the 26.2-mile distance.

PERSONAL RECORD

2:12:02 – 2020 Marathon Project

OTHER MOST RECENT RACES

2022: Los Angeles Marathon – 6th Place, 2:17:37
 2021: New York City Marathon – 21st Place, 2:22:39
 2020: US Olympic Trials – 39th Place, 2:17:36
 2020: Marathon Project – 14th Place, 2:12:02



COMPLETE LIST OF GRANDMA'S MARATHON ELITE WOMEN'S RUNNERS

LAST NAME	FIRST NAME	AGE	COUNTRY	PR
Kilel	Caroline	41	Kenya	2:22:34
Lindwurm	Dakotah	27	United States	2:29:04
Wanjiru	Esther	34	Kenya	2:29:17
Griffey	Julia	29	United States	2:29:58
Culver	Molly	31	United States	2:30:20
Sellers	Sarah	30	United States	2:31:48
Devore	Sydney	30	United States	2:32:39
Zeis	Lexi	26	United States	2:32:40
Bookmyer	Molly	31	United States	2:33:19
Seward	Sophie	25	United States	2:33:21
Sullivan	Susanna	32	United States	2:33:22
Moran	Brittany	34	Canada	2:33:37
MacDougall	Branna	23	Canada	2:33:40
Bareikis	Jane	27	United States	2:33:54
Smith	Kelli	24	United States	2:34:09
Wijayaratne	Hiruni	31	Sri Lanka	2:34:10
Earle	Meriah	44	United States	2:34:35
Montgomery	McKale	37	United States	2:35:01
Kowalke	Caitlin	32	United States	2:35:29
Olsen	Courtney	34	United States	2:36:17
Brumelot	Marie-Ange	29	France	2:36:23
McWalters	Teresa	37	United States	2:36:30
Herndon	Elizabeth	36	United States	2:37:27
Reyes	Joanna	29	United States	2:37:42
Selert Faraud	Kir	34	United States	2:37:55
Vaughn	Mary Kate	24	United States	2:38:03
Berry	Savannah	26	United States	2:38:25
Centner	Ann	30	United States	2:38:29
Jepchirchir	Sophy	28	Kenya	2:38:31
Hamilton	Kari	27	United States	2:38:52
Bedford	Sylvia	31	United States	2:39:11
Lane	Nicole	27	United States	2:39:13
Berry	Desiree	45	United States	2:39:17
Walsh	Adrian	27	United States	2:39:22
Paulson	Ashley	40	United States	2:40:07
Lagoy	Elizabeth	25	United States	2:40:23
Horner	Kimberly	33	United States	2:40:48
Lauck	Bryanne	42	United States	2:41:15
Tollefson	Lindsay	36	United States	2:41:31
Hynes	Katie	39	United States	2:41:33



COMPLETE LIST OF GRANDMA'S MARATHON ELITE WOMEN'S RUNNERS

LAST NAME	FIRST NAME	AGE	CITIZENSHIP	PR
Schanz	Amy	32	United States	2:41:34
Weitz	Erica	33	United States	2:42:02
Dare	Taylor	30	United States	2:42:17
Malone	Margo	28	United States	2:42:19
Toppin	Andrea	29	United States	2:42:22
Guerra	Andrea	31	United States	2:42:30
Christensen	Hanna	31	United States	2:42:54
Hendrickson	Jackie	26	United States	2:42:59
Goswami	Jenny	38	United States	2:43:00
Camy	Liz	38	United States	2:43:15
Langholz	Maria	30	United States	2:43:25
McCarron	Emma	32	United States	2:43:30
Van Otterloo	Jen	36	United States	2:43:58
Bradshaw	Andrea	34	United States	2:44:15
Carreon	Chandler	26	United States	2:44:17
Rowe	Hannah	30	United States	2:44:24
Smith	Megan	31	United States	2:44:29
Grimshaw	Jenny	30	United States	2:44:31
Mathieu	Jeannette	32	United States	2:44:49
DeLay	Gabriella	31	United States	2:44:58
Vucinich	Jen	29	United States	2:45:07
Forde	Erin	29	United States	2:46:39
Fisher	Dianne	37	United States	2:47:19
Felig	Mary	30	United States	2:47:49
Jordan	Mariah	27	United States	2:47:49
Baage	Silvia	41	United States	2:47:58
Range	Jaclyn	39	United States	2:48:07
McGee	Katherine	49	United States	2:48:28
Jereb	Reanna	28	United States	2:48:36
Willard	Lindsay	43	United States	2:49:45
McCabe	Theresa	36	United States	2:49:58
Pearce	Nicole	36	United States	2:50:12
Patterson	Mckenzie	30	United States	2:50:28
Coleman	Kristi	36	United States	2:51:19
Rooker	Gabriella	34	United States	2:54:57
Grossinger	Pamela	44	United States	3:07:49
Cordani	Taryn	26	United States	Debut
Hussar	Carmen	45	Canada	Debut
St. Lawrence	Nicolette	29	United States	Debut



GRANDMA'S MARATHON WOMEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
DAKOTA LINDWURM	UNITED STATES	27	ESTHER WANJIRU	KENYA	34

Lindwurm will be back to defend her title after last year she became the first Minnesota woman to win Grandma's Marathon since Janis Klecker in 1987. A true Minnesotan, Lindwurm was more of a hockey player when she was younger. Now with two top 15 finishes at the Boston Marathon the past two years, though, Lindwurm has become a major player on the worldwide running scene and hopes to continue her progression this June at what she's called "her favorite race in the world."

PERSONAL RECORD

2:29:04 – 2021 Grandma's Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2021: 1st Place – 2:29:04

2019: 4th Place – 2:34:02

OTHER MOST RECENT RACES

2022: Boston Marathon – 14th Place, 2:29:55

2021: Boston Marathon – 13th Place, 2:31:04

2020: US Olympic Trials – 36th Place, 2:39:08

2020: Marathon Project – 13th Place, 2:30:38

Wanjiru Macharia hasn't finished outside the top six in any marathon she's ever run, a career that dates back to 2011 and includes eight victories. This will be her first time to Grandma's Marathon, and she'll be looking to build on a personal record set last year at Cape Town and potentially a ninth career marathon win.

PERSONAL RECORD

2:29:17 – 2021 Cape Town Marathon

OTHER MOST RECENT RACES

2022: Lagos City Marathon – 5th Place, 3:37:23

2021: Lagos City Marathon – 4th Place, 2:43:48

2021: Cape Town Marathon – 6th Place, 2:29:17

2021: Taipei Marathon – 2nd Place, 2:31:54

JULIA GRIFFEY	UNITED STATES	29
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Griffey has most recently run two half marathons but will be back to the 26.2-mile distance this June at her first-ever Grandma's Marathon. Griffey was a lifelong soccer player who didn't run competitively until college, but she was a four-time All-American in just her senior year at Division II Southern Indiana. After a 2:39:11 at the 2017 Chicago Marathon and a winning 2:31:29 at the 2019 Twin Cities Marathon, Griffey turned pro and set her new personal record just two years ago at The Marathon Project.

PERSONAL RECORD

2:29:58 – 2020 Marathon Project

OTHER MOST RECENT RACES

2021: Boston Marathon – 29th Place, 2:39:53

2020: US Olympic Trials – 10th Place, 2:30:43

2020: Marathon Project – 11th Place, 2:29:58



GRANDMA'S MARATHON WOMEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
MOLLY CULVER	UNITED STATES	31	SYDNEY DEVORE	UNITED STATES	30

Culver was a Division I swimmer at St. Louis University before making the switch to running, starting her career by competing in ultramarathons. She's now made the switch to the more traditional distance and in 2021 set a new personal record of 2:30:20 at the California International Marathon.

PERSONAL RECORD

2:30:20 – 2021 California International Marathon

OTHER MOST RECENT RACES

2021: California Int'l Marathon – 5th Place, 2:30:20

2020: Marathon Project – 21st Place, 2:33:57

2019: Boston Marathon – 42nd Place, 2:56:17

After a collegiate career at the University of Florida, Devore won her debut at the 2018 Pittsburgh Marathon with a time of 2:32:39. That time still stands as her personal record, although she did just post another victory this calendar year with a time of 2:41:31 at the Glass City Marathon.

PERSONAL RECORD

2:32:39 – 2018 Pittsburgh Marathon

OTHER MOST RECENT RACES

2022: Glass City Marathon – 1st Place, 2:41:31

2021: Boston Marathon – 31st Place, 2:40:32

2020: US Olympic Trials - DNF

SARAH SELLERS **UNITED STATES** **30**

Sellers came out nowhere to finish 2nd at the 2018 Boston Marathon and then two years later came within 3:00 of making the United States Olympic team, but she just recently got back to high-level competitive running after having a daughter in January 2021. She's competed in two half marathons this calendar year, finishing 3rd at both, and will be making her Grandma's Marathon debut this summer.

PERSONAL RECORD

2:31:48 – 2020 US Olympic Trials

OTHER MOST RECENT RACES

2020: US Olympic Trials – 11th Place, 2:31:48

2019: Boston Marathon – 19th Place, 2:36:42

2019: Chicago Marathon – 12th Place, 2:31:49

2018: Boston Marathon – 2nd Place, 2:44:04

JANE BAREIKIS **UNITED STATES** **27**

Finishing in 5th place and setting a new personal record time of 2:33:54 in her first-ever Grandma's Marathon a year ago, Bareikis is back and hoping for more of the same in Duluth. She has already competed in three half marathons this calendar year, including a 1st place finish at the Rock 'n' Roll Half Marathon in Nashville.

PERSONAL RECORD

2:33:54 – 2021 Grandma's Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2021: 5th Place, 2:33:54

OTHER MOST RECENT RACES

2020: Sofia Marathon – 6th Place, 2:38:53

2019: Chicago Marathon – 22nd Place, 2:37:32



GRANDMA'S MARATHON WOMEN TO WATCH

NAME	HOME	AGE
LEXI ZEIS	UNITED STATES	26

With just two other full marathons in her career, Zeis will be making a second appearance in Duluth but her first in Grandma's Marathon. A three-time collegiate national champion at the University of Mary, Zeis finished 3rd here in the 2019 Garry Bjorklund Half Marathon.

PERSONAL RECORD

2:32:40 – 2020 Marathon Project

OTHER MOST RECENT RACES

2020: US Olympic Trials – 122nd Place, 2:45:04
2020: Marathon Project – 16th Place, 2:32:40

SOPHIE SEWARD	UNITED STATES	25
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Already with two top 10 finishes in her career at Grandma's Marathon, Seward will come to Duluth this year looking to move higher on the podium. She hasn't run many full marathons recently, finishing 71st at the 2020 US Olympic Trials in her only 26.2-mile race since a 3rd place finish in Duluth in 2019.

PERSONAL RECORD

2:33:23 – 2019 Grandma's Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2019: 3rd Place, 2:33:23
2018: 9th Place, 2:38:37

OTHER MOST RECENT RACES

2020: US Olympic Trials – 71st Place, 2:42:26

MOLLY BOOKMYER	UNITED STATES	31
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Fresh off a personal record run of 2:33:19 at the 2022 Houston Marathon, Bookmyer will be making her second appearance this summer at Grandma's Marathon. She finished 35th here in 2018, running a time of 2:46:22 that she's beaten twice since then, both at Houston.

PERSONAL RECORD

2:33:19 – 2022 Houston Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2018: 35th Place, 2:46:22

OTHER MOST RECENT RACES

2022: Houston Marathon – 9th Place, 2:33:19
2021: New York City Marathon – DNF
2019: Houston Marathon – 30th Place, 2:44:07



COMPLETE LIST OF GRANDMA'S MARATHON MEN'S WHEELCHAIR ATHLETES

LAST NAME	FIRST NAME	AGE	COUNTRY	PR
Pike	Aaron	36	United States	1:20:59
Botello Jimenez	Rafael	43	Spain	1:22:09
Monahan	Patrick	36	Ireland	1:22:23
Senbeta	James	35	United States	1:24:27
Smith	JohnBoy	32	United Kingdom	1:25:45
Sanclemente	Luis Francisco	34	Colombia	1:26:27
Siemann	Brian	32	United States	1:26:46
Pulido	Jose	41	United States	1:29:11
Hiromichi	Jun	48	Japan	1:29:12
Aguilar Zepeda	Fidel Arnoldo	44	Mexico	1:29:13
Zaragoza	Alfonso	45	Mexico	1:29:37
Garic	Hermin	32	United States	1:30:18
Valdovinos	Gonzalo	43	Mexico	1:30:45
Caballero Padilla	Marco Antonio	29	Mexico	1:34:18
Koki	Takemura	34	Japan	1:35:53
Johnson	Chad	46	United States	1:37:45
Millar	Mark	42	Northern Ireland	1:44:37
Furness	Dean	49	United States	1:47:32
Chavez Oliva	Norberto	44	Spain	1:49:01
Clemmons	Christian	27	United States	1:49:42
Robinson	Jason	19	United States	1:52:46
Friederich	Jamie	40	United States	1:58:10
Croft	Phillip	22	United States	1:58:14
Chavarria Montiel	Aldo	42	Mexico	2:07:22
De Pilosof	Avraham	48	Israel	Citizen
Matsunaga	Hitoshi	49	Japan	Citizen
Ojibway	Brendan	23	United States	Citizen
Smith	Steven	36	United States	Citizen
Willand	Wyatt	18	United States	Citizen
Dutra	Eduardo	39	Uruguay	n/a
Correll	Evan	19	United States	n/a
Velasco Soria	Martin	52	Mexico	n/a



GRANDMA'S MARATHON WHEELCHAIR MEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
AARON PIKE	UNITED STATES	35	JOHNBOY SMITH	GREAT BRITAIN	32

Pike's time of 1:20:59 at the 2019 Grandma's Marathon was not just a personal best, it was also a course record that beat the old mark by nearly two minutes. That win was Pike's third in a row at Grandma's Marathon, a race he's now competed in 11 times in his career. That stretch includes a runner-up finish in 2012, a race in which he was beaten by just hundredths of a second by champion Josh George. Pike is also a six-time Paralympian, finishing just off the podium at the 2020 Tokyo Games. In addition to the marathon, Pike also competes at the Winter Games in the biathlon and cross country skiing.

PERSONAL RECORD

1:20:59 – 2019 Grandma's Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2019: 1:20:59, 1st Place
 2018: 1:26:48, 1st Place
 2017: 1:29:02, 1st Place
 2016: 1:28:07, 3rd Place
 2014: 1:46:19, 8th Place
 2013: 1:31:49, 8th Place
 2012: 1:22:55, 2nd Place
 2011: 1:31:36, 4th Place
 2009: 1:34:48, 3rd Place
 2008: 1:41:11, 8th Place
 2007: 1:48:01, 6th Place

OTHER MOST RECENT RACES

2022: Boston Marathon – 2nd Place, 1:32:49
 2021: London Marathon – 5th Place, 1:31:36
 2021: Chicago Marathon – 3rd Place, 1:29:28
 2021: Boston Marathon – 4th Place, 1:28:55
 2021: Tokyo Paralympic Games – 6th Place, 1:29:45
 2019: New York City Marathon – 4th Place, 1:37:33

Fresh off a 3rd place finish at the 2022 Boston Marathon, Smith will be back in Duluth this summer to defend his 2021 win at Grandma's Marathon. After suffering a hand injury in early 2021, Smith recovered and competed in many of the world's biggest marathons in 2021, including a 10th place finish at the 2020 Tokyo Paralympic Games. His time of 1:25:45 at last year's Grandma's Marathon is still a personal best, and he'll face stiff competition in his bid to repeat this June.

