

YOUNG ATHLETES FOUNDATION

A Program of Grandma's Marathon

P.O. Box 16234
Duluth, MN 55816

www.GrandmasMarathon.com

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YOUNG ATHLETES FOUNDATION

A Grandma's Marathon Program

What is the Young Athletes Foundation?

The Young Athletes Foundation was developed in 1990 to assist with the promotion, development and growth of youth athletics in Carlton, Cook, Douglas, Lake and St. Louis Counties.

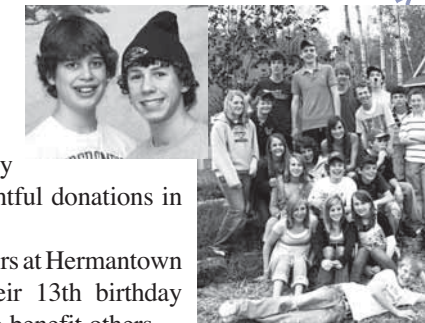
The goal is to support young athletes and locally under-represented sports programs.

YAF Programs:

- **Running Shoe Program**
Provides athletic shoes for high school youth in cross country/track and field programs.
- **Grant Program**
Provides grants to nonprofit organizations for youth athletic and recreational programs.
- **Ice Skate Program**
Provides ice skates for youth at area skating rinks.
- **Wednesday Night at the Races**
Races for children every Wednesday from July 22 to August 26, 2009.
- **UMD Scholarship**
\$1,000 is given annually to one female and one male UMD cross-country runner. Recipients must be a sophomore, junior or senior from the YAF geographic boundaries.

Winter NEWSLETTER 2009

Boys Donate Birthday Money to YAF



The Young Athletes Foundation recently received one of the most unique and thoughtful donations in its 19-year history.

Chris Benson and Travis Koepke, eighth graders at Hermantown Middle School, generously decided to turn their 13th birthday celebrations into an opportunity to raise money to benefit others.

Guests invited to a birthday party for Benson and Koepke brought monetary gifts as opposed to traditional presents. Following the party, the boys tallied their donations and discovered they had raised an amazing \$387!

"When we sat down and added everything up, we were shocked at the total. Everyone really came through," said Benson.

The teenagers and their parents decided the YAF was a great fit since the funds would stay local and would assist other children.

"Chris and I both play sports so it was important for us to help other kids who want to play sports, too," said Koepke. "We felt really good about being able to help out with a good cause."

The YAF gives a heartfelt thanks to Chris and Travis for their selfless concern for others.

Oliver Companies: Supporting Grandma's Marathon and the Young Athletes Foundation

If you're coming to Duluth/Superior for the June 18-20 Grandma's Marathon weekend or just planning to visit with your family, Oliver Companies has a full line-up of lodging options to satisfy everyone's taste. During these hard economic times, Oliver Companies is doing its part to help lessen the financial burden on their customers. Just bring in a ticket stub from a college athletic event for a 30% discount on your room at the Econolodge or Days Inn Superior! Stay at The Suites Hotel in Canal Park or the Barker's Island Resort and you'll receive two complimentary tickets to the Lake Superior Zoo, the OMNIMAX® Theatre or the Great Lakes Aquarium.

Oliver Companies is a major sponsor of Grandma's Marathon and operates five hotels in Duluth / Superior. In Duluth, The Suites Hotel in Canal Park is right in the middle of all the action and provides a full buffet breakfast free with your stay. If you're looking for best value, their Econolodge is an excellent choice. Just over the bridge in Superior, they pride themselves on delivering excellent service at their Barker's Island Inn Resort, Holiday Inn Express, and Days Inn. Regardless of which hotel you choose, you will receive excellent service and all of the amenities.

In addition to its involvement with Grandma's Marathon, Oliver Companies is also a sponsor of the Young Athletes Foundation, a Grandma's Marathon program. Since 1990, the YAF has provided funding for area youth organizations and recently eclipsed the \$325,000 mark in total contributions.

"It's important for businesses to be as good of a community steward as they can afford to be. Oliver Companies does our part to be a good steward of this community by supporting great programs like Grandma's Marathon and the Young Athletes Foundation, both excellent organizations," says Seth Oliver.

A big part of Oliver Companies' success relies on tourism. Headquartered in Duluth, they believe providing the best possible service is the foundation of their guests' satisfaction and repeat business.

