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TRADITION CONTINUES AT MICHELINA'S ALL-YOU-CAN-EAT SPAGHETTI DINNER

Annual Pre-Race Meal Open to Participants, Public

(DULUTH, MINN.) --- A tradition since the start of the race in 1977, the Michelina's All-You-Can-Eat Spaghetti Dinner is back as part of this year's 47th annual Grandma's Marathon.

More than 8,000 plates are typically served each year at this all-day event, which offers a perfect pre-race meal for participants, volunteers, spectators, and the community.

"Our spaghetti dinner is at the very heart of Grandma's Marathon weekend," Finance & Operations Director Linda Hanson said. "It's a great opportunity to offer support and to enjoy a delicious meal as well as a chance to meet folks from your own community and from around the world."

Attendees will receive all-you-can-eat spaghetti with marinara sauce and a choice of meatballs, Caesar salad, Country Hearth breads, cookies provided by Super One Foods, and Ben & Jerry's ice cream. Beverages included are Kemps milk, Dasani water, and Duluth Coffee Company coffee. Beer will also be available for purchase, provided by Superior Beverages.

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 16 in the Lake Superior Ballroom at the Duluth Entertainment Convention Center (DECC). Tickets will be available at the door and are \$16+tax for adults, \$8+tax for children ages 5-12, and free for children 4 & under.

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.

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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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