



FOR IMMEDIATE RELEASE

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TRADITIONS CONTINUE AS OTHER EVENTS WILL AGAIN HIGHLIGHT GRANDMA'S MARATHON WEEKEND

(DULUTH, MINN.) --- The primary focus will be on the marathon and half marathon, but there will be plenty more to keep participants, volunteers, spectators, and the community busy during the upcoming Grandma's Marathon weekend.

Many of the other events throughout the weekend have become traditional favorites of participants, who this year will be traveling from 74 different countries to take part in the race weekend festivities.

"It's a large part of what makes Grandma's Marathon as popular as it is," Marketing & Public Relations Director Zach Schneider said. "For three days, the entire community is focused on one thing, and you have all these traditions that have grown and grown outside the race itself. For people coming to experience it for the first time, all these other events throughout the weekend only amplify the excitement."

ESSENTIA HEALTH FITNESS EXPO

DECC – Pioneer Hall & Arena | FREE, Open to the Public

The Essentia Health Fitness Expo, now in its 28th year, will feature close to 100 vendors from around the region presenting the latest and best in running apparel, services, and technology in the running and athletic industries.

This year's expo will be highlighted by Olympian Dakotah Lindwurm, who will be signing autographs from 10:00 a.m. to 11:30 a.m. on Friday, June 21. Lindwurm is a two-time Grandma's Marathon champion and will be running this year in the Garry Bjorklund Half Marathon.

Other guests on Friday will include Guinness world record holder Chris Nikic, who will speak at 12:00 p.m., and Minnesota running legends Dick Beardsley and Carrie Tollefson, who will host their annual pre-race talk show at 4:00 p.m.



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Michelin's | Michelob Ultra | Minneapolis Oxygen | Minnesota Pork Board | Minnesota Power/ALLETE | Northland FAN 106.5 | Powerade ION4
Storm Creek | Super One Foods | Waste Management | WDIO/WIRT-TV

The fitness expo will be open from 4:00 p.m. to 8:00 p.m. on Thursday, June 20 and from 10:00 a.m. to 8:00 p.m. on Friday, June 21, and a full list of participating vendors can be found [HERE](#).

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

DECC – Lake Superior Ballroom

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 race weekend.

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.

The all-day meal will be open from 11:00 a.m. to 9:00 p.m. on Friday, June 21. Tickets will be available at the door and are \$18 for adults, \$9 for children ages 5-12, and free for children 4 & under.

WHIPPER SNAPPER RACES FOR KIDS

Bayfront Festival Park | FREE, Open to the Public

Kids will again have their opportunity to participate in the Grandma's Marathon weekend festivities, with the Festival for Kids and Whipper Snapper Races scheduled for Friday, June 21 at Bayfront Festival Park.

The festival will run from 11:00 a.m. to 3:00 p.m., featuring several interactive and engaging activities for kids, including:

- Balance Bikes
- Bounce House & Other Inflatables
- Climbing Wall
- Obstacle Course
- Turtle Trot & Other Live Animals (weather permitting)

The Festival for Kids will be highlighted by the Whipper Snapper Races, which will again begin with the famous mascot race that has now become a traditional kickoff to the Grandma's Marathon weekend. The races are free and open to all kids ages 14 and under.

Online registration is now open [HERE](#) for the Whipper Snapper Races, and on-site registration will begin at 11:00 a.m. on the day of the event.

ROCK THE BAYFRONT FESTIVAL

Bayfront Festival Park | FREE, Open to the Public

Live music returns to an iconic Duluth music venue for this year's race weekend, with seven regional and local acts set to take the stage on Friday and Saturday at Bayfront Festival Park.

Admission to Bayfront Festival Park is free throughout the entire weekend, and the park and shows are open to all ages. Food and drinks will be available to purchase.



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Friday, June 21

6:30 p.m. – 8:30 p.m. – The Reckoning

Saturday, June 22

9:00 a.m. – 11:00 a.m. – Rock-a-Billy Revue

11:30 a.m. – 1:30 p.m. – Adam Herman & The Dynamite Club

2:00 p.m. – 4:00 p.m. – Boxcar

4:30 p.m. – 6:30 p.m. – Sydney Hansen

7:00 p.m. – 9:00 p.m. – Chris Kroeze

9:30 p.m. – 11:30 p.m. – PopROCKS!

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@grandmamarathon.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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