PERSONAL RECORD

1:25:45 – 2021 Grandma's Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2021: 1:25:45, 1st Place

OTHER MOST RECENT RACES

2022: Boston Marathon – 3rd Place, 1:32:55
 2021: London Marathon – 6th Place, 1:35:54
 2021: Chicago Marathon – 4th Place, 1:29:37
 2021: Berlin Marathon – 4th Place, 1:29:55
 2021: Tokyo Paralympic Games – 10th Place, 1:32:25
 2021: Boston Marathon – 6th Place, 1:33:43
 2021: New York Marathon – 7th Place, 1:43:23



GRANDMA'S MARATHON WHEELCHAIR MEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
RAFAEL BOTELLO JIMENEZ	SPAIN	43	PATRICK MONAHAN	IRELAND	35

After a denied visa meant missing last year's Grandma's Marathon, Jimenez this summer will be back for what will be his 12th appearance in Duluth. His 2007 win marked his first-ever race on American soil, and he followed that up with nine top-five finishes in his next nine races here, including four runner-up results. Jimenez represented Spain in the 2012 Paralympic Games, and he was also the first Spanish athlete to complete all six World Marathon Majors – New York City, Chicago, Boston, Berlin, London, and Tokyo.

PERSONAL RECORD

1:22:09 – 2017 Boston Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2019: 4th Place, 1:27:52
 2018: 6th Place, 1:31:55
 2017: 4th Place, 1:29:49
 2016: 2nd Place, 1:27:43
 2015: 2nd Place, 1:30:17
 2014: 2nd Place, 1:36:14
 2013: 4th Place, 1:27:05
 2012: 3rd Place, 1:23:00
 2011: 3rd Place, 1:31:24
 2010: 2nd Place, 1:32:41
 2007: 1st Place, 1:28:45

OTHER MOST RECENT RACES

2022: Madrid Marathon – 1st Place, 1:50:29
 2022: Boston Marathon – 6th Place, 1:34:38
 2021: New York City Marathon – 8th Place, 1:43:37
 2021: Chicago Marathon – 5th Place, 1:38:27
 2021: London Marathon – 16th Place, 1:42:02
 2021: Berlin Marathon – 5th Place, 1:33:18

Monahan missed the 2021 Grandma's Marathon due to visa issues, so he returns to Duluth this year for the first time after a runner-up finish in 2019 that also marked his still-standing personal record time of 1:22:23. His time that year, actually, is the second-fastest in Grandma's Marathon history and the best by a non-American wheeler. Monahan is a two-time Paralympian, having finished 12th in the marathon at the 2020 Tokyo Games.

PERSONAL RECORD

1:22:23 – 2019 Grandma's Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2019: 2nd Place, 1:22:23

OTHER MOST RECENT RACES

2022: Boston Marathon – 5th Place, 1:34:38
 2021: London Marathon – 11th Place, 1:35:56
 2021: New York City Marathon – 6th Place, 1:41:53
 2021: Tokyo Paralympic Games – 12th Place, 1:32:54



GRANDMA'S MARATHON WHEELCHAIR MEN TO WATCH

NAME	HOME	AGE
JAMES SENBETA	UNITED STATES	35

Senbeta is set to compete in his ninth Grandma's Marathon this year, with four of his first eight yielding a top five finish. He won the race in 2016, beating both Rafael Botello Jimenez and Aaron Pike by less than one minute. Senbeta qualified for the 2016 Rio Paralympic Games, competing in the 800-meters, 5,000-meters, and marathon events.

PERSONAL RECORD

1:24:27 – 2017 Boston Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2021: 8th Place, 1:38:19

2019: 5th Place, 1:28:24

2018: 3rd Place, 1:28:16

2017: 6th Place, 1:31:59

2016: 1st Place, 1:27:11

2015: 11th Place, 1:45:32

2014: 3rd Place, 1:36:42

2013: 13th Place, 1:34:47

OTHER MOST RECENT RACES

2022: Boston Marathon – 12th Place, 1:42:15

2021: London Marathon – 15th Place, 1:41:11

2021: Chicago Marathon – 9th Place, 1:40:28

2021: Berlin Marathon – 10th Place, 1:38:31



COMPLETE LIST OF GRANDMA'S MARATHON WOMEN'S WHEELCHAIR ATHLETES

LAST NAME	FIRST NAME	AGE	COUNTRY	PR
Scaroni	Susannah	31	United States	1:30:42
Fesemyer	Jenna	25	United States	1:37:02
de Souza	Vanessa Cristina	32	Brazil	1:40:21
Wheeler	Michelle	35	United States	1:45:00
Reyes	Ivonne	49	Mexico	1:49:03
Alphonse	Noemi	26	Mauritius	2:11:59
Perry	Emelia	29	United States	Citizen
Sealover	Heather	35	United States	Citizen
Houston	Eva	21	United States	n/a

GRANDMA'S MARATHON WHEELCHAIR WOMEN TO WATCH

NAME	HOME	AGE
SUSANNAH SCARONI UNITED STATES	30	PERSONAL RECORD
Event record holder and three-time Grandma's Marathon champion Susannah Scaroni returns this year, fresh off a runner-up finish at the 2022 Boston Marathon. Her 2019 time of 1:30:42 in 2019 shattered the existing course record and actually was more than six minutes better than the official world record mark of Manuela Schär at the 2018 Berlin Marathon. Because Grandma's Marathon is a point-to-point race with an elevation drop above the allowed standard, though, her blistering time was not considered for world standards. Scaroni is also accomplished on the track, competing twice in the Paralympic Games and winning a gold medal in the 5,000-meters in 2021.		1:30:42 – 2019 Grandma's Marathon
		PREVIOUS GRANDMA'S MARATHON RESULTS
		2019: 1st Place, 1:30:42
		2018: 1st Place, 1:37:32
		2017: 2nd Place, 1:40:42
		2015: 3rd Place, 1:46:24
		2014: 1st Place, 2:02:53
		2013: 2nd Place, 1:42:46
		2012: 2nd Place, 1:50:06
		OTHER MOST RECENT RACES
		2022: Boston Marathon, 2nd Place – 1:46:20
		2021: Tokyo Paralympic Games, 6th Place – 1:41:04
		2021: New York City Marathon, 3rd Place – 1:51:37



GRANDMA'S MARATHON WHEELCHAIR WOMEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
JENNA FESEMYER	UNITED STATES	25	IVONNE REYES	MEXICO	49

Fesemyer's fastest marathon yet came in Duluth three years ago, good for a 4th place finish in the 2019 Grandma's Marathon. Already an experienced racer at just 25 years old, she's had top-five finishes in the Boston, New York City, Chicago, and London Marathons since her last appearance in Duluth.

PERSONAL RECORD

1:37:02 – 2019 Grandma's Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2019: 4th Place, 1:37:02

OTHER MOST RECENT RACES

2022: Boston Marathon – 5th Place, 1:55:59
 2021: New York City Marathon – 4th Place, 1:59:45
 2021: Chicago Marathon – 3rd Place, 1:50:23
 2020: London Marathon – 3rd Place, 1:52:16

Reyes comes to Duluth this year as the defending champion, that after she was the only women's wheeler in the 2021 field. A regular over the years at both Grandma's Marathon and the Los Angeles Marathon, Reyes will bring plenty of experience to this year's race as she tries to make the podium for a third time in five tries.

PERSONAL RECORD

1:49:03 – 2019 Grandma's Marathon

PREVIOUS GRANDMA'S MARATHON RESULTS

2021: 1st Place, 2:06:47
 2019: 7th Place, 1:49:03
 2018: 5th Place, 2:11:33
 2013: 3rd Place, 1:50:39

OTHER MOST RECENT RACES

2020: Los Angeles Marathon, 3rd Place (2:15:23)
 2019: Los Angeles Marathon, 5th Place (2:20:50)

MICHELLE WHEELER UNITED STATES 35

After starting the calendar year with an 8th place finish at Boston, Wheeler will make her Grandma's Marathon debut this June. Some of her peak performances came four years ago in 2018, including a personal record at the Oita Marathon and a win – despite a displaced rib – at the Los Angeles Marathon.

PERSONAL RECORD

1:45:00 – 2018 Oita Marathon

OTHER MOST RECENT RACES

2022: Boston Marathon – 8th Place, 2:08:29
 2021: New York City Marathon – 8th Place, 2:18:13
 2021: Chicago Marathon – 6th Place, 2:08:59



COMPLETE LIST OF GARRY BJORKLUND HALF MARATHON ELITE MEN'S RUNNERS

LAST NAME	FIRST NAME	AGE	COUNTRY	PR
Kemoi	Daniel	35	Kenya	1:02:27
Dandena	Kiya	33	United States	1:02:30
Reichow	Joel	28	United States	1:02:38
Orta	Luis	33	United States	1:03:02
Moore	Joe	38	United States	1:03:22
Reid	Phillip	36	United States	1:03:30
Koski	Kevin	24	United States	1:03:49
Heslington	Jacob	27	United States	1:03:59
Weaverling	Chase	26	United States	1:04:00
Frank	Mason	33	United States	1:04:05
Wilson	James	30	United States	1:04:34
Rutford	Johnny	31	United States	1:04:52
Reed	Aidan	24	United States	1:05:12
Landes	Evan	29	United States	1:05:45
Hardy	Duriel	34	United States	1:06:04
Greeno	Dan	34	United States	1:06:06
Chu	Meng-Tsung	39	Taiwan	1:06:07
Ottman	Jarrod	24	United States	1:06:18
Teig	Erik	38	United States	1:06:23
Hensley	Matt	34	United States	1:06:31
Ross	Nick	33	United States	1:06:42
Larson	Patrick	27	United States	1:06:45
Bareikis	Arturs	35	United States	1:06:50
Hoffman	Maximilian	25	United States	1:07:09
Falcon	Peter	32	United States	1:07:10
Haynes	Christopher	29	United States	1:07:11
Cernik	Colin	28	United States	1:07:43
Williams	Henry	23	United States	1:07:50
Sedbrook	Cody	26	United States	1:08:41
Zimmer	Nolan	28	United States	1:08:43
Estrada	Joshua	30	United States	1:08:52
Kellogg	Ian	26	United States	1:08:52
Lindquist	Jackson	28	United States	1:09:03
Klaiber	Jonathan	25	United States	1:09:10
Fredericks	William	26	United States	1:09:20
Wilson	Jordan	35	United States	1:09:27
Castañeda Barry	Jonah	28	United States	1:09:38
Phillips-Hart	Christopher	29	United States	1:09:44
Eller	Kyle	27	United States	1:09:50
Leitner	Christian	28	United States	1:09:55
McElroy	James	24	United States	1:09:58
Martin	Nathan	32	United States	1:10:02



COMPLETE LIST OF GARRY BJORKLUND HALF MARATHON ELITE MEN'S RUNNERS

LAST NAME	FIRST NAME	AGE	CITIZENSHIP	PR
Galvez	Miguel	28	United States	1:10:06
Easey	Scott	31	Australia	1:10:09
McBrien	Matthew	25	United States	1:10:33
Kruger	Matthew	34	United States	1:10:44
Ringger	Samuel	22	United States	1:10:45
Wastvedt	Bjorn	32	United States	1:10:57
Phillips-Hart	Charles	30	United States	1:11:00
Wiersum	Matthew	34	United States	1:11:00
Edwards	Andrew	23	United States	1:11:01
Ecker	David	22	United States	1:11:02
Foss	Easton	25	United States	1:11:25
Mortenson	Kelly	51	United States	1:11:44
Waite	Matthew	54	United States	1:13:56
Rotich	Julius	47	United States	1:14:05
Beutel	Jerry	71	United States	1:15:22
Reynolds	Brian	33	United States	1:17:05
Bohlke	Allan	58	United States	1:20:40
Sams	Gabriel	25	United States	Debut
Smith	Tai	24	United States	Debut
Jordan	Denny	70	United States	n/a



GARRY BJORKLUND HALF MARATHON MEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
DANIEL KEMBOI	KENYA	35	JOEL REICHOW	UNITED STATES	28

With two 1st place finishes already this calendar year, Kemboi appears poised to make his Duluth debut in style. Having finished just one of his career half marathons outside the top 10 – this year's Houston Half Marathon, where he was 21st – Kemboi is hoping to continue that streak in his first-ever Garry Bjorklund Half Marathon.

PERSONAL RECORD

1:02:27 – 2018 Berkane Half Marathon

OTHER MOST RECENT RACES

2022: Houston Half Marathon – 21st Place, 1:03:47
 2022: Austin Half Marathon – 1st Place, 1:03:49
 2022: Cowtown Half Marathon – 1st Place, 1:04:15
 2021: Barcelona Half Marathon – 9th Place, 1:02:48

A Minnesota native, Reichow ran collegiately at South Dakota State and during his career set program records in both the 5,000-meter and 10,000-meter events. He's a first-timer to Duluth, having most recently finished just outside the top 10 at the 2021 US Half Marathon Championships.

PERSONAL RECORD

1:02:38 – 2020 Houston Half Marathon

OTHER MOST RECENT RACES

2021: US Half Marathon Championships – 13th Place, 1:03:38
 2021: Twin Cities Marathon – 6th Place, 2:28:07
 2020: Houston Half Marathon – 32nd Place, 1:02:38
 2020: Michigan Pro Half Marathon – 16th Place, 1:04:05
 2020: US Olympic Trials – 56th Place, 2:20:05
 2020: The Marathon Project – 33rd Place, 2:15:45

KIYA DANDENA UNITED STATES 33

Back to Duluth after six years away, Dandena will be looking to improve on a 6th place finish in the 2016 Garry Bjorklund Half Marathon. He's been finding good results as of late, with each of his last four races resulting in podium finishes and two of them being victories.

PERSONAL RECORD

1:02:30 – 2022 Mesa Half Marathon

PREVIOUS GARRY BJORKLUND HALF MARATHON RESULTS

2016: 6th Place – 1:05:23

OTHER MOST RECENT RACES

2022: Naples Half Marathon – 1st Place, 1:05:38
 2022: Mesa Half Marathon – 3rd Place, 1:02:30
 2020: Woodlands Half Marathon – 1st Place, 1:04:35
 2019: Arizona Rock 'n' Roll Half Marathon – 2nd Place, 1:05:42



GARRY BJORKLUND HALF MARATHON MEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
LUIS ORTA	UNITED STATES	33	JOE MOORE	UNITED STATES	38

A 2016 Olympian in the full marathon distance, Orta is back to Duluth for the first time since finishing 13th in his debut here in 2015. With a handful of top five finishes in 2021, Orta comes into this year's race with a world of confidence and trying to reach the top of the podium for the first time since 2017.

PERSONAL RECORD

1:03:09 – 2018 IAAF World Half Marathon Championships

PREVIOUS GARRY BJORKLUND HALF MARATHON RESULTS

2015: 13th Place – 1:05:08

OTHER MOST RECENT RACES

2022: NYC Half Marathon – 4th Place, 1:07:07
 2021: Ashland City Half Marathon – 2nd Place, 1:05:29
 2021: Valley Half Marathon – 4th Place, 1:05:29
 2021: Columbus Half Marathon – 4th Place, 1:05:14
 2021: Indianapolis Half Marathon – 7th Place, 1:04:24
 2020: Houston Half Marathon – 51st Place, 1:03:54

Moore will run his fifth half marathon in Duluth this June, and he's also competed here in the full Grandma's Marathon twice before. Following top five finishes here in both 2016 and 2019, Moore will be looking for another strong finish and to move further up the podium in this year's race.

PERSONAL RECORD

1:03:22 – 2019 Garry Bjorklund Half Marathon

PREVIOUS GARRY BJORKLUND HALF MARATHON RESULTS

2019: 3rd Place – 1:03:22
 2016: 4th Place – 1:05:08
 2013: 19th Place – 1:04:06
 2012: 12th Place – 1:04:43

OTHER MOST RECENT RACES

2021: US Half Marathon Championships –
 28th Place, 1:06:33
 2019: Parkway Half Marathon – 1st Place, 1:06:10

PHILLIP REID UNITED STATES 36

Reid will be making his Duluth debut in this year's Garry Bjorklund Half Marathon. With 18 victories in his career dating back to 2004, including most recently at the 2018 Lincoln Half Marathon, Reid is known as a proven winner headed into this year's race.

