

SPORTS



At left, the Falls VFW's Gage Wherley (10) dives back to second base to beat the throw in the first game of Tuesday's home doubleheader against Grand Rapids.

Falls VFW baseball team opens season

JOURNAL STAFF REPORT

The International Falls VFW baseball team opened the season Tuesday at Scheela Field against Grand Rapids.

The Falls won the first game, 12-4. Full results from Tuesday's doubleheader, which concluded after the production deadline for today's edition, are posted on the ifallsjournal.com website and will also published in Saturday's paper.



Above - The Falls VFW's Riley Nemece delivers a pitch in the first game of Tuesday's home doubleheader against Grand Rapids.



Right - The Falls VFW's Brett Lindvall makes contact with the ball during the first game of Tuesday's home doubleheader against Grand Rapids.



From left, Mesabi East's Brennan Scott tags out the Falls' Garrett Koenig in a rundown between second and third base during the first game of Monday's doubleheader at Scheela Field.

BASEBALL

► continued from B1

confidence," Josh Koenig said. Scott singled to drive in a run for Mesabi East in the top of the first, before the Falls scored twice in the bottom of the inning. Garrett Koenig walked and reached home on a ground out by Barrett Kalar, before Beck walked and scored on a sacrifice bunt by Trimble Butler. The Falls added two runs in the bottom of the second. McRoberts walked and scored on a ground out by Blaine Humbert, before Sutton Veillieux singled and scored on a wild pitch. Mesabi East scored its final run in the top of the third on another RBI single by Scott. Butler scored the Falls'

final run in the third inning when he led off with a double and reached home on a ground out by Carter Germain. The doubleheader sweep improved the Falls' season record to 2-0 in the Iron Range League and 4-0 overall going into today's road doubleheader against the Grand Rapids Black. "We should be happy where we are, but definitely not satisfied," Josh Koenig said. "There's still little things that we can continue to work on to get better." Game 1 Int'l Falls 10, Mesabi East 0 Mesabi East 0-0-0 0-0-0 0-0-0 Int'l Falls 0-1-7 2-X-10 8-1 WP-Nathan McRoberts Game 2 Int'l Falls 5, Mesabi East 2 Mesabi East 1-0-1 0-0-2 2-0 Int'l Falls 2-2-1 0-X-5 2-0 WP-Riley Beck

Backus Rainy Lake Triathlon set for Aug. 9

JOURNAL STAFF REPORT

The third annual Backus Rainy Lake Triathlon has been set for Aug. 9 at City Beach, where registration will open at 8 a.m. with the start time set for 9 a.m. Entrants will swim a quarter mile on Rainy Lake, bike 11 miles from City Beach to Jackfish Bay and back and then run 5 kilometers, starting and ending at City Beach on County Road 20. The triathlon is open to ages 13 and up. Participants may enter as an individual, team of two or team of three. Registration fees by Aug. 1 are \$60 per person, \$110 per team of two and \$150 per team of three. The early registration includes a T-shirt. After Aug. 1, the fees increase to \$70, \$130 and \$180, respectively. There will be no T-shirts for late registrations. Prizes will be awarded for top finishers. Prize drawings will also be held during the event. Triathlon organizer Ken Krueger said this year's triathlon is being moved up from the third to second Saturday in Au-

gust to avoid a conflict with another triathlon taking place on the third Saturday in August. Last year's triathlon had 93 competitors - 62 individuals and 32 others who were part of relay teams. The 2013 top overall individual, Ladd Ojala of Minneapolis, led from the moment he completed the quarter-mile swim around the City Beach buoys in Rainy Lake and completed the course in 1 hour, 2 minutes, 20 seconds. The race's top individual female, Kari Heyn of McGregor, Iowa, finished in 1:03:57. The top team was comprised of two women and a man with Lindsey Wagner-Goulet, Burgess Eberhardt and Shana Wright finishing in 1:07:47. Registration forms for this year's triathlon are available at Backus Community Center or may be accessed online at www.rainylakeraces.com or www.backusab.org. Completed registration forms and fees may be sent to: Backus Community Center, 900 Fifth St., International Falls, MN 56649. For more information, call Backus at 285-7225.



Ladd Ojala of Minneapolis is shown exiting Rainy Lake first after swimming a quarter mile to begin last year's Backus Rainy Lake Triathlon at City Beach. Ojala ended up with the top overall time in 1 hour, 2 minutes, 20 seconds.

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