Make your reservations at one of Oliver Companies' fine hotels by visiting www.duluthsuperiorlodging.com. Oliver Companies, Inc.

SUPPORT THE YAF

If you're interested in promoting youth athletics in the Northland area through a YAF sponsorship, call Scott Keenan at Grandma's Marathon headquarters:

218-727-0947

If the Young Athletes Foundation is a program you would like to support by making a financial contribution, simply fill out this form and send it with your donation to:

The Young Athletes Foundation
c/o Grandma's Marathon
P.O. Box 16234
Duluth, MN 55816

Whether you contribute \$5.00 or \$500.00, your donation will play an important role in assisting young athletes in the Northland. Thank you for your support!

NAME _____
 STREET ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____
 AMOUNT OF CONTRIBUTION \$ _____



COMMITTEE MEMBERS:

- LuAnne Anderson**
Chairperson
- Don Fennessy**
Vice-Chairperson
Retired, Minnesota Power
- Jinell Abernethy**
Anytime Fitness
- Gary Black**
Cirrus Design
- Adele Hartwick**
Retired, Advanstar Communications
- Angel Hohenstein**
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- Dana Moore**
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- Dave Malban**
Attorney
- Dave McNamee**
Jedlicka Middle School
- Sharon Montgomery**
Duluth Police Department
- William Portilla, M.D.**
SMDC Health System
- Denny Sauter**
Retired, Carlton High School

YAF SPONSORS:



SPECIAL THANKS:



**A Word From LuAnne Anderson
YAF Chairperson**

Happy New Year! 2008 was a great year for the YAF, and I want to thank all of our sponsors, volunteers, donors and event participants for supporting our organization. Our efforts to assist area youth athletics wouldn't be possible without you!

On October 15th, we hosted the annual YAF Live and Silent Auction at the Greysolon Plaza Ballroom. Over 300 people joined us for the event and helped raise \$20,596.38—\$3,000 more than last year. We are so grateful to the area businesses that contributed gifts for this event, and of course, to our guests that placed such generous bids!



The YAF Grant Program is one of the most important ways we impact and reach out to area youth athletic programs. If your nonprofit organization is committed to helping children lead a healthier life through a sport or recreational activity, and is in need of financial support for program development or equipment – we may be able to help! Applications and grant guidelines can be obtained by calling the Grandma's Marathon office at (218) 727-0947, or by visiting the YAF section of the Grandma's Marathon web site at www.GrandmasMarathon.com

We are looking forward to another successful year in 2009, and we hope you'll join us for all of our races and events!

Left: 2008 YAF Live & Silent Auction

**St. Luke's:
The Patient Above
All Else**



Putting patients first is a commitment that St. Luke's has kept since its founding in 1881. What began on the second level of a remodeled blacksmith's shop is now a comprehensive health care system serving a 17-county region in three states, including 35 primary and specialty clinics in Minnesota and Wisconsin.

Included in our commitment to put patients first is a responsibility for always improving the health care experience with safety-based, comprehensive and compassionate care, as well as being involved in community health initiatives.

Caring for people takes on many forms at St. Luke's. Our support of organizations, such as the Young Athletes Foundation, is one way. We support many health care oriented activities and organizations knowing the impact our support will have on the people these organizations serve.

Our employees also take this commitment seriously. One way is by sharing their expertise through a variety of opportunities, such as assuming leadership positions in many local, regional and national organizations that impact the health of our region and the future of health care. They volunteer their time to many causes, including delivering Meals on Wheels. We also offer educational programs and support groups and provide information, demonstrations and health screenings at health fairs. We offer scholarships to individuals actively pursuing or interested in pursuing health-related careers, as well as for people in family practice medicine, nursing and other health professions.

Over the years, our breadth of services to meet the health care needs of our communities, and our commitment to put our patients first and improve the health of our communities remains our priority. We are proud to be a sponsor of the Young Athletes Foundation.

YOU CAN HAVE IT ALL AT FITGER'S!

Stroll the halls at Fitger's and you'll quickly see that there is something for everyone whether you're in the mood to shop, eat, sleep or just kick back and relax. Listed on the National Register for Historic Places, Fitger's has become one of Duluth's most visited places due to an eclectic blend of shops from Wintergreen Clothing, which carries a full line of winter clothing beautifully hand crafted in Ely, to Trailfitters, a destination shop for active people.