PERSONAL RECORD

1:03:30 – 2016 Columbus Half Marathon

OTHER MOST RECENT RACES

2022: Mesa Half Marathon – 6th Place, 1:04:32
 2018: Lincoln Half Marathon – 1st Place, 1:05:56
 2017: Tampa Half Marathon – 5th Place 1:06:28
 2017: US Half Marathon Championships –
 13th Place, 1:06:55
 2017: Los Angeles Rock 'n' Roll Half Marathon –
 1st Place, 1:05:51



GARRY BJORKLUND HALF MARATHON MEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
KEVIN KOSKI	UNITED STATES	24	CHASE WEAVERLING	UNITED STATES	26

Fresh off his half marathon debut, a 4th place finish at the 2021 Indianapolis Half Marathon, Koski now will be making his first appearance in Duluth. He was a strong track runner in college, and before moving to the half marathon distance had placed top five in each of his last two 5,000-meter races.

PERSONAL RECORD

1:03:49 – 2021 Indianapolis Half Marathon

OTHER MOST RECENT RACES

2021: Indianapolis Half Marathon – 4th Place, 1:03:49

Weaverling's most recent race was the US Cross Country Championships, and he actually hasn't run a half marathon since his debut at that distance in 2019. After finishing 26th in Houston, though, he's hoping to find similar success this summer while making his return to the half marathon and his debut in Duluth.

PERSONAL RECORD

1:04:00 – 2019 Houston Half Marathon

OTHER MOST RECENT RACES

2019: Houston Half Marathon – 26th Place, 1:04:00

JACOB HESLINGTON UNITED STATES 27

Heslington's half marathon debut was a strong one, winning the Provo Haunted Half Marathon with a time of 1:03:59. Now, he'll be making his first-ever trip to Duluth and eyeing another podium finish to continue an impressive start to his distance running career.

PERSONAL RECORD

1:03:59 – 2021 Provo Haunted Half Marathon

OTHER MOST RECENT RACES

2021: Provo Haunted Half Marathon – 1st Place, 1:03:59

MASON FRANK UNITED STATES 33

Set to run his fourth Garry Bjorklund Half Marathon, Frank has placed in the top 15 just once in his previous three tries. His best time of 1:04:35 came two years ago in Mesa, and he also won the 2021 Huntsville Half Marathon with a time of 1:05:05.

PERSONAL RECORD

1:04:35 – 2020 Mesa Half Marathon

PREVIOUS GARRY BJORKLUND HALF MARATHON RESULTS

2019: 16th Place – 1:06:15

2016: 14th Place – 1:08:14

2015: 39th Place – 1:08:25

OTHER MOST RECENT RACES

2022: Mesa Half Marathon – 7th Place, 1:04:51

2021: Lincoln Half Marathon – 5th Place, 1:08:40

2021: Huntsville Half Marathon – 1st Place, 1:05:05

2020: Mesa Half Marathon – 5th Place, 1:04:35



COMPLETE LIST OF GARRY BJORKLUND HALF MARATHON ELITE WOMEN'S RUNNERS

LAST NAME	FIRST NAME	AGE	COUNTRY	PR
Bruce	Kelsey	29	United States	1:12:16
Edwards	Rosie	33	United Kingdom	1:12:24
Baptista	Rachel	29	Venezuela	1:12:39
Mejia	Ivette	31	United States	1:13:35
Hayday	Elena	22	United States	1:14:07
Kahura	Grace	29	Kenya	1:14:20
Chrisman	Caitlin	36	United States	1:14:24
Spencer	Emma	32	United States	1:14:29
Gonzales	Grace	32	United States	1:15:25
Mack	Jeanne	32	United States	1:15:25
Pontius	Kelsey	30	United States	1:15:42
Miller	Joy	34	Ireland	1:15:45
Todd	Jocelyn	29	United States	1:15:50
Sonnesyn	Marit	28	United States	1:16:29
Sharek	Leigh	33	United States	1:16:36
Bolick	Kimberly	29	United States	1:17:11
Eberhard	Shari	28	United States	1:17:15
Looker	Aleta	25	United States	1:17:25
Schultz-Rathbun	Chantalle	28	United States	1:17:30
Greenwood	Heidi	37	United States	1:17:37
Parks	Michelle	38	United States	1:17:40
Broderick	Jessica	31	United States	1:17:42
Graham-Zamudio	Grace	28	United States	1:18:19
Greitzer	Lexie	29	United States	1:18:34
Lovitt	Tavyn	26	United States	1:18:46



COMPLETE LIST OF GARRY BJORKLUND HALF MARATHON ELITE WOMEN'S RUNNERS

LAST NAME	FIRST NAME	AGE	CITIZENSHIP	PR
Ashley	Caity	27	United States	1:18:47
Watson	Katie	29	United States	1:18:52
Bowman	Maggie	30	United States	1:18:57
Gacek	Melissa	46	United States	1:18:58
Domenichelli	Danielle	35	United States	1:19:01
Shine	Andrea	25	United States	1:19:12
Greeno	Ashlie	30	United States	1:19:19
Cole	Caroline	27	United States	1:19:39
Preston	Hannah	28	United States	1:19:40
Larios	Carly	31	United States	1:19:44
Sanchez	Rachael	35	United States	1:19:58
Oliva	Heather	31	United States	1:21:40
O'Neil	Victoria	27	United States	1:22:10
Dorry	Rita	32	United States	1:22:27
Jeseritz	Cheryl	43	United States	1:22:53
Shell	Erica	33	United States	1:23:54
Jansen	Gloria	75	United States	1:24:34
Stoneking	Diane	74	United States	1:40:00
DeRogatis	Olivia	27	United States	n/a
Rembold	Julie	41	United States	n/a
Archer	Lauren	23	United States	Debut
Fossum	Alexandra	26	United States	Debut
Haus	Andrea	29	United States	Debut
LaRocco	Lauren	26	United States	Debut
Sonnesyn	Alayna	25	United States	Debut



GARRY BJORKLUND HALF MARATHON WOMEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
KELSEY BRUCE	UNITED STATES	29	RACHEL BAPTISTA	VENEZUELA	29

Bruce will know the racecourse well and she returns to Duluth for the third time in four years, having finished 11th in the full Grandma's Marathon last year with a time of 2:40:23. She's also run the Garry Bjorklund Half Marathon before, finishing 5th in 2019 with a time of 1:13:41.

PERSONAL RECORD

1:12:16 – 2020 Houston Half Marathon

PREVIOUS GARRY BJORKLUND HALF MARATHON RESULTS

2019: 5th Place, 1:13:41

OTHER MOST RECENT RACES

2022: Houston Half Marathon – 23rd Place, 1:13:58

2021: Dallas Half Marathon – 1st Place, 1:14:35

2020: Houston Half Marathon – 38th Place, 1:12:16

Baptista's debut in Duluth will mark just her fourth career half marathon, with the first two coming back in 2018. All three previous races, though, have ended with a podium finish for Baptista, who most recently finished 3rd at the Woodlands Half Marathon with a time of 1:17:10.

PERSONAL RECORD

1:12:39 – 2018 Waco Half Marathon

OTHER MOST RECENT RACES

2022: Woodlands Half Marathon – 3rd Place, 1:17:10

2018: Dallas Half Marathon – 1st Place, 1:13:52

2018: Waco Half Marathon – 3rd Place, 1:12:39

ROSIE EDWARDS UNITED KINGDOM 33

With podium finishes in two of the four half marathons she's run since 2019, Edwards likely comes into her Duluth debut with visions of a victory. She just ran her best mark of 1:12:24 last calendar year at the 2021 Las Vegas Half Marathon, which was nearly a minute better than when she won the 2020 Indianapolis Half Marathon.

PERSONAL RECORD

1:12:24 – 2021 Las Vegas Half Marathon

OTHER MOST RECENT RACES

2021: Las Vegas Half Marathon – 4th Place, 1:12:24

2020: London Half Marathon – 17th Place, 1:16:14

2020: Indianapolis Half Marathon – 1st Place, 1:13:28

2019: Mesa Half Marathon – 2nd Place 1:14:13

IVETTE MEJIA UNITED STATES 31

After making her half marathon debut in 2016, Mejia has found some recent success at that distance with 1st and 4th place finishes at her last two races. This will be Mejia's first time in Duluth, and she will be trying to make it three straight podium finishes.

PERSONAL RECORD

1:13:36 – 2019 Valencia Half Marathon

OTHER MOST RECENT RACES

2021: Columbus Half Marathon – 4th Place, 1:16:09

2020: Myrtle Beach Half Marathon – 1st Place, 1:13:54

2019: Valencia Half Marathon – 14th Place, 1:13:36



GARRY BJORKLUND HALF MARATHON WOMEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
ELENA HAYDAY	UNITED STATES	22	EMMA SPENCER	UNITED STATES	32

One of the youngest athletes in this year's elite field, Hayday will be looking to build on a new personal best she set at this year's Newport News Half Marathon. She's making her first appearance in Duluth, although she has competed in Minnesota before, finishing 5th at the 2021 Twin Cities Marathon.

PERSONAL RECORD

1:14:07 - 2022 Newport News Half Marathon

OTHER MOST RECENT RACES

2022: Newport News Half Marathon – 1st Place, 1:14:07
2021: 26th Place US Half Marathon Championships – 26th Place, 1:16:10

Spencer has top 20 finishes in each of the last two US Half Marathon Championships, and she was also in the top 20 of the 2021 Boston Marathon. This will be her first trip to Duluth, but she'll be trying to keep the good times rolling at this year's Garry Bjorklund Half Marathon.

PERSONAL RECORD

1:14:29 – 2021 US Half Marathon Championships

OTHER MOST RECENT RACES

2021: US Half Marathon Championships – 17th Place, 1:14:29
2019: US Half Marathon Championships – 12th Place, 1:17:10
2019: Indianapolis Half Marathon – 10th Place, 1:14:55

CAITLIN CHRISMAN UNITED STATES 36

It's a return of many kinds this year for Caitlin Chrisman – a return to Duluth where she set her still-standing personal record of 1:14:27 in 2014 and also a return to the half marathon distance, which she hasn't competed in since 2018.

PERSONAL RECORD

1:14:27 – 2014 Garry Bjorklund Half Marathon

PREVIOUS GARRY BJORKLUND HALF MARATHON RESULTS

2014: 9th Place – 1:14:27
2013: 48th Place – 1:20:20
2012: 34th Place – 1:17:51

OTHER MOST RECENT RACES

2018: Vancouver Half Marathon – 4th Place, 1:17:56
2016: San Francisco Half Marathon – 1st Place, 1:15:31

GRACE GONZALES UNITED STATES 32

While this will be Gonzales' first time in the Garry Bjorklund Half Marathon, it won't be her first time to Duluth – she finished 13th in the 2021 Grandma's Marathon with a time of 2:42:32. With five top 10 finishes in her last six half marathons, Gonzales hopes to continue her current hot streak.

PERSONAL RECORD

1:15:28 – 2019 San Diego Half Marathon

OTHER MOST RECENT RACES

2021: Long Beach Half Marathon – 7th Place, 1:22:48
2021: Clarksburg Country Half Marathon – 14th Place, 1:21:41
2020: Tri-City Half Marathon – 4th Place, 1:16:59
2019: Eugene Half Marathon – 10th Place, 1:18:25
2019: Long Beach Half Marathon – 4th Place, 1:20:46
2019: San Diego Half Marathon – 1st Place, 1:15:28



GARRY BJORKLUND HALF MARATHON WOMEN TO WATCH

NAME	HOME	AGE	NAME	HOME	AGE
JEANNE MACK	UNITED STATES	32	GRACE KAHURA	KENYA	29

Fresh off running her half marathon personal record at this year's Houston Half Marathon, Mack will be making her first career appearance in Duluth this summer. Her time of 1:15:25 was good for a top 30 finish in Houston, though she has had some top 10 success in smaller races since taking on the half marathon distance.

PERSONAL RECORD

1:15:25 – 2022 Houston Half Marathon

OTHER MOST RECENT RACES

2022: Houston Half Marathon – 28th Place, 1:15:25

2020: Naples Half Marathon – 7th Place, 1:18:24

2019: Daily News Half Marathon – 6th Place, 1:21:38

After a third place finish in the 2017 Garry Bjorklund Half Marathon, Kahura then came back to Duluth and twice finished fourth in the full Grandma's Marathon. This year, she's back to the 13.1-mile distance and hopes to once again be on the podium.

PERSONAL RECORD

1:14:20 – 2018 Columbus Half Marathon

PREVIOUS GARRY BJORKLUND HALF MARATHON RESULTS

2017: 3rd Place, 1:14:46

OTHER MOST RECENT RACES

2022: Birmingham Half Marathon – 2nd Place 1:16:05

2022: Atlanta Half Marathon – 10th Place, 1:19:03

2022: New York City Half Marathon – 26th Place, 1:15:33

2022: Brooklyn Half Marathon – 11th Place, 1:16:38



Demographics



GRANDMA'S MARATHON GEOGRAPHICAL DEMOGRAPHICS

INTERNATIONAL REPRESENTATION

Afghanistan	1	Iran	1	Russian Federation	3
Argentina	2	Ireland	2	Serbia	1
Australia	7	Israel	1	Singapore	1
Austria	1	Italy	4	Slovakia	1
Bangladesh	1	Japan	9	South Africa	1
Belarus	1	Kenya	21	South Korea	1
Belgium	1	Lebanon	1	Spain	3
Brazil	7	Malawi	2	Sri Lanka	1
Bulgaria	1	Malaysia	4	Sweden	2
Canada	68	Mauritius	1	Tanzania	2
Chile	8	Mexico	27	Thailand	1
China	19	Nepal	5	Trinidad & Tobago	1
Colombia	8	New Zealand	1	Turkey	1
Costa Rica	4	Nigeria	1	Ukraine	2
Ecuador	2	Northern Ireland	1	United Kingdom	12
Egypt	2	North Korea	1	United States	8704
Ethiopia	2	Norway	2	Uruguay	1
France	7	Panama	1	Venezuela	5
Germany	12	Philippines	4	Vietnam	2
Hong Kong	1	Poland	2	Zimbabwe	2
India	16	Romania	1		

UNITED STATES REPRESENTATION

Alabama	14	Louisiana	17	Ohio	103
Alaska	7	Maine	11	Oklahoma	37
Arizona	73	Maryland	48	Oregon	27
Arkansas	18	Massachusetts	102	Pennsylvania	93
California	140	Michigan	93	Rhode Island	10
Colorado	196	Minnesota	4423	South Carolina	21
Connecticut	11	Mississippi	6	South Dakota	89
Delaware	6	Missouri	122	Tennessee	58
Florida	147	Montana	23	Texas	199
Georgia	79	Nebraska	139	Utah	34
Hawaii	4	Nevada	13	Vermont	6
Idaho	21	New Hampshire	10	Virginia	81
Illinois	377	New Jersey	30	Washington	49
Indiana	94	New Mexico	13	Washington, DC	43
Iowa	326	New York	169	West Virginia	2
Kansas	81	North Carolina	104	Wisconsin	767
Kentucky	29	North Dakota	129	Wyoming	10

NOTE: There are participants from 62 countries and all 50 states, plus the District of Columbia, registered in the 2022 Grandma's Marathon. All registration numbers are as of June 1, 2022.



GARRY BJORKLUND HALF MARATHON GEOGRAPHICAL DEMOGRAPHICS

INTERNATIONAL REPRESENTATION

Afghanistan	1	France	1	Mexico	7
Argentina	2	Germany	7	Paraguay	1
Australia	2	Hong Kong	1	Poland	1
Austria	1	India	6	Singapore	1
Brazil	2	Iran	1	South Africa	1
Canada	81	Ireland	4	Taiwan	1
Colombia	2	Italy	1	United Kingdom	5
Costa Rica	1	Japan	2	United States	9318
Dominican Republic	2	Kenya	2	Venezuela	1
England	1	Malaysia	1	Zimbabwe	1

UNITED STATES REPRESENTATION

Alabama	5	Louisiana	4	Ohio	44
Alaska	3	Maine	4	Oklahoma	17
Arizona	44	Maryland	18	Oregon	7
Arkansas	12	Massachusetts	23	Pennsylvania	20
California	54	Michigan	61	Rhode Island	1
Colorado	107	Minnesota	6836	South Carolina	14
Connecticut	4	Mississippi	4	South Dakota	65
Delaware	2	Missouri	57	Tennessee	17
Florida	54	Montana	18	Texas	85
Georgia	16	Nebraska	37	Utah	15
Hawaii	1	Nevada	6	Vermont	3
Idaho	9	New Hampshire	5	Virginia	23
Illinois	178	New Jersey	9	Washington	31
Indiana	28	New Mexico	7	Washington, DC	13
Iowa	154	New York	37	West Virginia	1
Kansas	35	North Carolina	31	Wisconsin	931
Kentucky	12	North Dakota	150	Wyoming	6

NOTE: There are participants from 30 countries and all 50 states, plus the District of Columbia, in the 2022 Garry Bjorklund Half Marathon. All registration numbers are as of June 1, 2022.



