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**SHEA, CERBIN-BOHACH LEAD THE WAY AT  
30<sup>TH</sup> ANNUAL WILLIAM A. IRVIN 5K**

*2100+ Compete in Kickoff Race to 2023 Grandma's Marathon Weekend*

**(DULUTH, MINN.)** --- Mason Shea and Flannery Cerbin-Bohach were crowned the men's and women's champions at the 30<sup>th</sup> annual William A. Irvin 5K, which was run on Friday evening in Duluth.

Shea, a 21-year-old from River Falls, Wis., won for the second time in three years, finishing with a time of 15:40 that was 46 seconds better than his winning time of 16:26 in 2021. The runner-up was Henrik Gilbertson, from Rochester, Minn., who finished 39 seconds behind Shea with a time of 16:19.

Cerbin-Bohach, a 36-year-old from Cresco, Iowa, is a first-time champion after finishing with a time of 18:00, which was nearly a minute faster than runner-up Suzie McEwen. McEwen, from Maple Grove, Minn., finished in second place with a time of 18:56.

After offering a non-binary category in 2022 with no participants, the William A. Irvin 5K saw its first non-binary champion this year as Mads Bartz, a 26-year-old from Fridley, Minn., finished with a time of 28:04.

This was the largest William A. Irvin 5K on record, with 2,152 official finishers on Friday evening (897 men, 1,247 women, and 4 non-binary).

Full results of the 2023 William A. Irvin 5K can be viewed [HERE](#).

For any questions or interview requests, please contact Marketing & Public Relations Director Zach Schneider via phone at (218) 343-9874 or via email at [zach@grandmasmarathon.com](mailto:zach@grandmasmarathon.com).

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## ABOUT 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. After seeing just 150 participants that year, the race weekend has now grown into one of the largest in the United States and welcomes 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. In addition to the 26.2-mile race, the organization has now added the Garry Bjorklund Half Marathon and William A. Irvin 5K to its weekend offerings.

As the popularity of Grandma's Marathon has grown, our mission has stayed the same – to organize, promote, and deliver annual events and programs that cultivate running, educational, social, and charitable opportunities to our communities.

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



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