

SPORTS

SENATHLETES

Who is... Courtney Klow



The 17-year-old International Falls High School senior competes in the butterfly, backstroke and other events on the Bronco girls swimming and diving team.

Birthday: June 22, 1996	Favorite meal: Spaghetti	Favorite team as a kid: Minnesota Wild	Your motto: Fall down seven times, stand up eight.
Future plans: Graduate from Falls High School and Rainy River Community College and then move on to a university.	Worst habit: Procrastinating	Favorite attribute about yourself: My hair	Favorite memory about your high school career: All the close friends I have made
What's on TV: Pretty Little Liars	Biggest pet peeve: People with bad table manners	Favorite holiday: Christmas	Favorite thing to do that has nothing to do with sports: To go on the lake
Favorite movies: Burlesque	Talent I'd most like to have: To be able to tumble	Your hero: My grandparents	Love to trade places for a day with... Blake Lively
What do you drive: 2005 Saturn	Favorite athlete to watch: Zach Parise	Top three things on your bucket list: Go to Europe. Learn to surf. Skydive.	
Favorite Web sites: Pinterest	Dream date: Zack Eide		

CROSS COUNTRY

Bronco girls win Ely Invite

JOURNAL STAFF REPORT

Four top-10 individual finishes helped lift the International Falls girls cross country team to victory at Tuesday's Ely Invitational. The Falls finished first with 33 points, followed by Mesabi East (51) and Ely (81). Broncos freshman Lexi Erickson won the girls race by finishing first on the 4,000-meter course in 16 minutes, 34 seconds. The three Falls seniors who also finished in the top 10 included: Sydney Raboin, third in 16:55; Lexi Owen, seventh in 18:07; and Amy Auran, ninth in 18:41.

"The girls ran well and it was nice to see some others stepping up," Auran said. "The hills were a battle, but we all overcame them and pushed to the finish. I am excited to see what our team's future holds." Junior Jenna Anderson ended up as the Broncos' fifth finisher to count toward the team total by placing 13th in 19:25.

BRONCO BOYS THIRD

The Falls finished third in the boys competition with 68 points. Virginia had the top team score at 37 with Ely placing second with 48. Falls' best individual

finish came from junior Cole Tatsak, who placed fourth on the 5,000-meter course in 19:31. The other top-10 individual finish for the Bronco boys came from senior Wyatt Ulrich, who placed seventh in 19:59. "If we keep pushing over our comfort zone, like (Tuesday) with the hills, we will keep improving all the way to the end," Ulrich said. "It's fun seeing our team getting better." Falls eighth-grader John Cowman placed 13th in 20:39, while junior Billy Brokaw came in 19th in 21:19 and junior Ben Erickson finished 25th in 22:11 as the other

runners who counted toward the team total. **Ely Invitational GIRLS Team scores:** International Falls 33, Mesabi East 51, Ely 81. **International Falls runners:** 1. Lexi Erickson, 16:34; 3. Syndey Raboin, 16:55; 7. Lexi Owen, 18:07; 9. Amy Auran, 18:41; 13. Jenna Anderson, 19:25; 17. Faith Black, 20:14; 22. Lexi Edwards, 20:49. **BOYS Team scores:** Virginia 37, Ely 48, International Falls 68. **International Falls runners:** 4. Cole Tatsak, 19:31; 7. Wyatt Ulrich, 19:59; 13. John Cowman, 20:39; 19. Billy Brokaw, 21:19; 25. Ben Erickson, 22:11; 27. Chase Howdahl, 22:33; 28. Gary Harala, 22:59.

SIJHL HOCKEY

Ice Dogs edge out Lakers in shootout

Mason Meyer scores twice

JOURNAL STAFF REPORT

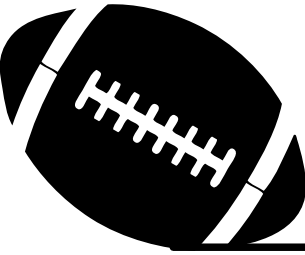
Tyson Holder had two goals in regulation and one in the shootout, along with an assist, in a Superior International Junior Hockey League contest Wednesday evening that saw the Dryden Ice Dogs edge the visiting Fort Frances Lakers, 7-6, at Memorial Arena. The Ice Dogs scored twice before the game was 5 minutes old with goals from Holder and Derek McPhail just 66 seconds apart, which brought an early end to the night of Lakers starting goalie Jordan Cartney in favor of Ryan Ferguson. Fort Frances pulled to within one late in the first period on a goal from 2012 Falls High School graduate Mason Meyer. Meyer then added a shorthanded goal early in the second period to tie the game at 2-2, only to see Zach Kercz put Dryden back on top just as a penalty had expired. The offensive outburst con-

tinued in the middle period with the Lakers tacking on four more goals, compared to two for the Ice Dogs, making it a 6-5 game in favor of the Lakers after 40 minutes. Fort Frances goals came from Bryson Jasper, Patrick Sofer, Aaron Wesley-Chisel and Tanner Fricke, while Holder and Rory Court scored for Dryden on power-play goals. The Ice Dogs then forced overtime midway through the third period when Drew Decker tied the game at 6-6. After a scoreless 5-minute overtime, extra shots were required to determine who would get the extra point in the standings. In the shootout, Holder and Kevin Kurm traded goals on each team's third shot before Kercz struck again for Dryden on their fourth attempt. Dyden goalie Terry



Mason Meyer

Hockey to B3 ►



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Attn: Jane Besch
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