WILLIAM A. IRVIN 5K GEOGRAPHICAL DEMOGRAPHICS

INTERNATIONAL REPRESENTATION

Argentina	1	France	1	Nigeria	1
Australia	1	Guatemala	1	Philippines	3
Brazil	3	Hong Kong	1	South Africa	1
Canada	10	India	4	Sweden	1
Costa Rica	1	Ireland	2	Tanzania	1
Egypt	1	Japan	1	United States	2689

UNITED STATES REPRESENTATION

Alabama	6	Louisiana	2	Ohio	17
Alaska	1	Maine	6	Oklahoma	6
Arizona	18	Maryland	12	Oregon	4
Arkansas	7	Massachusetts	10	Pennsylvania	11
California	14	Michigan	24	Rhode Island	6
Colorado	24	Minnesota	1750	South Carolina	5
Connecticut	2	Mississippi	24	South Dakota	26
Delaware	1	Missouri	24	Tennessee	6
Florida	22	Montana	1	Texas	47
Georgia	4	Nebraska	13	Utah	4
Hawaii	0	Nevada	7	Vermont	3
Idaho	2	New Hampshire	6	Virginia	5
Illinois	69	New Jersey	3	Washington	9
Indiana	14	New Mexico	4	Washington, DC	2
Iowa	49	New York	8	West Virginia	1
Kansas	26	North Carolina	15	Wisconsin	316
Kentucky	0	North Dakota	52	Wyoming	1

NOTE: There are participants from 18 countries and 48 states registered in the 2022 William A. Irvin 5K.

All registration numbers are as of June 1, 2022.



AGE GROUP DEMOGRAPHICS

GRANDMA'S MARATHON

AGE GROUP	MEN	WOMEN	NON-BINARY	COMBINED
12-18	41	34	0	75
19-34	2222	1717	2	3941
35-39	692	583	0	1275
40-44	576	537	0	1113
45-49	424	400	1	825
50-54	359	253	0	612
55-59	258	167	0	425
60-64	183	94	0	277
65-69	116	34	0	150
70+	85	16	0	101
TOTAL	4956	3835	3	8794

GARRY BJORKLUND HALF MARATHON

AGE GROUP	MEN	WOMEN	NON-BINARY	COMBINED
12-18	114	102	0	216
19-34	1252	2140	0	3392
35-39	534	993	1	1528
40-44	478	866	0	1344
45-49	316	548	0	864
50-54	261	444	0	705
55-59	275	338	0	613
60-64	194	186	0	380
65-69	112	90	0	202
70+	83	43	0	126
TOTAL	3619	5750	1	9369

WILLIAM A. IRVIN 5K

AGE GROUP	MEN	WOMEN	NON-BINARY	COMBINED
112 & Under	74	64	0	138
13-18	95	91	0	186
19-34	244	483	0	727
35-39	114	237	0	351
40-44	116	209	0	325
45-49	82	156	0	238
50-54	86	152	0	238
55-59	61	103	0	164
60-64	56	88	0	144
65-69	38	55	0	93
70+	47	44	0	91
TOTAL	1013	1682	0	2695

All registration numbers are as of June 1, 2022.



AGE GROUP DEMOGRAPHICS

GRANDMA'S MARATHON – GRANDMOTHERS

NAME	RESIDENCE	AGE	NAME	RESIDENCE	AGE
Katherine Adams	Buffalo, MN	65	Debra Fontaine	Proctor, MN	67
Jeri Ahrens	Jerome, ID	53	Luanne Fouts	Cedar Falls, IA	49
Jennifer Anderson	The Woodlands, TX	50	Elizabeth Fullerton	Jacksonville Beach, FL	60
Jennifer Anderson	Iron, MN	52	Jennifer Gilman	Pine City, MN	54
Heide Ann	Wilson, MI	45	Teresa Gregg	Doniphan, NE	48
Nancy Arnold	Andover, MN	57	Leigh Grell	Ames, IA	47
Amy Barcus	Atglen, PA	56	Mary Griffin	Nolensville, TN	54
Jeanne Barlage	Carlos, MN	61	Mary Hailey	New Richmond, WI	61
Laurie Bauer	Eau Claire, WI	52	Kimberly Haines	Oskaloosa, IA	63
Anita Baugh	Sartell, MN	64	Shauna Hambrgen	Rochester, MN	56
Renee Beasley	Ringgold, GA	45	Anne Hartwick	Fishers, IN	57
Bonnie Behl	Zimmerman, MN	50	Stephanie Hawkins	Brainerd, MN	43
Kay Bezotte	Buffalo, MN	60	Barb Hedstrom	Alexandria, MN	54
Dawn Bigelbach	Oakdale, MN	59	Krista Heineman	Thurston, NE	49
Ellen Blanco	Rochester, MN	62	Kennedy Hills	Marietta, GA	46
Mary Blel	River Falls, WI	57	Jolene Hodge	Olathe, KS	62
Sally Boullianne	Oakdale, MN	63	Rita Hookstead	Randolph, WI	58
Charlene Brady	Germantown, WI	69	Sally Hulbert	Litchfield, MN	65
Rita Brafford	Watertown, WI	66	Jessica Hydo	Lincoln, NE	41
Norma Branscum	Waco, TX	44	Dawn James	Abilene, KS	45
Sharon Brening	Lincoln, NE	57	Susan Janssen	Duluth, MN	67
Megan Brown	Parkville, MO	42	Virginia Julson	Boyceville, WI	61
Paula Caballero	Saint Paul, MN	53	Shelia Kanninen	Hammond, WI	65
Margaret Cameron	Chula Vista, CA	55	Susan Kautzer	Champaign, IL	59
Myriam Cardenas	Willowbrook, IL	61	Shirley Kemmer	Fargo, ND	60
Delena Casey	Kingsford, MI	63	Vicky Knudson	Shakopee, MN	79
Karen Casey	Olathe, KS	53	Tia Larson	Buffalo, MN	66
Myhanh Che	Omaha, NE	54	Tracey LeDoux	Lewes, DE	49
Jeanine Choromanski	Chicago, IL	68	Paula Lee	Tulsa, OK	67
Tanna Christopoulos	Bixby, OK	47	Sandrine Lemercier	Eden Prairie, MN	48
Paula Connery	Kearney, MO	56	Denese Lenertz	Lakeland, MN	63
Carlyn Cooper	Cannon Falls, MN	46	Cory Lidenberg	Moorhead, MN	49
Mary Corey	Freeburg, MO	54	Carol Lindroos	Wadena, MN	58
Maria Cruz	Dallas, TX	51	Shannon Lorbiecki	Lake elmo, MN	60
Deann Dahl	Duluth, MN	57	Gina Luedke	Princeton, MN	50
Grandma Sally Dahlquist	Stillwater, MN	52	Gina Luedke	Princeton, MN	50
Lynda Daugherty	Macon, GA	61	Missy Luton	Garland, TX	53
Sonia Dhodapkar	Houston, TX	45	Barbara Madill	London, ON	64
Kerith Elfstrum	Minnetonka, MN	53	Nicki Maher	Ankeny, IA	61
Wanda Essink	Lincoln, NE	61	Virginia Marcoc	Green Bay, WI	63



AGE GROUP DEMOGRAPHICS

GRANDMA'S MARATHON – GRANDMOTHERS *continued*

NAME	RESIDENCE	AGE	NAME	RESIDENCE	AGE
Eglyn Marjo	Chicago, IL	56	Suzanne Rector	Rogers, AR	55
Sara Mason	Menomonie, WI	61	Beverly Rinke	Woodbury, MN	63
Terri Mattila	Saint Paul, MN	59	Leslie Sammon	Oregon, WI	60
Jeanne McCurnin	Mason City, IA	66	Anita Schendel	Duluth, MN	58
Susan McDonald	Grand Portage, MN	66	Jean Schmidt	Loveland, OH	70
Lisa Meehan	Attleboro, MA	58	Lisa Sevcik	Cedar Falls, IA	60
Donna Melody	Plymouth, MN	64	Catherine Shenoy	Lawrence, KS	69
Becky Meyer	Madison Lake, MN	65	Sue Smith	Grand Rapids, MI	58
Marianne Meyer	International Falls, MN	58	Natalie Staheli	Santaquin, UT	48
Landa Miller	Richfield, MN	72	Kay Stinson	Stillwater, MN	75
Chris Moon	Des Moines, IA	48	Jeanne Svobodny	Winona, MN	70
Kristin Nagel	Scottsdale, AZ	57	Michelle Tague	Cowden, IL	45
Karin Nelson	Dallas, GA	44	Rita Taylor-Stewart	Atkins, IA	55
Anne Olson	Bayfield, WI	61	Pam Tegtmeier	Wooster, OH	65
Sara Oltvedt	Fargo, ND	42	Shelly Thompson	Duluth, MN	57
Ann Pardun	Danbury, WI	44	Carol Thumma	Coggon, IA	53
Teresa Patterson	Richfield, ID	46	Tuyet-Anh Tran	Minnetonka, MN	61
Andrea Patton	Cambridge, MN	42	Claude Wenaas	Duluth, MN	70
Jo Pawlak	Greenwood, WI	48	Andrea West	Albia, IA	45
Laura Pierce	Farmington, MN	56	Gail White	Beaver Dam, WI	65
Kim Pontius	Circleville, OH	59	Tonja Wick	Comstock, WI	59
Julie Poupart	Lac du Flambeau, WI	52	Pauline Winge	Solway, MN	52
Barbara Prejean Margulis	Port Washington, NY	63	Susan Zemlin	Coon Rapids, MN	57
Monica Rasmussen	Mapleton, UT	53	Jennifer Zielinski	Essexville, MI	50



AGE GROUP DEMOGRAPHICS

RACE DAY BIRTHDAYS – GRANDMA'S MARATHON

FIRST NAME	LAST NAME	RESIDENCE	AGE
Abdikadir	Zahid	Savage, MN	27
Audette	Isaac	West St Paul, MN	25
Bove	Andrew	Havertown, PA	49
Bowker	Alison	South St Paul, MN	32
Buhr	Peter	Waupun, WI	41
Burnett	Adam	Eagan, MN	41
Chandler	Eric	Duluth, MN	54
Firebaugh	Pierce	New York, NY	25
Florestano	Tom	Duluth, MN	57
Gustafson	Kathryn	Cokato, MN	29
Henne	Bob	Wheaton, IL	36
Holt	Molly	Dallas, TX	31
Knox	Vickie	Fallbrook, CA	53
Krumrich	Melissa	Golden Valley, MN	42
Larson	Amanda	Le Mars, IA	41
Le	Duc	Lakeville, MN	42
Lundquist	Sadie	Cloquet, MN	30
McCullen	Nicholas	Bloomington, MN	22
McNamara	Andy	Goodhue, MN	40
Mischo	Theresa	Hudson, WI	29
Mozqueda	Eduardo	Minneapolis, MN	31
Nelson	Chris	Davenport, IA	47
Nelson	Jessica	Hinckley, MN	24
Nelson	Brian	Waxahachie, TX	30
Orth	David	Hugo, MN	55
Porter	Paul	Glendale, CA	51
Prall	John	North Saint Paul, MN	34
Rogers	Luke	Maple Grove, MN	43
Ruehl	Kelley	Albuquerque, NM	34
Smith	Danell	Arlington, TX	48
Swenson	Todd	Boston, MA	24
Toman	Elisa	Conroe, TX	31
Townsend	Julia	Kennesaw, GA	30
Woodbeck	Jay	St Paul, MN	30



AGE GROUP DEMOGRAPHICS

RACE DAY BIRTHDAYS – GARRY BJORKLUND HALF MARATHON

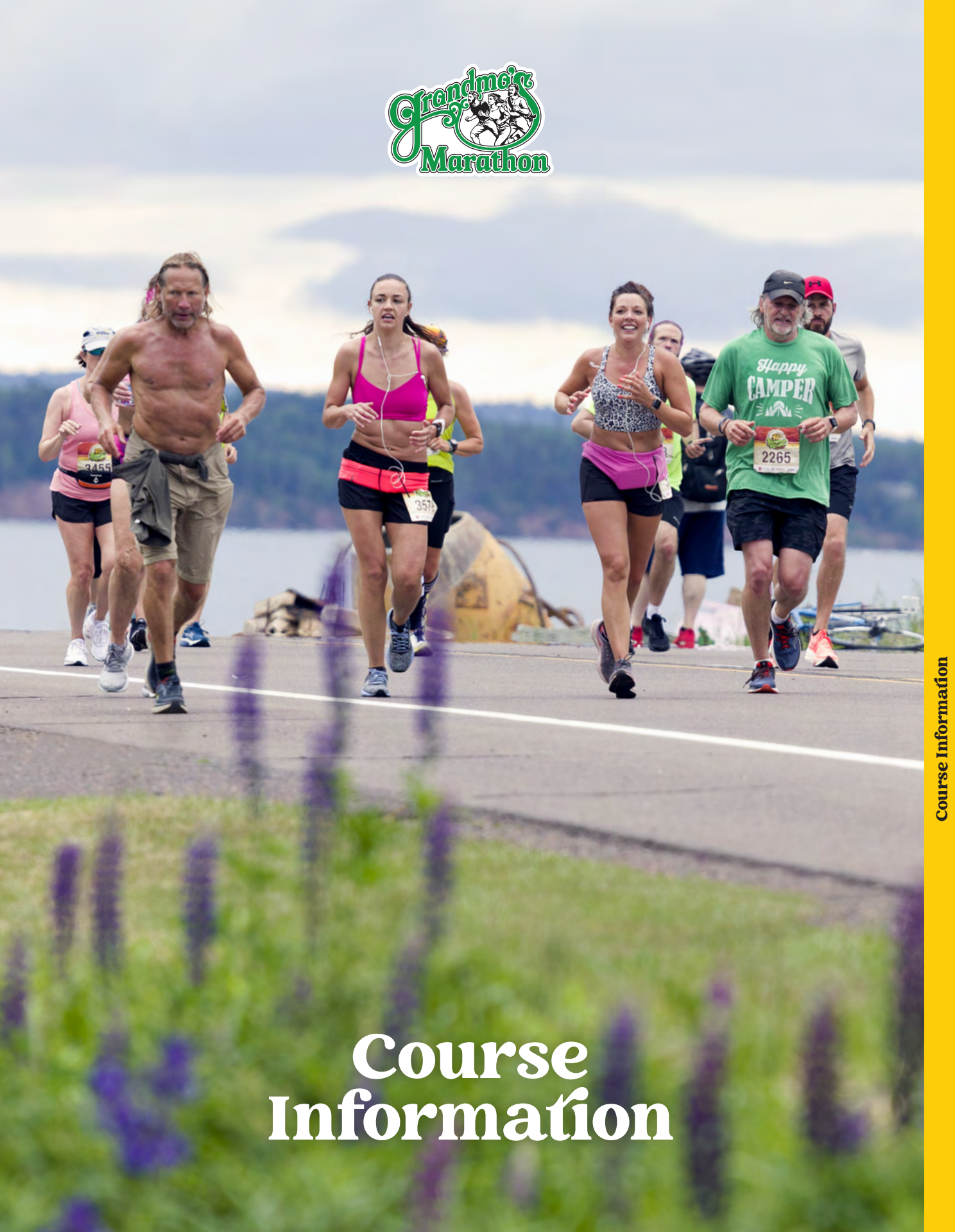
FIRST NAME	LAST NAME	RESIDENCE	AGE
Anderson	Brenda	Duluth, MN	43
Bates	Kathy	Pine Island, MN	57
Black	Jean	Wrenshall, MN	60
Domin	Sarah	Bayport, MN	35
Florestano	Tom	Duluth, MN	57
Franke	Josh	Minneapolis, MN	31
Gorman	Aaron	Duluth, MN	32
Hansen	Kate	Sioux Falls, SD	37
Hill	Owen	Austin, TX	28
Honek	Amy	Minneapolis, MN	27
Johnson	Michele	Duluth, MN	45
Johnson	Ashley	Superior, WI	25
Keehan	Brianne	Maple Grove, MN	32
Keller	Joy	Deer Park, WI	48
Lawson	Allie	Superior, WI	31
Lundberg	John	Duluth, MN	47
Markowitz	Leslie	St Paul, MN	37
Mavec	Jill	Eveleth, MN	49
OKane	Josh	Minnetonka, MN	46
Olschlager	Shanna	Moorhead, MN	46
Paniccia	Joe	Savage, MN	59
Prawalsky	Emily	Minneapolis, MN	41
Rupert	Barb	Duluth, MN	59
Sato	Alyson	Edina, MN	34
Skogerboe	Elizabeth	Minneapolis, MN	27
Thiner	Denise	Fargo, ND	49
Thompson	Jennifer	St. Paul, MN	55
Williams	Amanda	White Bear Lake, MN	34
Willis	Steve	Superior, WI	53



