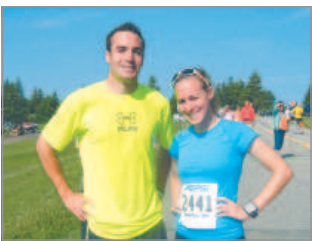


SPORTS



**Lady Slipper/
Mingo's Miles 5K**
Results from third annual race

B2

QUICK HITS

Mellstrom to coach Windom boys hockey

Tim Mellstrom plans to become the next head coach for the Windom Area's boys hockey program and also fill a vacant high school social studies teaching position there.

Mellstrom, a social studies/history teacher at Falls High School, confirmed an online report posted this week by windomnews.com that he has given a verbal agreement to coach at Windom, which is located in southwest Minnesota in Section 3A, starting next season.

He declined to elaborate on his plans to leave International Falls to head to Windom, noting he had yet to resign his position with the Falls school district.

Mellstrom's previous hockey coaching experience includes being the Bronco girls hockey team's first varsity head coach in program history, compiling a 46-102-5 record in seven seasons.



Tim Mellstrom

Bronco 5K Run/Walk set for tomorrow

The annual Bronco 5K Run/Walk will be held tomorrow starting at 9 a.m. at the Falls High School track.

The race starts at the entrance to the track, before going along 11th Street to Kerry Park and looping back to Falls High School, ending with a lap on the track.

Preregistered entrants will be able to pick up their bib numbers and T-shirts at the track today between 6-7:30 p.m. Those not yet registered will be able to sign up at that time.

Race-day registration begins at 8 a.m. The entry fee on the day of the race will be \$20 without a T-shirt being guaranteed.

Medals will be awarded to the top-three males and females in nine age categories.

Proceeds from the Bronco 5K benefit the FHS track and field teams.

For more information, call Jen Erickson at 324-0221 or e-mail kjerickson@midco.net.

Falls Kart Club go-kart results June 27

Go-kart races took place last Thursday at the Falls Kart Club/Rainy Lake Oil Raceway with the feature results in the following classes:

Beginner — Brady Nicholson, Gunnar Sears, Garrett Froemke.

Junior 1 — Tanner Williamson, Jake Froemke, Justin Besch, Raice Westover, Garrett Paull, Brady Nicholson, Gunnar Sears, Hunter Mai.

Junior 2 — Gina Boyum, Jyllian Westover, Wyatt Boyum, Shane Nicholson, Jesse Esselink.

Senior — Tyler Jonson, Wyatt Boyum, Cody Esler, Aaron Nelson, Ashley Jonson.

Master — Chad Jonson, Brian Nelson, Cody Grasshorn, Rusty Mai, Blair Plourde.

Heavy — Dane Olson, Jon Froemke, Bill Norton, Cody Grasshorn.

Go-kart races at the Falls Kart Club/Rainy Lake Oil Raceway are being held on the Fourth of July starting at 4 p.m. More information about the races is available online at: www.ifallskartclub.webs.com.

VFW BASEBALL

Falls defeats Rapids in 11 innings

JOURNAL STAFF REPORT

Three consecutive hits in the top of the 11th inning drove in a pair of runs Thursday to lift the International Falls VFW baseball team to a 5-3 victory at Grand Rapids.

"Great game, only one (of the doubleheader) that counted in the standings," said Falls VFW head coach Jay Bartkowski. "Both teams had multiple chances to win, but weren't able to get the big hit until our breakthrough in the 11th."

The first game of the twin bill included a 45-minute rain delay during the extra innings with no one having scored in the first three additional frames.

The Falls was able to score twice with one out

in the top of the 11th on a Jack Mellstrom single, a Ben Humbert RBI single and a Kevin Kilbride RBI single.

Humbert ended up with a pair of hits with an RBI and two runs scored. Wyatt Ulrich and Jake Kulig each added a pair of hits.

Ulrich pitched the first eight innings for the Falls, allowing three earned runs on five hits with five walks and two hit batters while striking out four.

After Humbert faced a batter and allowed a walk, Cole Miggins pitched the final three innings without



Cole Miggins

giving up a run on three hits with a pair of walks while striking out three to record the victory.

"Both Wyatt Ulrich and Cole Miggins were impressive on the mound and (the team had) some clutch defensive plays with only a couple errors over the 11 innings," Bartkowski said.

RAPIDS 5, I. FALLS 3

Due to the length of the first game and the rain delay, both teams agreed to play only five innings in the second game, in which Rapids broke a 3-3 tie with a pair of runs in the bottom of the fourth to win, 5-3.

Mellstrom pitched the first three innings, allowing three earned runs on two hits with a walk and a hit batter while striking

out three.

