



2025 Grand Traverse Participant Information

FRIDAY- FITGER'S

BIB PICK-UP - 4PM TO 8PM

Fitger's - 600 East Superior Street. We will be located next to the entrance to Trailfitters.

- Bib pick-up. All distances.
- Drop bag supplies for 27, 21 and 17 mile participants.
- Questions....we have answers!

SATURDAY- FITGER'S

BIB PICK-UP, CHECK-IN AND SHUTTLE DEPARTURE - 5:15AM TO 8:30AM

Fitger's - 600 East Superior Street. All morning bib pick-up and check in will be located just inside the Superior Street entrance doors. Shuttle buses will load and depart from the Pickwick parking lot.

- 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 - Bib pick up only. A Grand Traverse bib is your ticket to ride the bus. 10 mile participants do not need to check in prior to loading the bus.
- Drop bags, tape and markers will be available for 27, 21 and 17 mile participants. Please mark your bags with your name, bib number and aid station number (#1,#2,#3,#4). Bins will be labeled with aid station numbers.

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 bus 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 E. Palkie Road, Beck's Road, Magney-Snively and Cody Street trailheads are limited. We are not responsible for towed vehicles. Please park respectfully.

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 with race official and begin at the official start time with the group.

10 mile participants please wait for the buses to arrive and the official start. The start line is located in front of the Traverse Duluth.

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	E. Palkie Road and Munger Trailhead	6:00AM	6:30AM
21	Beck's Road and Munger Trailhead	6:30AM	6:50AM
17	Magney Snively Trailhead	7:30AM	7:50AM
10	Cody Street and 66th Ave West	8:30AM	8:45AM

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 Street parking ramp located on 1st Street behind the Sheraton, between 3rd and 4th Ave. Parking is also available at meters along Superior Street.

DROP BAGS:

All participants in the 27, 21, and 17 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 27, 21 and 17 mile participants. Personal bags, properly marked with your name, bib number and aid station number (#1, #2, #3 or #4) are allowed. A piece of tape with information on it and adhered to the bag is perfect. 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 5:30PM

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 for drink.

#1 Aid Station - Beck's Road and Munger Trailhead

#2 Aid Station - Spirit Mountain Grand Avenue Chalet

#3 Aid Station - Highland and Getchell Trailhead

#4 Aid Station - Piedmont, 24th Ave W Trailhead

Participants will be checked-in by Grand Traverse staff at each rest stop. Please have bibs visibly displayed.

Aid Stations will provide most of the following items:

Water

Sports Drink - Gatorade Lemon/lime and Frost

Clif Bars, Luna Bars, KIND Bars

Granola bars

Fig Bars

Gel, Gu and Blox's

Trail-mix

Donut holes

Cookies

Chips

Halloween Candy - Aid Station #3 and #4

Cheese Sticks - Aid Station #3 and #4

PB&J - Aid Station #3

Ibuprofen

Porta potties are available at aid Stations #1, #2, #3 and #4 and at all starting locations.

Note: Bonus Aid Station at **Traverse Duluth**. This aid station will not have drop bags. This aid station will provide drink, snacks and a porta potty. This aid station is one mile before aid station #3.

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!). Many of the tricky intersection will be marked with Grand Traverse signs and orange marker tape hanging in the trees.

The last couple of miles of the Grand Traverse, after you have crossed over HWY35, follow the SHT markings to Railroad Street. You will be traveling on the sidewalk, next to Bayfront Park, DECC parking ramp, movie theater and the bow of the William Irvin (the big oar ship in Canal Park). Just past the bow of the William Irvin cross Railroad Street and make your way towards Lake Superior and the Lakewalk. Once on the Lakewalk, take a left and head towards Fitger's. You will see the Fitger's smokestack. Continue on the Lakewalk until below Fitger's, take the stairs up to the Fitger's Courtyard. The Courtyard is the location of the finish line.

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 Fitger's.

All finishers will receive a 2025 Grand Traverse sporty t-shirt, men's and women's styles.

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 and at aid stations.

TIME MANAGEMENT:

Participants in the two longer distances are expected to maintain an average 3+ mph pace throughout the course.

#1 Aid Station - 21 Miles to go: 10:00AM

#2 Aid Station - 15 Miles to go: 12:30PM

#3 Aid Station - 10 Miles to go: 2:30PM

#4 Aid Station - 4 Mile to go: 4:30PM

FINISHER'S ROCK:

Those who complete the 27 mile Grand Traverse are awarded a Finisher' Rock. This rock is carved by a Minnesota artist and stands as a memento of your day on the trail.

SAFETY PROCEDURES:

-Volunteers at the aid stations will attempt to check in all participants in the 27, 21, 17 and 10 mile distances.

-Wear bright colored clothing for your safety in the woods.

-Check regularly for Superior Hiking Trail blue blazes.

-Cell phone recommended, not required.

-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 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.

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

Good Luck! Enjoy your day on the trail.

Siiri Morse
Grand Traverse