AGE GROUP DEMOGRAPHICS

RACE DAY BIRTHDAYS – WILLIAM A. IRVIN 5K

FIRST NAME	LAST NAME	RESIDENCE	AGE
Anderson	James	Duluth, MN	57
Davis	EmmaLee	Madison, WI	29
Herrmann	Joel	Minneapolis, MN	65
Hertz	Amy	Minneapolis, MN	36
Leno	Karolyn	Hillsboro, ND	44
Lindsey	Joseph	Hermantown, MN	45
Paulson	Sandra	Duluth, MN	49
Rodewald	Alex	Maple Grove, MN	13
Schake	Greg	Fergus Falls, MN	43
Sharp	Jennifer	Baxter, MN	38
Sonnek Jr.	Joe	Hugo, MN	38
Spies	Rachel	Hermantown, MN	30
Thomas	Elizabeth	Cloquet, MN	29
Tyler	Susan	Milnor, ND	48
Walker	Kari	St. Paul, MN	56
Walton	Chad	Hermann, MO	42



Course Information



STARTING TIMES & APPROXIMATE FINISH TIMES

WILLIAM A. IRVIN 5K – FRIDAY, JUNE 17

**START TIME****6:00 p.m.****APPROXIMATE FINISH TIMES**

Men's Champion

6:15 p.m.

Women's Champion

6:15 p.m.

RACE NUMBER LOGOS – Toyota, Members Cooperative Credit Union, & ASICS**RACE BIB COLOR** – Green

GARRY BJORKLUND HALF MARATHON – SATURDAY, JUNE 18

**START TIME****6:00 a.m.****APPROXIMATE FINISH TIMES**

Men's Champion

7:00 a.m.

Women's Champion

7:10 a.m.

RACE BIB LOGO – Toyota, Members Cooperative Credit Union, & ASICS**RACE BIB COLOR** – Blue

GRANDMA'S MARATHON, WHEELCHAIR DIVISION – SATURDAY, JUNE 18

**START TIME****7:35 a.m.****APPROXIMATE FINISH TIMES**

Men's Champion

9:00 a.m.

Women's Champion

9:05 a.m.

RACE BIB LOGO – Toyota, Members Cooperative Credit Union, & ASICS**RACE BIB COLOR** – Yellow

GRANDMA'S MARATHON – SATURDAY, JUNE 18

**START TIMES**

Men's Elite & Sub-Elite

7:40 a.m.

Women's Elite & Sub-Elite

7:45 a.m.

Citizens

7:45 a.m.**APPROXIMATE FINISH TIMES**

Men's Champion

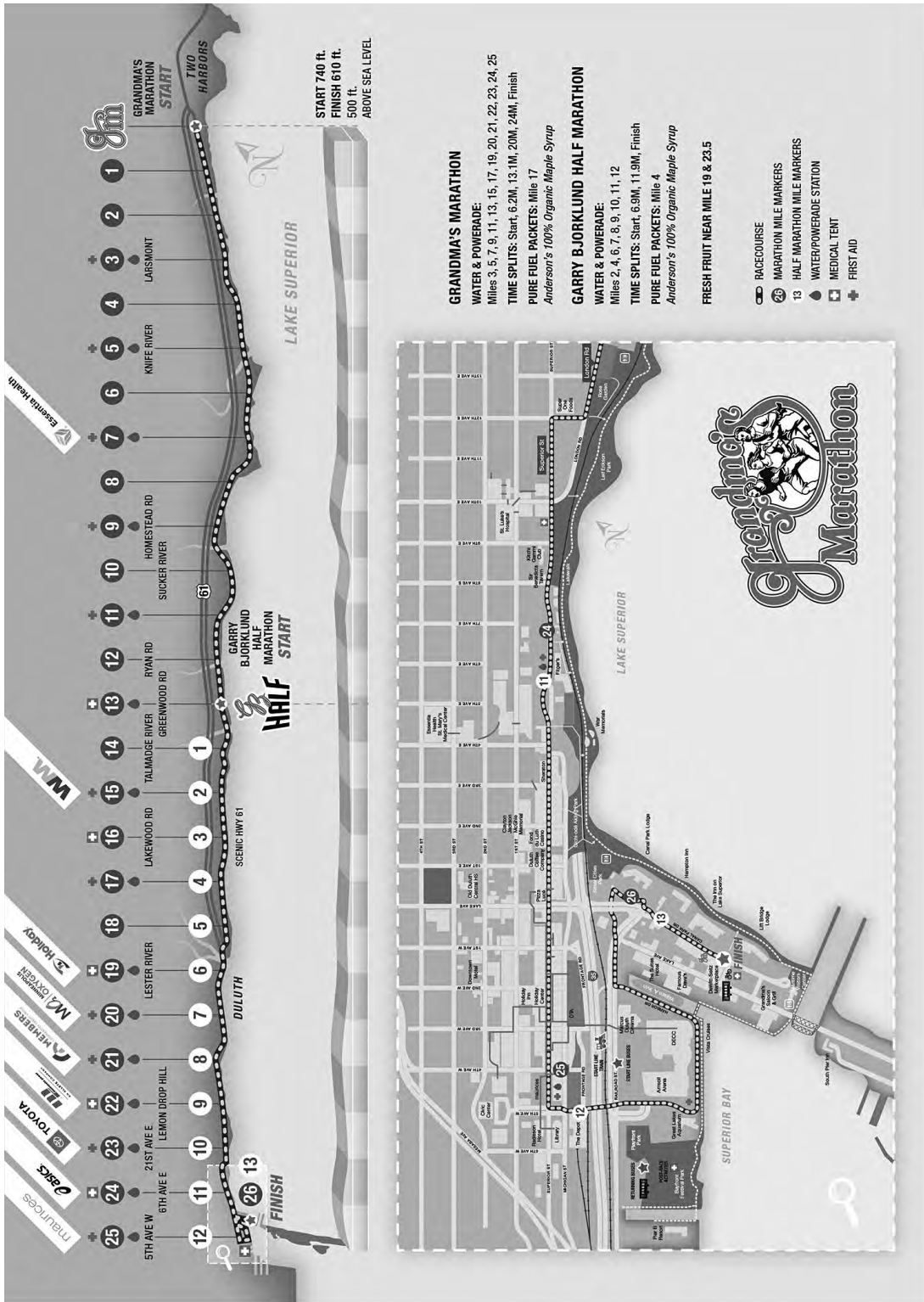
9:50 a.m.

Women's Champion

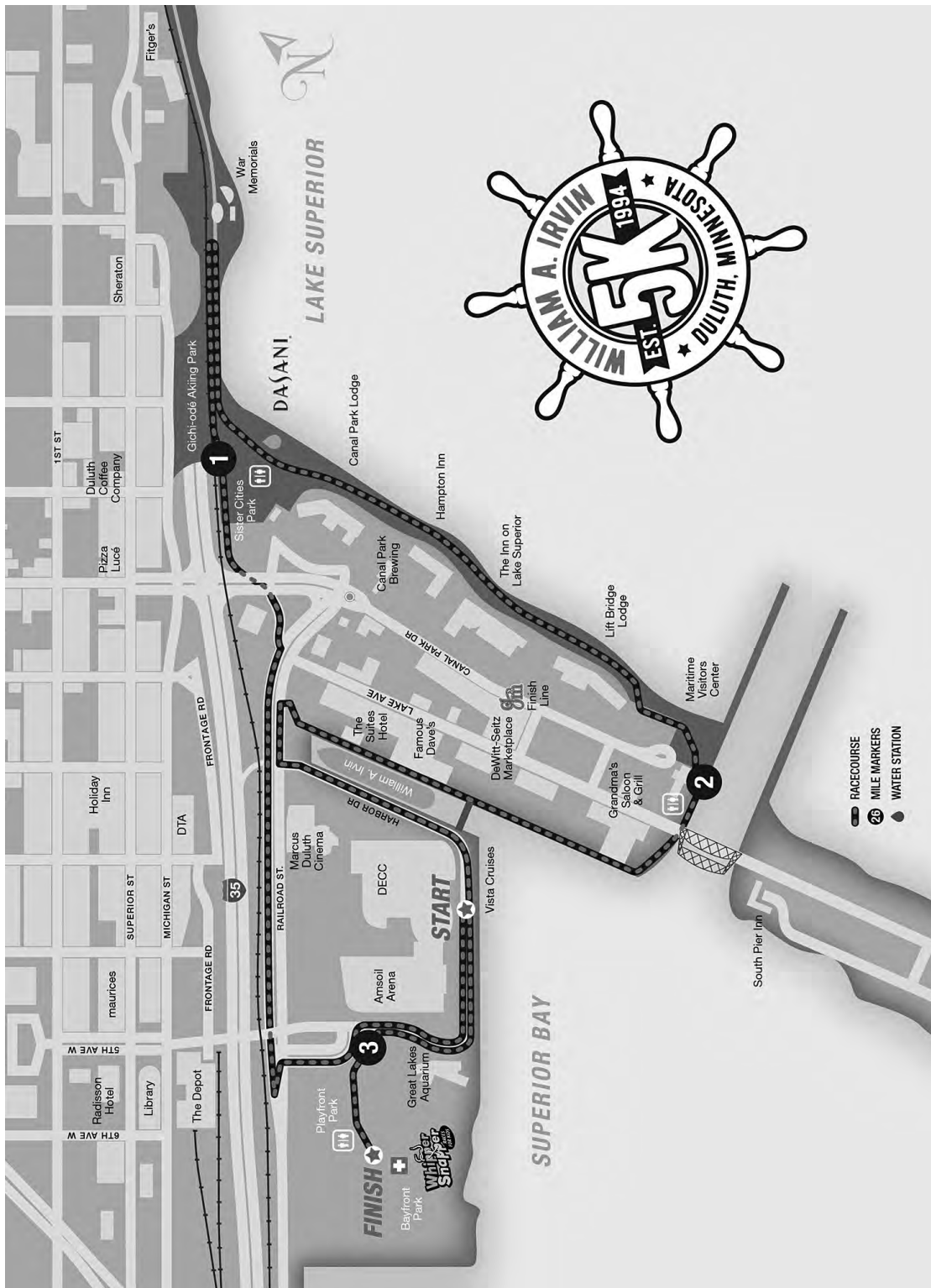
10:10 a.m.

RACE BIB LOGO – Toyota, Members Cooperative Credit Union, & ASICS**RACE BIB COLOR** – Yellow

GRANDMA'S MARATHON / GARRY BJORKLUND HALF MARATHON COURSE MAP & ELEVATION CHART



WILLIAM A. IRVIN 5K COURSE MAP





COURSE INFORMATION

PACE CHART – GRANDMA'S MARATHON

CITIZEN START TIME – 7:45 a.m.

EXPECTED PACE	KNIFE RIVER MILE 5	SUCKER RIVER MILE 10	MCQUADE HARBOR HALFWAY	LESTER RIVER MILE 19	LEMON DROP HILL MILE 22	FITGERS MILE 24	CANAL PARK FINISH
5:30/mile	27:30	55:00	1:11:30	1:44:30	2:01:00	2:12:00	2:23:00
6:00/mile	30:00	1:00:00	1:18:00	1:54:00	2:12:00	2:24:00	2:36:00
6:30/mile	32:30	1:05:00	1:24:30	2:03:30	2:23:00	2:36:00	2:49:00
7:00/mile	35:00	1:10:00	1:31:00	2:13:00	2:34:00	2:48:00	3:02:00
7:30/mile	37:30	1:15:00	1:37:30	2:22:30	2:45:00	3:00:00	3:15:00
8:00/mile	40:00	1:20:00	1:44:00	2:32:00	2:56:00	3:12:00	3:28:00
8:30/mile	42:30	1:25:00	1:50:30	2:41:30	3:07:00	3:24:00	3:41:00
9:00/mile	45:00	1:30:00	1:57:00	2:51:00	3:18:00	3:36:00	3:54:00
9:30/mile	47:30	1:35:00	2:03:30	3:00:30	3:29:00	3:48:00	4:07:00
10:00/mile	50:00	1:40:00	2:10:00	3:10:00	3:40:00	4:00:00	4:20:00
10:30/mile	52:30	1:45:00	2:16:30	3:19:30	3:51:00	4:12:00	4:33:00
11:00/mile	55:50	1:50:00	2:23:00	3:29:00	4:02:00	4:24:00	4:46:00
11:30/mile	57:30	1:55:00	2:29:30	3:38:30	4:13:00	4:36:00	4:59:00
12:00/mile	1:00:00	2:00:00	3:36:00	3:48:00	4:24:00	4:48:00	5:12:00
12:30/mile	1:02:30	2:05:00	2:42:30	3:57:30	4:35:00	5:00:00	5:25:00
13:00/mile	1:05:00	2:10:00	2:49:00	4:07:00	4:46:00	5:12:00	5:38:00
13:30/mile	1:07:30	2:15:00	2:55:30	4:16:30	4:57:00	5:24:00	5:51:00
14:00/mile	1:10:00	2:20:00	3:02:00	4:26:00	5:08:00	5:36:00	6:04:00
14:30/mile	1:12:30	2:25:00	3:08:30	4:35:30	5:19:00	5:48:00	6:17:00
15:00/mile	1:15:00	2:30:00	3:15:00	4:45:00	5:30:00	6:00:00	6:30:00
15:30/mile	1:17:30	2:35:00	3:21:30	4:54:30	5:41:00	6:12:00	6:43:00
16:00/mile	1:20:00	2:40:00	3:28:00	5:04:00	5:52:00	6:24:00	6:56:00

Max Course Time – 7 Hours (approx. 16:00/mile)



COURSE INFORMATION

PACE CHART – GARRY BJORKLUND HALF MARATHON

CITIZEN START TIME – 6:00 a.m.

EXPECTED PACE	LESTER RIVER MILE 6	LEMON DROP HILL MILE 9	FITGERS MILE 11	CANAL PARK FINISH
5:30/mile	33:00	49:30	1:00:30	1:11:30
6:00/mile	36:00	54:00	1:06:00	1:18:00
6:30/mile	39:00	58:30	1:11:30	1:24:30
7:00/mile	42:00	1:03:00	1:17:00	1:31:00
7:30/mile	45:00	1:07:30	1:22:30	1:37:30
8:00/mile	48:00	1:12:00	1:28:00	1:44:00
8:30/mile	51:00	1:16:30	1:33:30	1:50:30
9:00/mile	54:00	1:21:00	1:39:00	1:57:00
9:30/mile	57:00	1:25:30	1:44:30	2:03:30
10:00/mile	1:00:00	1:30:00	1:50:00	2:10:00
10:30/mile	1:03:00	1:34:30	1:55:30	2:16:30
11:00/mile	1:06:00	1:39:00	2:01:00	2:23:00
11:30/mile	1:09:00	1:43:30	2:06:30	2:29:30
12:00/mile	1:12:00	1:48:00	2:12:00	2:36:00
12:30/mile	1:15:00	1:52:30	2:17:30	2:42:30
13:00/mile	1:18:00	1:57:00	2:23:00	2:49:00
13:30/mile	1:21:00	2:01:30	2:28:30	2:55:30
14:00/mile	1:24:00	2:06:00	2:34:00	3:02:00

Max Course Time - 3 Hours (approx. 14:00/mile)



COURSE INFORMATION

PACE CHART – GRANDMA'S MARATHON (LEADERS)

MEN'S ELITE GUN START TIME – 7:40 a.m. | WOMEN'S ELITE GUN START TIME – 7:45 a.m.

