



2023 Grand Traverse Participant Information

FRIDAY- FITGER'S COMPLEX.

BIB PICK-UP - 4PM TO 7PM

Fitger's Complex at 600 East Superior Street. We will be just inside the Superior Street entrance doors.

- Bib pick-up. All distances
- Drop bag supplies
- Questions....we have answers!

SATURDAY- FITGER'S COMPLEX

BIB PICK-UP AND START - 5:15AM TO 8:30AM

600 East Superior Street.

- Bib pick-up. All distances
- Check in for 27 mile, 21 mile and 17 mile participants. Check-in is required prior to boarding the bus for the 27 mile, 21 mile and 17 mile participants.
- 10 mile participants: pick up bib. A Grand Traverse bib is your ticket to ride the bus.
- Drop bags, tape and markers will be available. Please have your drop bags marked with your name and rest stop number.

Grand Traverse shirts will be handed out at the finish.

SHUTTLE DEPARTURE TIMES:

27 Miles: 6:00AM

21 Miles: 6:30AM

17 Miles: 7:30AM

10 Miles: 8:30AM

Please arrive at least 20 to 30 minutes prior to your departure time to allow plenty of time for parking, registration check-in, bib pick-up, gear organizing and loading the shuttle.

If you provide your own transportation to the starting locations you are responsible for your car and transportation to your car after you are finished. Parking at Grand Portage, Becks Road, Magney-Snively and Highland/Getchell trailheads are limited. We are not responsible for towed vehicles. Please park respectfully. Parking longer than a participant drop off at the Grand Portage trailhead requires a Minnesota State Park sticker or day pass.

We strongly encourage you to ride the bus to the start points. If you are interested in meeting the bus at the start location, please plan to arrive 15 minutes prior to estimated start time. All participants who are providing their own transportation to the 27 mile, 21 mile and 17 mile starting point, please wait for the bus to arrive, check in and begin at the official start time.

10 mile participants please wait for the buses to arrive and the official start before heading out on the trail.

Bibs are required for all participants. If you plan to drive or get dropped off at the trailhead, please pick up your bib on **Friday**.

Distance	Start Location	Shuttle Departure Time	Estimated Start Time
27	Grand Portage Trailhead	6:00AM	6:30AM
21	Beck's Road and Munger Trailhead	6:30AM	6:50AM
17	Magney Snively Trailhead	7:30AM	8:00AM
10	Highland and Getchell Trailhead	8:30AM	8:50AM

DISTANCES AND COURSE:

The 2023 Grand Traverse will follow the Superior Hiking Trail through Canal Park. This route is the Superior Hiking Trail route. In years past, construction, events and boat tours have prevented us from running through Canal Park. Please familiarize yourself on the route taken around the DECC, under the Lift Bridge, and through Canal Park along lake shore.

PARKING:

FREE all day in the Fitger's Ramp, located off Superior Street. Please be courteous to daily patrons of the complex and park in spots away from the entrance doors to Fitger's. Parking is also available at 1st parking ramp located on 1st Street behind the Sheraton. Parking is also available at meters along London Road.

DROP BAGS:

All participants in the 27, 21, 17 and 10 miler have the opportunity to use drop bags. There will be bins labeled with each aid station number and location. All gear must be placed in a bag and labeled with name and rest stop number. Bags, markers and tape will be available Friday night and Saturday morning. White trash bags and ziplock bags will be provided for use. Personal bags, properly marked, are allowed. The bus will also have a drop box to discard clothing, mugs, water bottles, or last minute unwanted items prior to your start.

We will try our best to have the bags back at Fitger's before you finish. All bags will be at the finish line by 5:00PM

START AND TIMING:

The start time for each distance will be based on the arrival of the bus and the official start proclaimed by the Grand Traverse official for the 27, 21, 17 and 10 mile. Your finish time will be recorded by timing chip. If you are driving to the any trailhead, please wait for the bus to start.

AID STATIONS AND CHECK IN:

Four aid stations are located on the course. Each aid station has water, sports drink and food. Each aid station will provide disposable cups, if needed, for participants.

- #1 Aid Station - Beck's Road and Munger Trailhead - 21 Miles to go
- #2 Aid Station - Spirit Mountain Grand Avenue Chalet - 15 Miles to go
- #3 Aid Station - Highland and Getchell Trailhead - 10 Miles to go
- #4 Aid Station - Piedmont, 24th Ave W Trailhead - 4.8 Mile to go

All participants should check-in with Grand Traverse staff at each rest stop. Please have bibs visibly displayed.

Aid Stations will provide the following items:

Water
Sports Drink - Gatorade Lemon/lime and Glacial Blue
Clif Bars
Gels and Gu's
Granola bars
Fig Bars
Trailmix
Donut holes
Cookies
Chips
Halloween Candy
Chips
Cheese Sticks
Meat sticks

Porto potties are available at aid Station #1, #2, #3 and #4.

COURSE MARKINGS:

Follow only the BLUE Superior Hiking Trail blazes and SHT markers for "Main Trail". Spur or Loop Trails are marked with White Blazes. If you find yourself not seeing Blue Blazes, backtrack until you see Blue Blazes again. (Make sure to head EAST, up the shore, towards downtown Duluth!).

FIRST AID AND SAFETY:

Safety is important because of the rugged nature of the Superior Hiking Trail. Each aid station is also a check in spot for hikers/runners. We do this to ensure participants are progressing in a timely manner and to ensure no one is lost. Each station is stocked with everything you need for minor bumps, bruises, ibuprofen and of course blisters. We also will have a sweeper and first aid officials hiking along the course to ensure safety.

TIME CUT OFFS:

Participants doing the two longer distances are expected to maintain a 3 mph pace throughout the course. If a participant has not arrived at an Aid Station prior to the cutoff times, they will be shuttled ahead or to the finish at Fitger's.

#1 Aid Station - 21 Miles to go: 9:30AM
#2 Aid Station - 15 Miles to go: 12:00PM
#3 Aid Station - 10 Miles to go: 2:30PM
#4 Aid Station - 4 Mile to go: 4:30PM

FINISH AT FITGER'S:

The Finish of the Grand Traverse will be in the Fitger's Courtyard. The Courtyard is located on the Lake Superior side of the shopping mall. Climb stairs up from Lakewalk path and come across pedestrian bridge.

All finishers will receive a 2023 Grand Traverse Dry-Zone t-shirt, men's and women's styles.

FINISHERS ROCK:

Those who complete the 27 mile Grand Traverse are awarded a Finishers Rock. This rock is hand picked on the North Shore and then carved by a Minnesota artist and stands as a memento of your day on the trail.

SAFETY PROCEDURES:

- Participants are asked to check in at each aid station.
- Wear bright colored clothing for your safety in the woods.
- Carry a trail map and be aware of your surroundings. Check regularly for Superior Hiking Trail blue blazes.
- Cell phone recommended, not required.
- Please notify event officials or aid station managers if you are dropping out or unable to complete your day on the trail, for any reason.
- Lost? Call the event official at 218-590-5851. We will try our best to get you back on the trail.
- In the event of an emergency, call 911.

COVID UPDATE:

Hand sanitizer will be available at all rest stops. All rest stops water and drink coolers will be regularly sanitized. If you do not wish to touch the spigot, a rest stop manager will help you.

Please stay home if you are sick. Be a good neighbor.

Good Luck! Enjoy your day on the trail.

Siiri Morse
Grand Traverse