



Chris Flynn / The Forum

A cyclist rides on a sidewalk along 13th Avenue South in Fargo on Tuesday.

## Rolling toward a safer Fargo

### Transportation-minded group shares city planning proposals with commissioners

BY MELISSA VAN DER STAD  
The Forum

#### FARGO

In a bid for collaboration, Fargo residents passionate about city planning approached city commissioners during their meeting Tuesday, May 27.

The city of Fargo could reimagine the way its citizens experience transportation, according to Zachary Taylor, a Strong Towns Fargo planning board member and a fourth year engineering student at NDSU.

“We’re working to make Fargo more walkable, livable and safe,” Taylor said.

The local chapter of Strong Towns walked into the Fargo scene last year.

Since then, the volunteer crew of city planners, architects and others have held many outreach events and conducted traffic and transportation studies in the metro, Taylor told commissioners.

All of this is in an effort to create a more walkable city that is financially feasible long term, he said, with equitable tax revenue per acre throughout the city so growth isn’t just happening on the outskirts of town.

Strong Towns founder Charles Marohn is from Brainerd, Minnesota, but

quickly took the Strong Towns philosophy national, Taylor said.

Taylor urged Fargo commissioners to lend an ear to the group’s ideas, such as slowing down traffic and transitioning University Drive and 10th Street into two-way streets in an effort to reduce crashes.

In addition, specific intersections in the city that are notably more dangerous to pedestrians should be redesigned, he said.

There are several potential areas for future partnership, Commissioner Denise Kolpack said Tuesday.

Among them are enlisting Strong Towns Fargo to help promote

city government efforts, including petitioning the North Dakota Legislature to pass laws that make speeding enforcement easier.

Mayor Tim Mahoney also invited members of Strong Towns Fargo to give insights as the city updates its Land Development Code, which controls how and where land in Fargo is used.

Readers interested in learning more about the Land Development Code can visit [fargoldc.org](http://fargoldc.org). Those looking to contact Strong Towns Fargo can do so via email at [Strong-TownsFargo@gmail.com](mailto:Strong-TownsFargo@gmail.com).

Readers can reach Forum reporter Melissa Van Der Stad at [mvanderstad@forumcomm.com](mailto:mvanderstad@forumcomm.com).

## Spirit Lake Nation to go without drinkable tap water for 2 weeks

BY APRIL BAUMGARTEN  
The Forum

FORT TOTTEN, N.D. — Excessive amounts of manganese in Spirit Lake Nation water will leave residents without drinkable tap water for roughly two weeks, tribal leaders said.

Water collected from the tribe’s water treatment plant on May 13 and 20 showed elevated levels of the metal, according to a public service announcement posted on the Spirit Lake Nation’s Facebook page Tuesday, May 27. Manganese at unsafe levels can cause health issues, especially in infants, the tribe said.

Tribal leaders are working to correct the manganese levels, the announcement said. Initially, the tribe said a filter to remove the metal wouldn’t be installed until late August.

A release issued Wednesday said the tribe planned to install a temporary water filtration system in 14 days, meaning residents should not drink tap water until at

least June 11.

The announcement advised residents within the reservation boundaries not to drink tap water. The water is safe for exterior uses, such as bathing, washing clothes and rinsing fruits and vegetables, as long as residents let the fruits and vegetables dry, the announcement said.

Spirit Lake Nation emergency crews started handing out cases of bottled water to residents on Wednesday. Families with infants who rely on formula, older residents and individuals with medical conditions are being given priority, the release said.

Information on how to obtain bottled water can be found at [shorturl.at/k91F4](http://shorturl.at/k91F4).

The Spirit Lake Reservation is in the northeast central part of the state.

Readers can reach Forum reporter April Baumgarten at 701-241-5417 or [abaumgarten@forumcomm.com](mailto:abaumgarten@forumcomm.com). Follow her on the social platform X @aprilbaumsaway.

#### LOCAL BRIEF

**Fargo to hold information meeting on 32nd Avenue South project**

FARGO — The city of Fargo will host an information meeting on the 32nd Avenue South project.

The meeting will begin at 10:30 a.m. Tuesday, June 3, in the Community Room at the Dr. James Carlson Fargo Public Library, 2801 32 Ave. S., according to a news release. City staff and engineers will discuss the reconstruction project, along with road closures and detours, the

release said.

The project that started in 2023 will make 32nd a five-lane road, downsize grass and paved medians and improve sewer drainage, among other things, according to the project website.

Construction will be done in three segments and is expected to wrap up in 2026, according to the website.

More information on the project can be found at [fargo-nd.civilspace.io/en/projects/32nd-ave-s-br-23-g3](http://fargo-nd.civilspace.io/en/projects/32nd-ave-s-br-23-g3).