KNIFE RIVER MILE 5	SUCKER RIVER MILE 10	MCQUADE HARBOR HALFWAY	LESTER RIVER MILE 19	LEMON DROP HILL MILE 22	FITGERS MILE 24	CANAL PARK FINISH	EXPECTED PACE
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MEN'S LEADERS

8:00-8:05 am 8:25-8:30 am 8:40-8:45 am 9:10-9:15 am 9:25-9:30 am 9:35-9:40 am 9:45-9:50 am **2:11:00 (5:00/mile)**

WOMEN'S LEADERS

8:10-8:15 am 8:35-8:40 am 8:55-9:00 am 9:30-9:35 am 9:50-9:55 am 10:00-10:05 am 10:10-10:15 am **2:28:30 (5:40/mile)**

PACE CHART – GRANDMA'S MARATHON WHEELCHAIR (LEADERS)

GUN START TIME - 7:35 a.m.

KNIFE RIVER MILE 5	SUCKER RIVER MILE 10	MCQUADE HARBOR HALFWAY	LESTER RIVER MILE 19	LEMON DROP HILL MILE 22	FITGERS MILE 24	CANAL PARK FINISH	EXPECTED PACE
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MEN'S WHEELCHAIR LEADERS

7:50-7:55 am 8:05-8:10 am 8:15-8:20 am 8:35-8:40 am 8:45-8:50 am 8:50-8:55 am 9:00-9:05 am **1:25:00 (3:15/mile)**

WOMEN'S WHEELCHAIR LEADERS

7:50-7:55 am 8:10-8:15 am 8:20-8:25 am 8:40-8:45 am 8:50-8:55 am 9:00-9:05 am 9:05-9:10 am **1:31:45 (3:35/mile)**

PACE CHART – GARRY BJORKLUND HALF MARATHON (LEADERS)

GUN START TIME - 6:00 a.m.

LESTER RIVER MILE 6	LEMON DROP HILL MILE 9	FITGERS MILE 11	CANAL PARK FINISH	EXPECTED PACE
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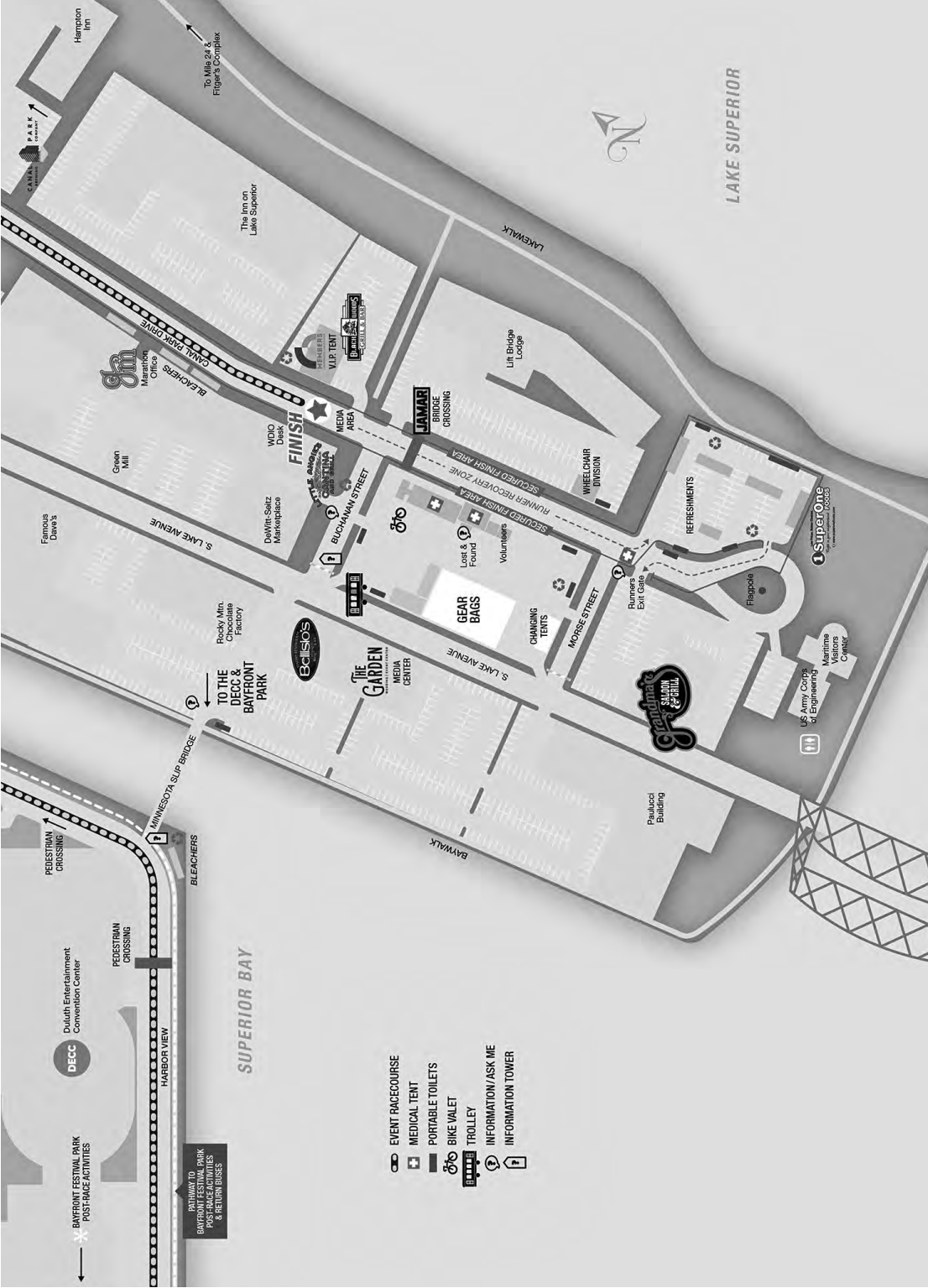
MEN'S LEADERS

6:25-6:30 am 6:40-6:45 am 6:50-6:55 am 7:00-7:05 am **1:02:15 (4:45/mile)**

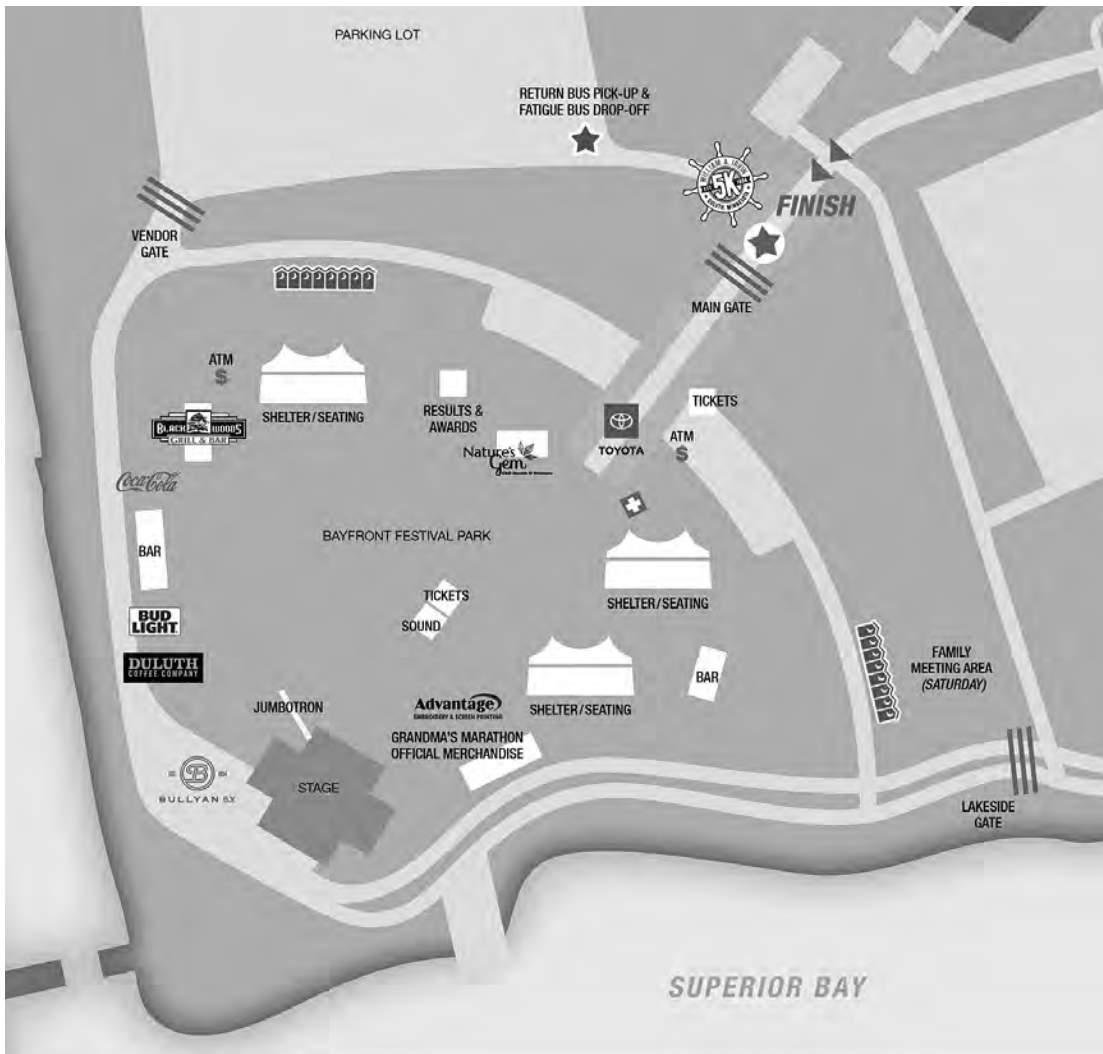
WOMEN'S LEADERS

6:25-6:30 am 6:45-6:50 am 6:55-7:00 am 7:05-7:10 am **1:09:55 (5:20/mile)**

FINISH AREA MAP



BAYFRONT ACTIVITIES MAP





COURSE INFORMATION

RACECOURSE EVENT ALERT SYSTEM

Grandma's Marathon uses the Event Alert System (EAS) to communicate information on current course conditions pre-event and on race day. Participants, spectators, and volunteers should familiarize themselves with the color-coded flags which are posted at the Essentia Health Fitness Expo, the starting lines, and at each water station on race day. Updates may also be communicated over public address and by race officials.

Automated External Defibrillators (AEDs) and trained responders are located at each mile along the race course. Medical assistance is available at the medical tent in the Finish Line Area until 2:45 p.m. – use hospital/emergency room services after 2:45 p.m.

Note: Grandma's Marathon adopted EAS in 2017.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
LOW – GREEN	GOOD CONDITIONS	ENJOY THE EVENT/BE ALERT
MODERATE – YELLOW	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
HIGH – RED	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE CHANGES FOLLOW INSTRUCTIONS/CONSIDER STOPPING
EXTREME – BLACK	EVENT CANCELED/EXTREME OR DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTION
RISK OF HYPOTHERMIA WHITE	COLD WEATHER CONDITIONS	COVER HANDS, FEET, TOP OF HEAD RISK OF HYPOTHERMIA EXISTS



Schedule of Events



COMPLETE WEEKEND SCHEDULE

THURSDAY, JUNE 16

RUDY PERPICH PUBLIC SERVICE AWARD BREAKFAST

7:00 a.m. | Garden Event Center

Honorees:

Bob Shene, Duluth Police Department

Carey Johnson, Lake County Sheriff

THURSDAY, JUNE 16

ESSENTIA HEALTH FITNESS EXPO

4:00 a.m. – 8:00 p.m. | DECC – Entrance A or B

FREE – Open to the Public

RACE PACKET PICK-UP

4:00 - 8:00 p.m. | DECC – Entrance A or B

FRIDAY, JUNE 17

ESSENTIA HEALTH FITNESS EXPO

10:00 a.m. – 9:00 p.m. | DECC – Entrance A or B

FREE – Open to the Public

RACE PACKET PICKUP

10:00 a.m. – 11:00 p.m. | DECC – Entrance A or B

MICHELINA'S ALL-YOU-CAN-EAT SPAGHETTI DINNER

11:00 a.m. – 9:00 p.m.

DECC – Lake Superior Ballroom

\$16 Adults / \$8 Ages 5-12 / FREE Ages 4 & Under

VIRTUAL RACECOURSE TOURS (FEAT. DOUG KURTIS)

11:00 a.m. & 3:15 p.m. | DECC – Paulucci Hall

FREE – Open to the Public

YAF FESTIVAL FOR KIDS

12:00 p.m. – 4:00 p.m. | Bayfront Festival Park

FREE – Open to the Public

WHIPPER SNAPPER RACES FOR KIDS

Registration at 12:00 p.m. | Races at 1:00 p.m.

Bayfront Festival Park

FREE – Open to Ages 14 & Under

DIVERSITY, EQUITY, & INCLUSION ROUNDTABLE

2:00 p.m. | DECC – Paulucci Hall

FREE – Open to the Public

Panelists:

Ed Walton – Black Men Run

Katia Lopez-Petrovich – Latinas on the Move

Alicia Kozlowski – Kwepack

Jake Fedorowski – Seattle Frontrunners

GRANDMA'S MARATHON PRE-RACE TALK SHOW

(FEAT. DICK BEARDSLEY & CARRIE TOLLEFSON)

4:00 p.m. | DECC – Paulucci Hall

FREE – Open to the Public

Guests:

Garry Bjorklund & Wendy Hovland

Milton Rotich & Dakotah Lindwurm

Aaron Pike & Susannah Scaroni

Mayor Emily Larson & Matt Baumgartner

START OF THE 29th ANNUAL WILLIAM A. IRVIN 5K

6:00 p.m. | DECC & Bayfront Festival Park

ROCK THE BAYFRONT ENTERTAINMENT

5:00 p.m. – 9:45 p.m. | Bayfront Festival Park

FREE – Open to the Public

Featured Live Acts:

6:30-8:30 p.m. – Pop Rocks



COMPLETE WEEKEND SCHEDULE

SATURDAY, JUNE 18

START OF THE 32nd ANNUAL GARRY BJORKLUND HALF MARATHON

6:00 a.m.

START OF THE 46th ANNUAL GRANDMA'S MARATHON

Wheelchair & Duo Division	7:35 a.m.
Men's Elite & Sub-Elite	7:40 a.m.
Women's Elite & Sub-Elite	7:45 a.m.
Citizens	7:45 a.m.

ROCK THE BAYFRONT ENTERTAINMENT

8:00 a.m. – 11:45 p.m. | Bayfront Festival Park

FREE – Open to the Public

Featured Live Acts:

9:00 a.m.-12:00 p.m. – Rock-a-Billy Revue
12:30 p.m.-3:00 p.m. – South of Superior
3:30 p.m.-6:30 p.m. – Buckwild
7:00 p.m.-9:00 p.m. – Big Wave Dave
& The Ripples
9:30 p.m.-11:30 p.m. – Viva Kneivel



GUEST SPEAKER PRESENTATIONS

LIVE SHOWS | FRIDAY, JUNE 18

VIRTUAL RACECOURSE TOURS

11:00 a.m. & 3:15 p.m. | DECC – Paulucci Hall

Whether it's your first time to Duluth or you just can't get enough of our beautiful racecourse, make sure you join two-time Grandma's Marathon champion Doug Kurtis on Friday to learn any last-minute tips and tricks that may help in your approach to race day.

