

SPORTS



Bronco spikers 2-0
FHS defeats MI-B, Two Harbors to open season
B3

QUICK HITS

RRCC spikers 4th at Fergus Falls tourney

The Rainy River Community College volleyball team opened its season Saturday at the Fergus Falls Tournament, where the Voyageurs went 2-2 in four best-of-three matches.



Tali Plate

RRCC lost its first match in three games to Fergus Falls, 18-25, 25-18, 6-15. Tali Plate led the Voyageurs with 18 set assists, while Jasmine Draper had 13 digs.

RRCC then defeated Vermilion in two straight games, 25-13, 25-15. The Voyageurs' DyAna Imhof had six kills with Plate recording 17 set assists.

RRCC also won in two straight games over Hibbing 25-22, 25-21. Draper had three ace serves and 10 digs, Brooke Millerbernd recorded seven kills and Plate had 20 set assists.

The Voyageurs, who ended up in fourth place in the tourney, lost their final match in three games to Northland, 20-25, 29-27, 12-15. Millerbernd had 11 kills, while Kate Howell and Jordan Vezina each added 8 kills for RRCC. Plate recorded 32 set assists and 12 digs. Draper had 15 digs.

The Voyageurs travel to Grand Rapids today for a triangular. They play St. Cloud Tech at 5:30 p.m. and Itasca at 7 p.m.

L-BF spikers lose season opener at Mesabi East

The Littlefork-Big Falls volleyball team opened the season Thursday on a losing note by dropping a road match to Mesabi East in four close games, 23-25, 22-25, 25-20, 20-25.



Breann Larson

"Mesabi East played really well (and) didn't make errors," said L-BF head coach Kim Wimmer. "We played pretty well, had a few too many errors, but continued to play aggressively throughout, which was good."

The Vikings' statistical leaders included: Breann Larson, eight kills and 20 digs; Amanda Nelson and Karly Swenson, three ace serves each; Taylor Wendt, 17 set assists; Sydney Wendt, 11 set assists; Emily Knaeble, 17 digs; and Kaylee Kennedy, four blocks.

L-BF returned to action Tuesday when the Vikings hosted Cherry. Results from that match, which took place after the production deadline for today's edition, are posted on the ifallsjournal.com website and will also be published in Saturday's paper.



STAFF PHOTOS BY KEVIN BONESKE

More than 100 runners and walkers take off from the starting line Saturday morning next to Smokey Bear Park to begin the fourth annual Bass Dash 5K.

Bass Dash 5K nets another 100+ Ken Hertz wins 4th annual run/walk

BY KEVIN BONESKE
Sports Editor

The fourth annual Bass Dash 5K once again exceeded 100 entries and had a new overall winner Saturday morning when cloudy skies prevailed, though the rain stayed away.

The run/walk, which was held in conjunction with the 10th annual International Falls Bass Championship, had a first-time participant, Ken Hertz, 54, of Andover, reached the main tent at Smokey Bear Park first in 21 minutes, 21 seconds.

"(I was) just up for the weekend (and) thought I'd jump in the race and have some fun with it," he said. "I thought it went well. I have a bit tired legs, but it



From left, Molly French and Terry-Lee LaVigne push baby strollers as they reach approach the main tent at Smokey Bear Park to finish Saturday morning's Bass Dash 5K.

Bass Dash to B2 ➤



Ken Hertz approaches the main tent at Smokey Bear Park to finish first overall in Saturday morning's Bass Dash 5K. Hertz, 54, of Andover, had a winning time of 21 minutes, 21 seconds.

HIGH SCHOOL FOOTBALL PREVIEW

Broncos seek section title with new head coach



STAFF PHOTO BY KEVIN BONESKE

In front from left, Peter Griffith is tackled by Tyler Coffield during last week's intrasquad scrimmage at Sports Stadium.

FHS to begin 101st season

BY KEVIN BONESKE
Sports Editor

International Falls is entering its second century of football with a new head coach.

Glen Anderson takes over the Broncos this season after being an assistant under Jay Boyle, who led the team the past five seasons when the Falls had losing records in each of those years.

Falls' 100th football season, the last for Boyle before he resigned, ended when the Broncos lost the opening Section 7AAA playoff game at Two Harbors to

finish 4-5 overall after going 4-4 during the regular season and 3-3 in the Sea Range Conference.

The Broncos have lost 10 players to graduation, including their top running back, Jakob Ettestad, who rushed for 989 yards last year and is on the Bemidji State University football team roster this fall as a running back. Ettestad, a team captain who also played linebacker, received an All-Section 7AAA and All-Sea Range Conference honors last season.

Another All-Section 7AAA and All-Sea Range Conference honoree to graduate for the Falls is Luke Spilde, an offensive end and defensive back.

Spilde led the team in receiving with 362 yards.

Cody Hallin, who ranked second on the team last season with 274 receiving yards, is another graduation loss, while the running back who ranked second in rushing yardage with 691 as a junior, Nehemiah Olson, is also not on this year's varsity roster of 25 players.

Anderson's list of top returning players includes: senior Ben Humbert, an All-Sea Range Conference selection who recorded 269 receiving yards last year as an end; senior offensive and defensive lineman Kameron Koerbitz, a Sea Range Conference honorable men-

Football to B2 ➤

HIGH SCHOOL FOOTBALL PREVIEW

L-BF returns former head coach, seeks .500 record

BY KEVIN BONESKE
Sports Editor

After not winning a game last season and also not qualifying for the postseason, the Littlefork-Big Falls football team will be aiming for the .500 mark in 2014.

Derek Bilben is back as head coach, a position held for the past two seasons by John Larson, who has left the L-BF district for a teaching job in Warroad.

Bilben, who is entering his eighth season as L-BF's head coach, inherits a nine-man football program that went 0-8 last year and has had only one victory since he last coached the team in 2011.

His list of top returning athletes on his roster of

18 includes two All-Conference players who saw time at running back last season, senior Rylan Henrikson and junior Darian Erickson.

Bilben said speed is a strength of this year's team, which also faces having a lack of depth with low numbers.

He said this year's team goals include having a .500 winning percentage and seeking to "improve every day."

Bilben said he is the most concerned this season about injuries and is looking forward to "working with a great group of young men."

He said the teams to watch out for this season include Ely, Mountain Iron-Buhl and Northome-Kelliher.

The Vikings open the season Friday night at South Ridge, a game initially set for Thursday before being rescheduled. L-BF's home opener is Sept. 5 against Bigfork.

In back at right, Vikings head coach Derek Bilben runs Littlefork-Big Falls players through a blocking sled drill during a football practice earlier this month. Bilben is returning as L-BF's head coach after last being in charge of the nine-man program in 2011.

STAFF PHOTO BY KEVIN BONESKE



SPORTS SCHEDULE

Today's games
Women's volleyball
RRCC vs. SCTC/Itasca in triangular at Grand Rapids, 5:30/7 p.m.

Thursday's games
Cross country
I. Falls at Virginia, TBD
Girls swimming/diving
I. Falls at Hibbing, 3:45 p.m.
Girls volleyball
L-BF at I. Falls, 7 p.m.

Friday's games
Women's volleyball
RRCC vs. Fond du Lac at Cloquet, 5:30 p.m.
Football
Eveleth-Gilbert at I. Falls, 7 p.m.
L-BF at South Ridge, 7 p.m.