In addition, four full-service restaurants offer guests a variety of dining options sure to satisfy their taste buds. Enjoy gourmet salads, sandwiches, burgers and award-winning hand crafted beer in the relaxed atmosphere of the Brewhouse. Baja Billy's Cantina & Grill features menu options from Mexico, Jamaica, Hawaii and the Caribbean. Midi Restaurant and Wine Bar is open daily for breakfast, lunch and dinner, and is also home to the Change of Pace Dinner Theater. For a meal on the go stop into LakeView Coffee, which offers delicious sandwiches, coffee, lattes and mochas.

"We're proud to be the home of so many locally owned shops and restaurants, which in turn supports many people in our region," says Tami Tanski-Sherman, Mall Manager of Fitger's.

See below for a complete list of Fitger's shops and restaurants.

When you've dined and shopped until you're ready to drop, you're in luck — Fitger's Inn is just steps away. Fitger's Inn recently received the AAA Four-Diamond Award for the 12th consecutive year. In August, an entire renovation of the Inn was completed. New wall treatments, window covering, carpet, furniture and lighting have renewed the elements of old world charm for which the property is well known. A shuttle service also has been added for the convenience of its guests.

Another way Fitger's supports the community is by sponsoring the Young Athletes Foundation (YAF).

"It is our pleasure to help the citizens and businesses of Duluth and surrounding cities thrive because without them, Fitger's would not exist today," explains Tanski-Sherman. "The Young Athletes Foundation fits perfectly into our community giving initiative, and we are proud to be part of it."

As part of their sponsorship of the YAF, Fitger's helps host the annual Fitger's 5K Run & Walk, which will celebrate its 20th anniversary on Saturday, April 18. The event has grown to be one of the largest fundraisers for the foundation as well as a premier Northland road race. The 2008 event drew a record 1,355 participants and raised over \$14,000 for the YAF.

Fitger's is open Monday through Saturday 10 a.m. to 9 p.m. and on Sunday from 11 a.m. to 5 p.m. For more information on the shops, restaurants and events at Fitger's, log onto www.fitgers.com or call (218) 722-8826.

Fitger's Shops and Restaurant in Alphabetical Order:

- Baja Billy's Cantina & Grill** – features menu options from Mexico, Jamaica, Hawaii and the Caribbean.
- Benetton** - specializes in high-quality clothing for women.
- The Bookstore at Fitger's** - offers classic books and toys for children of all ages.
- The Brewhouse** – serving gourmet salads, sandwiches, burgers and award-winning hand crafted beer.
- Fitger's Wine Cellars** – features a great selection of wines, a knowledgeable staff and wine classes.
- LakeView Coffee** – offers delicious sandwiches, coffee, lattes and mochas.
- Life Is Good** – carries fun clothing for men, women and children with a 'glass half full' attitude.
- Midi Restaurant and Wine Bar** – open daily for breakfast, lunch and dinner, and is also home to the Change of Pace Dinner Theater.
- Northland Optical** – provides quality eyewear and exams for all ages.
- Shear Katz Salon and Day Spa** – a full service, Aveda concept spa devoted to bringing you back to balance with products and services based on Aveda's pure flower and plant essences.
- Shear Katz Travel Agency** – a full service travel agency.
- Shoe Fly** – the newest shop at Fitger's carrying great footwear for all walks of life.
- The Snow Goose** – a quality gift shop celebrating 25 years at Fitger's.
- Trailfitters** - a shop for active people, carrying name brand clothing and footwear.
- Wintergreen Clothing** - carrying a full line of winter clothing from base layers to warm and rugged outer wear, beautifully hand crafted in Ely.



**YAF
Scholarship
Recipients
from the past year:**



Mike Kramer



Liz Palkie

Congratulations to University of Minnesota Duluth student athletes Mike Kramer and Liz Palkie.

The two runners were selected as the 2008 UMD Cross-Country Scholarship recipients, and were each awarded \$1,000 scholarships courtesy of the YAF.

Kramer, a senior from Cloquet, Minn., was named the Bulldogs 2008 Most Valuable Runner after finishing first on the team in five of the six races in which he competed.

Palkie, a senior from Carlton, Minn., helped lead UMD to its best ever finish at the NCAA II Championships where the team placed 8th. In 2007, she qualified for the NCAA Division II Championships and she is also a two-time NCAA Division II track All-American.

Each year the YAF awards \$1,000 scholarships to one male and one female UMD cross-country runner from the foundation's five-county area.