DIVERSITY, EQUITY, & INCLUSION ROUNDTABLE

2:00 p.m. | DECC – Paulucci Hall

Running should be for everyone, but is it? It's important to Grandma's Marathon that we continue taking steps forward to make our event and the sport of running more inclusive and accessible to everyone. We've invited several community leaders representing various minority groups for a roundtable discussion to address some of the obstacles still present in both competitive and recreational running across the country.

- Ed Walton – Black Men Run
- Alicia Kozlowski – KwePack
- Katia Lopez-Petrovich – Latinas on the Move
- Jake Fedorowski – Seattle Frontrunners

DICK & CARRIE PRE-RACE TALK SHOW

4:00 p.m. | DECC – Paulucci Hall

Dick Beardsley is a two-time Grandma's Marathon champion, and he also owned the men's event record for more than three decades before it was beaten in 2014. Carrie Tollefson is a Minnesota running legend in her own right, having competed in the 2004 Summer Olympics and now working as a television analyst for some of the nation's biggest events.

Together, they make a dynamic duo on our Grandma's Marathon media team and will again be covering this year's men's and women's full marathons on radio and television. They will team up again this year for a fun-filled pre-race talk show to touch on all things Grandma's Marathon, including interviews with some of this year's elite athletes.



Story Leads



STORY LEADS

THE IRON TWO

Jim Nowak (Cornell, WI) – (608) 415-9990, jimnowak9990@gmail.com

John Naslund (Bloomington, MN) – (952) 475-4297, john.d.naslund@gmail.com

Jim Nowak and John Naslund are the answers to an obscure question of Grandma's Marathon history. Out of more than 225,000 people who have completed the 26.2-mile race since its start in 1977, Nowak and Naslund are the only two to have finished the race every year. They have both registered over 1,179 miles on the Grandma's Marathon course, and they'll be back for their 46th year in 2022.

BROTHERLY LOVE

Kyle Pease (Chamblee, GA) – kpease35@gmail.com

Kyle Pease was born with cerebral palsy, but that hasn't stopped his passion and love of sports. He and his brother, Brent, have finished over 80 road races together including the 2018 World Championships in Hawaii. Together, they've run over 1,500 miles and also started The Kyle Pease Foundation, which has raised over \$4 million and served more than 150 families since its inception in 2011. Together, the Pease brothers will be in Duluth for this year's Grandma's Marathon.

WE'RE IN IT TOGETHER

Heidi Gutsch (Jamison, PA) – hgutsch@gmail.com

Shelia Gregan (Des Moines, IA) – (515) 975-1023, shelia.gregan@gmail.com

Heidi Gutsch and Sheila Gregan became fast friends at college in the late 1970s, partially because their parents made them both stay on campus during weekends and breaks. The friendship has remained to adulthood and actually took on a whole new meaning five years ago. After Gregan was diagnosed with a rare genetic disorder that causes kidney failure, it was Gutsch who was a perfect match for donation. Both are doing well today, the duo will be together again to celebrate life – and all its challenges – at this year's William A. Irvin 5K.

SUPER(OR) IRONMAN

Randy Back (Superior, WI) – rsbrun@yahoo.com

Randy Back has finished Grandma's Marathon 32 times – the first was in 1980 – and he'll be back this June to try for No. 33. Just five days earlier, though, Back will be competing in the Ironman Championships in Des Moines. Even at 63 years old, he hopes his example can inspire others to embrace lifelong challenges and to get outdoors more often.



STORY LEADS

PING INTO ACTION

Robert Ping (Trussville, AL) – (205) 706-7653, rping@gmail.com

When Charlie Ping injured his quadriceps midway through the 1984 Grandma's Marathon, he and his son Robert continued on as long as they could before exceeding the time requirement. Neither has run in Duluth since, but this year Robert will be back and this time running in honor of his dad who has been diagnosed with Parkinson's Disease. He's not only running to raise awareness and money, he's also running to finish what he and his started back in 1984.

A PROMISE WORTH FULFILLING

Sherry Poss (Victoria, MN) – sherrymposs@yahoo.com

In July 2020, Sherry Poss was diagnosed with double hit diffuse large B-cell lymphoma. Before her diagnosis, she enjoyed going to the gym and running and actually continued to do both throughout her battle with cancer. While Poss' battle with cancer was a marathon in its own right, she told herself that she would one day do another marathon. At this year's Grandma's Marathon, Poss is ready to fulfill that promise to herself.

34 YEARS & COUNTING

Linda & Don Knox (Wichita Falls, TX) – (940) 691-5669, lnox@sw.rr.com

Grandma's Marathon race day doubles as anniversary day this year for Don and Linda Knox. The couple are regulars at events all over Texas and even adventured to the Berlin Marathon in the past, mostly for the love of meeting new people and seeing new places. This summer, they'll ring in their anniversary in Duluth by running both the William A. Irvin 5K and Grandma's Marathon.

RUNNING SAVED MY LIFE

Gabriel Mills (Kenyon, MN) – knightowlbeatz@gmail.com

At just 16 years old, Gabriel Mills weight 468 pounds and needed gastric bypass surgery. Three years later, he had gained the weight back and was also fighting an opiate addiction. In May 2022, Mills started getting serious about his diet and exercise. He started walking six miles a day, which then turned to casual running followed by official races. After completing several 5K and 10K events, Mills is now ready for his first-ever crack at 26.2 miles at Grandma's Marathon.

SAVE

Aaron Raskin (Minneapolis, MN) – (612) 280-0304, abraskin01@gmail.com

When he was only 6 years old, Aaron Raskin's mother committed suicide after struggling with depression. Years later, he found a poster of the 1988 Grandma's Marathon that she had participated in before he was born. This year, Raskin will run the same course as his mom and do so while raising money for Suicide Awareness and Voices of Education (SAVE).



STORY LEADS

KANDAHAR MARATHON

Mark Gudgel (Omaha, NE) – mark.gudgel@yahoo.com

Throughout the war in Afghanistan, many families and individuals were forced from their home country and made to relocate their entire lives. Over the years, some of those Afghans have made their way to a somewhat unlikely destination – Omaha, Nebraska. Mark Gudgel this year is running Grandma's Marathon to raise money for the Refugee Empowerment Center in Omaha, with the funds specifically earmarked to help these Afghan refugees. He's calling it the "Kandahar Marathon" as a reminder that not everyone in the world enjoys the freedom to run for personal health or pleasure.

TURNING A NEGATIVE INTO A POSITIVE

Dave Danielsen (Duluth, MN) – (218) 424-4653, dave.danielsen@simon.com

In 2019, Dave Danielsen suffered a stroke due to a birth defect in his heart. Before that, he had never run any kind of race but as he recovered, he set for himself a goal of running a 5K each year. This year, that brings him to the William A. Irvin 5K in the interest of good health and a long life.

FAMILY REUNION

Patrick Blaney (Minneapolis, MN) – patrickblaney94@gmail.com

Minneapolis to Two Harbors. This year, he plans to up the ante by riding his bike 185 miles before running in the full Grandma's Marathon. He and his brother will be trying to qualify for Boston, while four more siblings and his dad will also be participating in a weekend race. Safe to say, the Blaney family will be sore come Sunday.

SURVIVING & THRIVING

Kathy Leonard (Duluth, MN) – krleonard48@gmail.com

At 74 years young, Kathy Leonard is not only a breast cancer survivor but also had a total knee replacement this year. Her walking buddy, Polly Vallie, also had knee surgery recently but neither has let that slow them down. They still walk together regularly and this year have entered the William A. Irvin 5K, proving that it's never too late for your first race.

BACK WHERE IT ALL BEGAN

Tony Rajkowski (New Brighton, MN) – tonymorioka@gmail.com

After it was his first-ever marathon in 1998, Grandma's Marathon has now become somewhat of a tradition for Tony Rajkowski. Back then, he had no idea what he was getting into; now, he's set to complete his 22nd Grandma's Marathon this summer. Rajkowski has run races all over the globe but will be the first to tell you – Grandma's Marathon is the single greatest footrace on the planet.



STORY LEADS

WELCOME HOME, AND WE THANK YOU

Juliana Schroeder (Sumter, SC) – juliana.schroeder@hotmail.com

Julianna Schroeder, a first lieutenant in the United States Air Force, has been deployed the past six months to the Middle East but will be back to run this year's Garry Bjorklund Half Marathon for the first time. She'll be joined by her sister Hannah, who had her third baby this past September, and military friend Kathleen. For Schroeder, who only gets to come home once a year now, running has become essential not just for her physical health, but her mental health as well.

HOME AWAY FROM HOME

Steve Luukkonen (Plymouth, MN) – mussooriesteve@gmail.com

After moving to India in 2009, Steve Luukkonen knew he still needed to keep one thing from home on his summer calendar – Grandma's Marathon. This year, though, will be the first time he's been back in more than four years, so he expects this time will be extra special as he finally toes the start line again. For him, Duluth is not just a second home but will always be the place that motivated him to change his lifestyle.

BOSTON MARATHON HOPEFULS

BACK TO BOSTON, AFTER THE BOMBS

Jennifer Ede (Minneapolis, MN) – ede.jennifer@dorsey.com

Jennifer Ede's only Boston Marathon experience came in 2013, the same year of the now infamous finish line bombings. Now with three daughters, the Minneapolis native has returned to running and is hoping to once qualify for Boston. Ede has run in Duluth once before and expects the fast course and high energy of Grandma's Marathon is the perfect place to start her return to Boston.

WHAT THE DEVIL?

Kathleen Thorn (Menomonie, WI) – thornk0299@my.uwstout.edu

Kathleen Thorn twice set the school cross country record at UW-Stout, but she's found the transition from competitive to more recreational running to be a challenge. Now a high track and field coach, Thorn has established a comfortable work-life balance and is ready for her first try at Grandma's Marathon this summer. Of course, the competitor hasn't completely left --- Thorn wants not just to finish but also to qualify for the Boston Marathon.



STORY LEADS

TRY, TRY AGAIN

TJ Woods (Des Moines, IA) – tjwrunner@gmail.com

The 2019 Grandma's Marathon was the first-ever marathon for TJ Woods, who that day came within two minutes of a Boston qualifying time. Later that year, his second marathon was in Des Moines, and that time he came within one minutes of qualifying. Now 72 years old, Woods is at it again this year in Duluth and will be trying for a time of 4:20:00 or better to finally cross Boston off his bucket list.

FELT 'ROUND THE WORLD

Patrick Brennan (Tampa, FL) – pabrennan12@gmail.com

A Massachusetts native, Patrick Brennan had several friends working in Boston at the time of the marathon bombings in 2013. They were unharmed, but watching that day unfold on television inspired Brennan to begin his own running journey. Now in the best shape of his life, he's hoping this year's Grandma's Marathon can qualify him for where he's always wanted to be – the Boston Marathon.

WHEN LIFE GIVES YOU LYME'S

Liz Kvebak (Detroit Lakes, MN) – lizkvebak@live.com

During her collegiate running career at Gustavus Adolphus College, Liz Kvebak started experiencing extreme joint pain and swelling in her feet. With the help of her roommates, and Google, Kvebak herself pinpointed Lyme's Disease as a possible culprit. Now receiving treatment and medication, along with the use of compression socks to help limit the swelling, she's able to run again and hoping this year to qualify for Boston for the first time.

ANNIVERSARY RUN

Justin Walker (Mecosta, MI) – jm.walker7@gmail.com

His training group was at the Boston Marathon when the bombs exploded in 2013 but, having passed on the race that year, Justin Walker wasn't with them. The whole group, though, hopes to be back again in 2023 for what will be the 10th anniversary of that now infamous day. Because he lives overseas, Walker's qualifying options are limited, so he's hoping a second time at Grandma's Marathon in Duluth is his ticket to join his friends next year in Boston.



STORY LEADS

OLYMPIC TRIALS HOPEFULS

MILE HIGH HOPES

Mary Kate Vaughn (Denver, CO) – marykatevaughn15@gmail.com

After winning three high school state championships and then competing collegiately at Boston College, Mary Kate Vaughn is used to finding success in running. After battling several injuries through her career, she's healthy and hopes to use a first trip to Duluth and Grandma's Marathon to punch her ticket to the 2024 Olympic Trials.

NEVER TOO LATE

Gabriella DeLay (Winston-Salem, NC) – gabrielladelay1@gmail.com

Despite growing up with a staunch belief she was not an athlete, Gabriella DeLay now has her eyes on the Olympic Trials. After picking up exercise in her early 20s, DeLay said running only came into the picture during the COVID-19 pandemic. She won her first-ever marathon in a course record time, so now she's got her eyes on an Olympic Trials qualifying time at Grandma's Marathon.

SUPER MOM

Caitlin Kowalke (Cross Plains, WI) – ccomfort75@gmail.com

After giving birth to her first-born in August 2019, Caitlin Kowalke started training just six weeks later and then competed in the Olympic Trials only six months post-partum. Now balancing motherhood and her own coaching business, she hopes to use this year's Grandma's Marathon to qualify for another Trials. Kowalke has been here before – this was her debut marathon in 2015 – and she's looking forward to the views of Lake Superior and friendly people of Duluth.

THIRD TIME'S A CHARM

Austin O'Brien (Waukegan, IA) – austinob33@gmail.com

After struggling in his training with anemia and iron deficiency, a change to his diet and supplements helped Austin O'Brien significantly in his road to the 2020 Olympic Trials. Now healthy and planning to be back in Duluth for a third time, Austin O'Brien hopes Grandma's Marathon can be the race that puts him into a second straight Trials appearance.

HIP, HIP HOORAY

Charles Remillard (Denver, CO) – cremillard44@gmail.com

After a disappointing performance at the 2020 Olympic Trials – in his defense, he had a broken hip – Charles Remillard is ready to take another crack at a qualifying time. Although he admits running can be a sometimes miserable sport, Remillard says a successful race plus the party afterward would make the 2022 Grandma's Marathon well worth it.



STORY LEADS

GRANDMA'S MARATHON CHARITY PARTNERS

Grandma's Marathon has partnered with the following organizations to raise money and generate awareness in the buildup to our 2022 race weekend. Each group has recruited their own passionate and dedicated participants, many of whom have personal connections and heartfelt stories to share.

The primary contact for each organization is listed below. If interested, they will be able to put you in touch with one or several of the people signed up to fundraise for that group.

AMERICAN CANCER SOCIETY

Jessica Bloodgood

(312) 279-7229, jessica.bloodgood@cancer.org

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

Cassandra Linkenmeyer

(501) 721-8246, clinkenmeyer@afsp.org

AUTISM SPEAKS

Jennifer DiPalma

(646) 427-3690, jennifer.dipalma@autismspeaks.org

BRAVE LIKE GABE

Alyssa Hawkins

alyssa@bravelikegabe.org

CHILDREN'S MINNESOTA

Lisa Masterson

(952) 992-5526, lisa.masterson@childrensmn.org

CURE SEARCH

Denise Elsas

(240) 235-2216, denise.elsas@curesearch.org

GIRLS ON THE RUN MINNESOTA

Mary Uran

(612) 314-5114, mary.uran@girlsontherun.org

LIFE HOUSE

Jordon Johnson

(218) 722-7431, jordon.johnson@life-house.org

LUNGEVITY

Katie Ginda

(240) 801-5581, kginda@lungevity.org

MAKE-A-WISH MINNESOTA

Pete Johnson

(612) 767-2755, pjohnson@mn.wish.org

MOVE FOR HUNGER

Margo Ciancinetta

(732) 774-0521, margo@moveforhunger.org

PAVSA

Vanessa Lebens

(218) 726-1442, pabsa@pavsa.org

PROJECT PURPLE

Dino Verrelli

(203) 414-2716, dino@projectpurple.org

RONALD MCDONALD HOUSE CHARITIES – UPPER MIDWEST

Ellen Newkirk

(612) 238-8101, enewkirk@rmhc-uppermidwest.org

RUFF START RESCUE

(763) 355-3981, events@ruffstartrescue.org

SCLERODERMA FOUNDATION

Kevin Berg

(218) 393-0225, bergie1_2@yahoo.com

SPECIAL OLYMPIC MINNESOTA

Kean Corkery

(612) 333-0999, kean.corkery@somn.org

SUICIDE AWARENESS VOICES OF EDUCATION (SAVE)

Linda Lurie Mars

(612) 670-6439, lmars@save.org

YOUNG ATHLETES FOUNDATION

Kellie Luedloff

(218) 727-0947, kellie@grandmasmarathon.com



**Sponsors & Grandma's
Marathon, Inc.**



PRESENTING SPONSORS

GRANDMA'S MARATHON is the 12th largest marathon in the United States and routinely recognized as one of the most scenic, festive, and well-organized races in the world. Achieving and maintaining this reputation is possible largely because of our sponsors. Our event receives significant financial support, specifically from our three presenting and more than 30 major sponsors. In addition to that, more than 80 contributing, supporting, and product sponsors provide more financial and in-kind contributions to aid in the success of Grandma's Marathon.



