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FITNESS EXPO, SPAGHETTI DINNER WILL AGAIN KICK OFF GRANDMA'S MARATHON WEEKEND IN DULUTH

(DULUTH, MINN.) --- The fun of the 46th annual Grandma's Marathon will begin well before runners reach the start line, with the annual fitness expo and spaghetti dinner again serving as a kickoff to the weekend festivities.

ESSENTIA HEALTH FITNESS EXPO

The Essentia Health Fitness Expo, now in its 26th year, will be open both Thursday and Friday of race week and this year will feature close to 100 vendors showcasing the newest products, services, technology, and innovation in the running and athletic industries.

The expo, which is free and open to the public, also has this year an expanded schedule of live programming throughout the day on Friday, June 17. Click [HERE](#) for a full schedule of events, including virtual course tours, a brand-new DEI roundtable discussion, and the always-popular Dick & Carrie Show hosted by Dick Beardsley and Carrie Tollefson.

The Essentia Health Fitness Expo, held in the DECC's Pioneer Hall and Arena, will be open from 4:00 p.m. to 8:00 p.m. on Thursday, June 16 and from 10:00 a.m. to 8:00 p.m. on Friday, June 17.

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

A tradition since the beginning of Grandma's Marathon, the Michelina's All-You-Can-Eat Spaghetti Dinner will again be serving up plates of pasta all day on Friday, June 17.



The pre-race feast has become a weekend favorite for many participants, volunteers, and even spectators looking to fuel up before a long, grueling race day on Saturday. Each year, the Michelina's All-You-Can-Eat Spaghetti Dinner plans to serve:

- 8,000 plates of spaghetti
- 5,000 pounds of Michelina's sauce
- 2,500 pounds of dry spaghetti
- 40,000 meatballs
- 600 loaves of Country Hearth bread
- 6,000 cups of Ben & Jerry's ice cream
- 8,000 servings of Kemps milk
- 15,000 cookies

The all-day meal will be open from 11:00 a.m. to 9:00 p.m. on Friday, June 17 at the DECC's Lake Superior Ballroom. Tickets will be available at the door and are \$16 for adults, \$8 for children ages 5-12, and free for children 4 & under. All tax and gratuity is included.

Media is invited to cover any part of either the Essentia Health Fitness Expo or Michelina's All-You-Can-Eat Spaghetti Dinner. For any interview requests, please contact Marketing & Public Relations Director Zach Schneider via phone at (218) 343-9874 or via email at zach@grandmasmarathon.com.

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ABOUT GRANDMA'S MARATHON

Grandma's Marathon began in 1977 when a group of local runners planned a scenic road race from Two Harbors to Duluth, Minnesota. There were just 150 participants that year, but organizers knew they had discovered something special. Grandma's Marathon weekend draws more than 20,000 participants for its three-race event each June.

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. Grandma's Marathon-Duluth, Inc. is a 501(c)(3) tax-exempt nonprofit organization with a 17-member Board of Directors and a nine-person, full-time staff.



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