



Assisting Local Youth Programs

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BEHLING, YOUNGBERG WIN TITLES AT 33RD ANNUAL FITGER'S 5K

800+ Participants Despite Steady Rain, Wind on Race Morning

(DULUTH, MINN.) --- Steady rain and gusty winds didn't dampen spirits on Saturday morning, with more than 800 people braving the elements to participate in the 33rd annual Fitger's 5K.

Duluth's Scott Behling and Chelsey Youngberg were the men's and women's winners, respectively.

For Behling, who finished in 16:03, it's his fourth overall Fitger's 5K win and first since 2019. He was just six seconds ahead of runner-up Tom Sederquist, who finished in 16:09.

Youngberg, meanwhile, is a first-time Fitger's 5K winner after finishing in 19:30 and nearly two minutes ahead of Elaine Nelson, who came across the line in 21:24.

Eau Claire's John Eide was the non-binary winner in Saturday morning's run, finishing in 24:37 ahead of runner-up Jim Graupner.

735 people in total participated in the run portion of the event, while another 80 were in the walk division.

Grand Marais' Chris Hegg was the men's walk division winner with a time of 36:35, and Proctor's Cassie Seeley won the women's race in 35:44.

Full results of the 2022 Fitger's 5K can be found [HERE](#). This 33rd annual event is the second of three races in the KP Challenge, which also includes the Saint Fennessy 4K and Park Point 5-Miler (July 14).

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ABOUT THE YOUNG ATHLETES FOUNDATION (YAF)

Created in 1990, this arm of Grandma's Marathon allows us to support community members and local businesses to provide pathways of opportunity for kids to live active and healthy



lifestyles. The YAF offers a variety of community grants and youth programming, including our Grant Program, Running Shoe Program, UMD Eleanor Rynda Scholarship Fund, and kids' programming including Wednesday Night & Saturday Morning at the Races.

In addition, the YAF's mission is helped and funded by various races throughout the year --- St. Fennessy 4K, Fitger's 5K, Park Point 5-Miler, Minnesota Mile, and North End Nightmare.

Since its inception, the YAF has contributed more than \$1 million to area nonprofit youth athletic organizations.