TOYOTA

TOYOTA – As the marathon's official vehicle for more than 30 years, Toyota is excited to once again support the local Duluth community during Grandma's Marathon. Be prepared to stare – this vehicle deserves to be driven and seen!

Without the support of our local area dealers – Kolar Toyota, Kari Toyota, Iron Trail Toyota, and Ashland Toyota – our company's participation in Grandma's Marathon would never be possible. Toyota is proud to help local organizations like Grandma's Marathon that are devoted to improving the lives of others – organizations that share the belief that when we work together, great things are possible.



MEMBERS COOPERATIVE CREDIT UNION – Persistence. Endurance. Commitment. Ask any marathon runner, and they'll tell you that great endeavors require these elements. There are lots of parallels between physical health and financial health. As a not-for-profit organization, MCCU has helped many people reach their financial goals through partnership, planning, and sometimes, a little professional coaching and support.

In a crowded financial services marketplace, MCCU is proud to lead the pack. For over 85 years, our focus has been on helping our members lead their best financial lives. Now that's endurance!

We believe in the power of doing good for all our branch communities and can't wait to congratulate this year's Grandma's Marathon participants at the finish line!



ASICS – Since its founding in 1949, ASICS Corporation has been committed to nurturing the world's youth through sports as its contribution to society. Our company's mission of providing goods and services to promote healthy and fulfilling lifestyles throughout the world aligns closely with that of Grandma's Marathon, and we are excited to expand our relationship and become a presenting sponsor of the race.

Also now the official shoe company of Grandma's Marathon, ASICS also owns Race Roster, which has been the official registration company of Grandma's Marathon and its affiliated events since 2017 and will continue on in that role.



MAJOR SPONSORS



ADOLFSON & PETERSON CONSTRUCTION – Adolfson & Peterson Construction (AP) is a family-owned company that is consistently ranked among the top construction managers and general contractors in the nation, while maintaining one of the safest records in the industry. AP offers preconstruction and construction services to the commercial, education, healthcare, hospitality, industrial, multi-family, municipal, recreation and senior living market segments. AP's Duluth office expands our services to northern Minnesota. We continually seek new opportunities, while looking to grow new and existing relationships with potential clients and partners. We are eager to further our commitment and involvement within the local and neighboring communities. Our mission – WE BUILD. trust. communities. people. – goes beyond building buildings. It starts with building relationships, sound partnerships and enhancing the community for future generations



ADVANTAGE EMBROIDERY & SCREEN PRINTING – Advantage Embroidery & Screen Printing has been in business since 1994, helping customers across the United States find creative and effective ways to share their unique stories.

Our skilled team takes pride in crafting high-quality products at an appealing price, specializing in screen printing, direct embroidery, applique, laser engraving, custom and stock patches, lapel pins, and promotional items.

Since 2007, Advantage Embroidery & Screen Printing has been the exclusive printer for Grandma's Marathon and now produces shirts for race finishers, volunteers, and staff as well as medals and other race weekend signage. You can shop for your 2022 Grandma's Marathon merchandise on race weekend by visiting our store at the Essentia Health Fitness Expo or at Bayfront Festival Park, or you can shop year-round at grandmasmarathonstore.com.



BLACK WOODS GROUP – The Black Woods Group is made up of eight local businesses – Black Woods Grill & Bar (Duluth, Proctor, Two Harbors), Black Water Lounge, Tavern on the Hill, Greysolon Ballroom, Black Woods Event Center, and Black Woods Catering. Locally-owned and family-operated since the early 1990s, the Black Woods Group takes pride in treating our guests like family and serving the community through fundraising and donations as well as grassroots involvement with local organizations. From our Black Woods family to yours, welcome to Duluth for Grandma's Marathon!



BUD LIGHT / SUPERIOR BEVERAGES – The official beer and drink selection of Grandma's Marathon weekend, Superior Beverages has been a major sponsor of the race for more than a decade. The following products will be sold throughout the weekend – Bud Light, Bud Light Seltzer, Alaskan Brewing Company, Odell Brewing Company, and Blake's Hard Cider.



MAJOR SPONSORS



CIRRUS AIRCRAFT – Recognized as the global leader in personal aviation, Cirrus Aircraft is the maker of the best-selling SR Series piston aircraft and the Vision Jet, the world's first single-engine personal jet. Founded in 1984, we have redefined performance, comfort, and safety in aviation with innovations like the Cirrus Airframe Parachute System® (CAPS®), the first FAA-certified whole-airframe parachute safety system included as standard equipment on an aircraft. With four locations in the United States, including one in Duluth, worldwide flight time on Cirrus aircraft has passed 11 million hours and 203 people have returned home safely to their families as a result of the inclusion of CAPS as a standard feature on all Cirrus aircraft.



CITY OF DULUTH – The City of Duluth has been supporting Grandma's Marathon since its start in 1977, and municipal support has been integral in building the race into a true world class event. In 2001, the city co-sponsored production and installation of the 7-foot commemorative medallion that now marks the finish line in Canal Park and also donated funds to help cover the cost of colorful Grandma's Marathon streetlight banners in downtown Duluth and Canal Park.



COCA-COLA – As one of the original sponsors in 1977, Coca-Cola has been a partner since the event's inception and remains to this day the official soft drink of Grandma's Marathon. Now offering expanded offerings including Dasani water and Powerade on race weekend, the partnership has withstood the test of time and flourished as both Coca-Cola and Grandma's Marathon have grown.

Born in 1886, the company's founders used a new syrup to produce a drink dubbed "delicious and refreshing," a description that has held to this day. So, grab an ice-cold Coca-Cola and fill your summer with uplifting memories you will never forget!



COUNTRY HEARTH NATURAL BREADS – Country Hearth is a third-generation, family-owned business that's been providing a variety of natural bread products for over 100 years. Baked fresh daily right here in Minnesota, our breads are a staple to families throughout the Midwest. A proud sponsor of Grandma's Marathon for almost 40 years, our bread fuels participants and their families the night before the big race at Michelina's All-You-Can-Eat Spaghetti dinner and our bagels are ready for them at the replenishment station after the race.



DASANI – As the official bottled water of Grandma's Marathon, Dasani's positive and optimistic approach aims to rally everyone to enjoy a reliably fresh beverage that enlivens both the body and mind.



DULUTH ECONOMIC DEVELOPMENT AUTHORITY (DEDA) – As the City of Duluth's economic development agent, our organization works to stimulate business investment, expand economic prosperity, and grow the local tax base. DEDA emphasizes return on investment, private sector leadership, and strengthening relationships within the business community.

Our staff and Board of Directors work closely year-round with the city administration, the City Council, local development groups, and the community as a whole to improve opportunities in Duluth.



MAJOR SPONSORS



DULUTH NEWS TRIBUNE – As the official newspaper of Grandma's Marathon and a major sponsor since 1999, the Duluth News Tribune is committed to delivering award-winning pre- and post-race coverage of the race every year. Our dedicated group of journalists delivers local news to the Northland's communities every single day, via print or digital products, including through our sister papers – the Cloquet Pine Journal and Superior Telegram.



ESSENTIA HEALTH – As part of our commitment to health and wellness, Essentia Health is a proud sponsor of Grandma's Marathon and provides orthopedic and sports medicine care to many regional colleges, high schools, and athletic events each year.

Whether you're an athlete or a fan, turn to Essentia Health's Orthopedic and Sports Medicine team for comprehensive and specialty bone, joint, and muscle care to help you stay active and to keep you moving forward.



GRAND CASINO HINCKLEY / MILLE LACS – A dedicated sponsor of Grandma's Marathon since 1998, Grand Casino Hinckley features more than 4,000 slot machines, 50 blackjack tables, poker, bingo, pull tabs, and more to go along with a variety of lodging and dining options. Casino revenue has helped the Mille Lacs Band build and improve schools, health care facilities, community centers, roads and much more while also donating millions of dollars to various organizations throughout the community.



GRANDMA'S RESTAURANT COMPANY – The original Grandma's Saloon & Grill is located just steps away from the Grandma's Marathon finish line, positioned in historic Canal Park next to the landmark Aerial Lift Bridge. The original namesake of the now world-renowned race, Grandma's is one of the longest-enduring locally-owned restaurants in Duluth.



GREAT CLIPS – Again a major sponsor of this year's Grandma's Marathon, Great Clips is still the world's largest salon brand with nearly 4,500 franchised salons throughout the United States and Canada. Today's fast-paced lifestyle means you need a salon that fits your schedule, and our Great Clips salons are open evenings and weekends, no appointments necessary.



HOLIDAY INN & SUITES – The official lodging sponsor of Grandma's Marathon, Holiday Inn & Suites–Downtown Duluth is our city's largest full-service hotel.

With 338 guest rooms, two restaurants, two swimming pools, and complimentary covered parking, Holiday Inn & Suites - Downtown Duluth has all the amenities to make your race weekend stay one-of-a-kind.

Plus, the hotel is conveniently located along Duluth's indoor skywalk system connecting guests to the DECC, AMSOIL Arena, and downtown Duluth, making it the perfect place to stay during Grandma's Marathon weekend.



MAJOR SPONSORS



HOLIDAY STATIONSTORES – With over 500 stores throughout the Midwest, Holiday StationStores provides its customers with a shopping experience that is unique to the convenience store industry – big stores, wide aisles, wide product selection, and friendly employees. Our stores are also easily accessible from many major highways and interstates throughout the Midwest and northern states. From our entire family of employees, good luck to all the participants this Grandma's Marathon weekend!



JAMAR COMPANY – A specialty contractor headquartered in Duluth and now part of API Group, Inc., the Jamar Company has executed difficult challenges for our industrial and commercial customers for over 100 years. Every year, we provide Grandma's Marathon with necessary equipment to construct the tents and pedestrian bridges in the finish line area of Canal Park. Our employees bring extensive experience and a highly qualified team to every project – ensuring you get the most from every dollar of your investment.



MAURICES – Now in its 35th year as a proud sponsor of Grandma's Marathon, our staff at Maurices believes a great outfit can change your day. Not only that, but finding the perfect style should be just as much fun as wearing it. No matter how crazy life gets, we've got you. At Maurices, shopping can be more than just your free time, but the best "me time" of your day. It's more than just clothes, it's about caring. It's about letting you know that this is your place, and we are your people.



MICHELINA'S – As the official sauce and pasta supplier for Grandma's Marathon, Michelina's delivers 5,000 pounds of sauce and 2,500 pounds of pasta each year for the Michelina's All-You-Can-Eat Spaghetti Dinner. The annual pre-race tradition will be held on Friday, June 18 from 11:00 a.m. to 9:00 p.m. in the DECC's Lake Superior Ballroom.



MINNEAPOLIS OXYGEN – After starting in 1946 as a small, independent distributor, the Minneapolis Oxygen Company (MO2) has now grown to more 50 employees across five locations serving Duluth, the Iron Range, western Wisconsin, and the Twin Cities.

For more than four decades, MO2 has been the sole provider of balloons on Grandma's Marathon weekend. Those balloons can be seen virtually everywhere on race weekend, including the start and finish lines, along the racecourse, at the spaghetti dinner, and at the expo.



MINNESOTA PORK BOARD – The Minnesota Pork Board oversees different programs throughout the state that pertain to pork promotion, consumer and producer education, and swine research. Our company delivers nutrition information and cooking tips on behalf of Minnesota's 3,000 pig farmers who proudly raise nutritious, high-quality pork for your local meat cases.



MAJOR SPONSORS



MINNESOTA POWER / ALLETE – A sponsor of Grandma's Marathon since 1998, Minnesota Power encourages its employees to participate in the weekend races through its running club, the Minnesota Power Lightning Strokes, and our company also oversees a water station on race day.



NATURE'S GEM – As Grandma's Marathon Official Race and Recovery pain relief sponsor, Nature's Gem CBD Health and Wellness is committed to providing the highest quality CBD products trusted by runners, elite athletes, and consumers around the world.

Founder Lisa Baskfield, a Minnesota native, is intimately familiar with the stress put on the body from running, and she also knows what it's like to have the body and mind shut down due to her own personal battle with Fibromyalgia. She also knows how CBD helped her and can help others.

Knowing how the body moves and functions along with how CBD interacts with the receptors in the body make Nature's Gem CBD products and team trusted by consumers and athletes. Our team doesn't talk the talk – we walk the walk when it comes to helping you along with your health and wellness journey.



NORTHLAND FAN 106.5 FM – As the official radio station of Grandma's Marathon, the Town-square Media family is your home for all things on race weekend. We will again be providing live radio coverage of this year's event on The Northland FAN 106.5 FM and WEBC 560 AM, as well as live streaming at northlandfan.com. Our sister stations at B105, Kool 101.7, MIX108, and Sasquatch 92.1 FM will also provide updates throughout race weekend to help keep you up-to-date and informed. We are proud to once again be the official radio voice of Grandma's Marathon!



POWERADE ION4 – Powerade is the official sports drink of Grandma's Marathon weekend. Our drinks help to replenish athletes' nutrients before, during, and after a long run and help to decrease both recovery time and the risks of dehydration.



PURE FUEL / ANDERSON'S MAPLE SYRUP – PURE FUEL, a single-serving packet of maple syrup, is the official racecourse energy of Grandma's Marathon. Made of only 100% organic maple syrup, PURE FUEL offers a natural alternative to energy gels and contains vitamins, minerals, antioxidants, and carbohydrates that athletes need.

Anderson's Maple Syrup/PURE FUEL is a local, family-owned business based just 100 miles from Duluth in Cumberland, Wis. PURE FUEL is a simple but effective natural and versatile alternative to the hard-to-swallow, chemical based gels on the market. *From waffles to work-outs, let us fuel your way to the finish line with maple syrup.*



MAJOR SPONSORS



STORM CREEK

STORM CREEK – There's good enough, and then there's better. We prefer the latter. We live with authenticity, purpose, and passion. We aspire to do better. To be better. And to leave the world better than we found it.

In grand gestures and in quiet acts, we strive to do the right thing by our product, our customers, our communities and our planet. We believe that our apparel can further that mission, helping everyone to express the better version of themselves. Through thoughtful design, incredible quality, unsurpassed performance, and a planet-first ethos, we seek better so that we can "Wear For Better."



SUPER ONE FOODS – A family-owned business now in its fourth generation, Super One Foods serves close to 22 million customers annually and prides itself on being able to provide the best food at the best possible prices. We are also involved with the Whipper Snapper Races for Kids, providing the young participants with goodie bags of healthy snacks.



WASTE MANAGEMENT – As North America's largest residential recycler, Waste Management is proud to sponsor Grandma's Marathon in Duluth. For over 30 years, Waste Management has provided environmental solutions to communities in the Duluth area and has supported over a hundred area organizations and events. On June 19, 2021, we'll be doing just that by providing recycling and trash services for the event and getting an important message out to the community to Recycle Right. At Waste Management, we're into recycling for the long run!



WDIO/WIRT-TV – As the official television partner of Grandma's Marathon, WDIO/WIRT-TV will again be providing live streaming of this year's on WDIO.com, the WDIO mobile app, and WDIO Facebook Live. Our primary channel provides award-winning and consistent news coverage of northern Minnesota, and that effort is augmented by a signal simulcast on WIRT-13 that further serves communities across the Iron Range.



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THANK YOU

We're glad you could join us and hope to see you next year for the 47th Annual Grandma's Marathon on Saturday, June 17, 2023.

GrandmasMarathon.com