Forum staff report

## Road closures for Saturday’s marathon to impact traffic

BY MICHAEL MCGURRAN  
WDAY

FARGO -- To accommodate race routes for Saturday’s Fargo Marathon, several road closures will be put in place, according to a joint release from the city and the Fargo Police Department.

The following roads in Fargo will be closed during the event:

- University Dr. N. between 17th Ave. N. and 25th Ave. N.: Southbound travel closed from 6:40 a.m. until 7:55 a.m.
- Broadway between 4th Ave. N. and 1st Ave. N.: Closed from 7:45 a.m. until 1:55 p.m.
- 10th St. N. between 1st Ave. S. and 1st Ave. N.: Northbound travel closed from 7:45 a.m. until 1:30 p.m.
- 3rd St. N. between



Chris Flynn / The Forum

Owen Weisenberger, center, and other Fargo Marathon runners make their way through the 10th St. underpass in Fargo on Saturday, June 1, 2024.

Eaglewood Dr. N. and 17th Ave. N.: Closed from 6:40 a.m. until 9:10 a.m.

- 3rd St. N. between 17th Ave. N. and 14th Ave. N.: Closed from 6:40 a.m. until 2 p.m.

There will also be smaller neighborhood roads impacted and residents and visitors are advised to plan alternative routes and expect delays in the vicinity of the marathon and other ongoing events, the release said. Parking areas may be disrupted along the event routes.

Law enforcement personnel will assist Fargo Marathon staff with traffic control. A complete list of road closures can be found online. Any specific questions about road closures should be directed to Fargo Marathon organizers.

Hector International Airport will be accessible from Interstate 29 on Saturday; downtown traffic should use Main Avenue to I-29 to travel to the airport.

## Local woman hits half marathon milestone

BY LISA BUDEAU  
WDAY

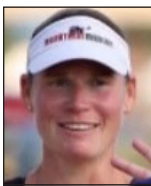
FARGO — For most people, running a marathon is a bucket list item — one and done. But for Heather Lund, it’s become a way of life.

While most people are still asleep, Lund is already out logging miles.

“I like to get up and get my day started before I’m really awake,” said Lund, who has completed 101 half marathons.

She began running in 2011, signing up for her first full marathon — thinking it would be her last.

“I remember thinking, ‘I’m never doing this again.’ And then, you know, all the running community and running friends we have here in the metro are like, ‘Oh, you’re gonna do another



Lund

one,’ or, ‘Let’s sign up together,’” Lund said.

In addition to her 101 half marathons, Lund has finished 35 full marathons.

“I can’t say I planned it like that, and I wasn’t even keeping track really for a long time, but ... I counted them one day and thought, ‘Gosh, I’m really close to 100.’ So then it kinda became a thing,” she said.

Some people call it crazy; others, inspiring.

“You know, and they say such kind things like, ‘That’s amazing,’ or ‘I could never do that.’ But it motivates and inspires people to get out there and maybe try something new,” Lund said.

Lund works for a pacing company, helping other runners achieve their race-day goals.

“Our job as a pacer then is to make sure you can get there, instill confidence in you, you know, and just motivate you to get to that goal,” she said.

She travels nearly every weekend for races, sometimes running two in one weekend.

“And we are doing half marathons almost every weekend. You can do doubles Saturdays and Sundays, you know, between North Dakota, Minnesota, South Dakota — there’s a race almost every weekend,” Lund said.

Even after more than 100 races, she’s not slowing down. She’s chasing more bucket list challenges, including the New York City Marathon and a rim-to-rim-to-rim run through the Grand Canyon.

“Yeah ... definitely addicted to the runner’s high,” Lund said.

She is pacing the full marathon Saturday, May 31, in Fargo. In June, she will compete in a half Ironman in Iowa and a full Ironman in Maryland in September.

You can also find her teaching cycling classes at Family Wellness in Fargo.

# The Forum

OF FARGO-MOORHEAD

A division of Forum Communications Company  
ISSN 0895-1292 (print) and 2461-967X (digital)  
USPS 206-660 | Vol. 146 No. 119  
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[www.inforum.com](http://www.inforum.com)  
701-235-7311 | 800-747-7311

The Forum is published twice weekly on Wednesdays and Saturdays by The Forum, 101 5th St. N., Fargo ND 58102. Periodicals postage paid at Fargo, N.D., and additional mailing offices.

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State law requires certain public notices to be published in a legal newspaper. The Forum meets the requirements publishing legal notices in North Dakota and designation as a legal newspaper in Minnesota.

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Send address changes to The Forum, 101 5th Street N. Fargo, ND 58102.

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**\$377.89 per year / \$34.99 per month**

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