



## FOR IMMEDIATE RELEASE

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## POPEHN, FRISBIE TO LEAD FRIDAY SHAKEOUT RUN ON GRANDMA'S MARATHON WEEKEND

*Duo Will Compete in 2025 Garry Bjorklund Half Marathon*

**(DULUTH, MINN.)** --- While Dakotah Popehn and Annie Frisbie are expected to be among the top finishers on Saturday, they'll be running among the crowd on Friday morning as part of the official Grandma's Marathon weekend shakeout run.

The Minnesota Distance Elite teammates finished 1-2 in last year's Garry Bjorklund Half Marathon, with Frisbie narrowly pulling away from Popehn (formerly Lindwurm) in the final miles and setting a new women's event record in the process.

Since that result in June 2024, both have produced impressive results at other big races – Popehn finished 12<sup>th</sup> overall and was the top American woman in the 2024 Paris Olympic Marathon and Frisbie finished eighth overall and was the second American woman in the 2025 Boston Marathon.

"Dakotah and Annie have really helped showcase Grandma's Marathon to the world," Marketing & Public Relations Director Zach Schneider said. "We're talking about two superstars in American distance running, so to have them returning each year to Duluth and putting our race front and center at this stage in their careers has certainly played a major role in our recent success."

The shakeout run, scheduled for 9:00 a.m. on Friday, June 20, is free and open to the public. It will start and finish at the Duluth Running Company storefront in downtown Duluth, with the course taking participants on a 5K out-and-back on the Lakewalk.

"It's been a true win-win with these two and the Grandma's Marathon community," Schneider said. "We get a chance to witness and be part of greatness, and in return we've seen the community really rally around and almost kind of adopt Dakotah and Annie our own. It's really a heartwarming thing."



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Popehn and Frisbie will be available following the shakeout run for pictures and autographs, and they are both scheduled to appear at 3:00 p.m. on Friday, June 20 as part of our elite athlete Q&A session at the Essentia Health Fitness Expo. That event is also free and open to the public.

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 registered participants that year, the marathon has now grown into the 10<sup>th</sup> largest in the United States.

The race got its name from the Duluth-based group of famous Grandma's Restaurants, the first major sponsor of the marathon. Having now added the Garry Bjorklund Half Marathon and William A. Irvin 5K, the race weekend now welcomes more than 20,000 participants to Duluth and the surrounding region each year.

As the popularity of Grandma's Marathon weekend 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 an nine-person, full-time staff and a 17-member Board of Directors.



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