Jackson Vollom came in to pitch for the Falls in the fourth inning and gave up a pair of earned runs on a hit and three walks working a third of an inning, after which Jack Bartkowski threw the final two-thirds of an inning without allowing a run or a hit.

Mellstrom batted 2-2 in game two with an RBI and a run scored. Kulig and Greg Harris each added a hit for the Falls.

"I was very happy with the intensity we played over both these games," Jay Bartkowski said. "Anytime you can go and get a win against a quality baseball program like Grand Rapids on their field shows how good our team can be.

"Hitting, pitching and

fielding were all excellent, and we have so many people playing well right now it isn't easy to select a starting nine guys to play. A number of guys are deserving to start and are contributing."

The doubleheader split gave the Falls a 10-4 overall record going into Tuesday's home doubleheader against Hibbing. Those games were scheduled after the production deadline for today's edition.

Game one

I. Falls 5, Rapids 3
I. Falls 0-0-1 0-0-2 0-0-0 0-2 — 5
Rapids 0-1-1 0-0-1 0-0-0 0-0 — 3

Game two

Rapids 5, I. Falls 3
I. Falls 2-1-0 0-0 — 3-7
Rapids 0-3-0 2-X — 5-3

Fusion 14U sweeps Hibbing, third at Bemidji



STAFF PHOTO BY KEVIN BONESKE

The Falls Fusion 14U's Madison Truty lays down a bunt in Monday's home doubleheader against Hibbing.

JOURNAL STAFF REPORT

Coming off last weekend's third-place finish at the Bemidji Tournament, the International Falls Fusion 14U softball team swept a doubleheader at home Monday against Hibbing.

In game one, the Fusion 14U trounced Hibbing, 13-1, in four innings. Casey Meyers recorded the pitching victory, allowing a run on four hits with two walks while striking out four.

In game two, the Fusion 14U hammered Hibbing, 14-1, in four innings. Marissa Kerry allowed a run on one hit with a walk while striking out three to pick up the pitching victory. Of the Fusion's seven hits, Serina Sprecco doubled.

THIRD AT BEMIDJI

The Falls Fusion 14U went 2-2-1 at last weekend's Bemidji Tournament when the team finished third.

The Fusion 14U opened the tournament with a 12-0 win over Bemidji with Kerry pitching all four innings to record the win. At the plate, Kerry had two hits, while Amber Tilander batted 3-3 with a double as both players drove in three runs.

The Fusion 14U's second game ended in a 5-5 tie with the Brainerd Warriors. Kerry allowed three hits and four walks while striking out four in six innings. Janet Humbert and Emily Treat each had

two hits.

In game three, the Winnipeg Phillies defeated the Fusion 14U team, 6-3. Meyers pitched five innings in recording the loss, allowing six earned runs on five hits with six walks while striking out two. At the plate, Meyers doubled, while Tilander and Madison Truty each added a hit.

In game four, the Fusion 14U lost to the Brainerd Extreme, 9-1. Kerry took the pitching loss. Humbert drove in the team's only run, while Libby Miggins added a hit.

In the fifth and final game for the third place, the Fusion 14U defeated Dilworth-Glyndon-Felton, 11-10. Meyers pitched the first 3 1/3 innings to record the victory, while Kerry picked up the save working the last 3 2/3 innings. Meyers, Humbert and Abby Auran each had two hits.

FUSION 14U SPLITS WITH NASHWAUK-KEEWATIN

Last Wednesday at Nashwaук, the Fusion 14U split a doubleheader on the road against Nashwaук-Keewatin. The Falls won the first game, 8-5, with Kerry earning the pitching victory in five innings. At the plate, Jena Sullivan had two hits with Auran adding a double.

The Fusion 14U lost game two, 3-1, when Kerry recorded the pitching loss. Kerry, Treat and Sullivan each had a hit.

Falls Junior League faces two teams from Hibbing

JOURNAL STAFF REPORT

The International Falls Junior League teams hosted a pair of teams from Hibbing on Thursday.

Falls' No. 1 team dropped both games it played against Fraboni Sausage, 7-4 and 10-6.

Falls' No. 2 team lost the first game against Iracore International, 13-3, before winning the second, 8-6.



STAFF PHOTOS BY KEVIN BONESKE

Top: At left, the Falls Junior League No. 1 team's Ian TooKenay is tagged out at home plate in Thursday's home doubleheader against Fraboni Sausage of Hibbing.

Left: At right, the Falls Junior League No. 2 team's Lane Skullman (16) slides into second base in Thursday's home doubleheader against Iracore International of Hibbing.