

SPORTS



STAFF PHOTOS BY KEVIN BONESKE

Allison Hanig (25) of Duluth, shown finishing the 10-kilometer Freeze Yer Gizzard Blizzard Run, was the top female Saturday in both the 5K and 10K races.

FYGBR

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earned multiple awards. For instance, Allison Hanig, 33, of Duluth, was the top female in both, finishing the 5K in 23:02 – sixth overall – and the 10K in 45:43 – 11th overall.

Hanig had also been the top female in last year’s 5K and was the second female to finish the 2013 10K.

This year’s overall 10K winner elected to run in just that race. Brian Davenport, 39, of Minneapolis, finished in 35:47 – 5:45 ahead of Wisehart.

“It was a pretty good race,” said Davenport, who is a member of the Minnesota R.E.D. running group that also brings a number of its members to the Falls for the FYGBR. “It was a nice day out, not much wind and decent footing.”

Davenport, who noted he ran the FYGBR for the fourth time and also won once before, said he took the lead from the start of Saturday’s 10K race and “kind of cruised” to the victory.

The 2014 FYGBR 10K, which had a starting temperature of -9 degrees Fahrenheit, attracted close to 100 runners ranging in age from 17-79.

In addition to the overall male and female top finishers of both races each receiving a transparent trophy, the top-three male and female finishers in seven age groups received medals.

The 5K race had seven en-

trants age 12 and under who were all recognized. The top finisher in that age group, Justin Besch, 11, of International Falls, had a time of 24:37 – 12th fastest overall.

The youngest FYGBR participant was Andi Williams, 10, of Littlefork.

The oldest entrant was Raymond Garrity, 79, of Winnipeg, Manitoba, who has been in 33 of 34 FYGBRs, missing only the very first race.

Bob Conner of Bemidji kept his perfect attendance record intact by running in his 34th FYGBR. He is the only runner to have been present every year since the race began.

The FYGBR participant who traveled the farthest has come to the Falls to prepare for next week’s Arrowhead 135 ultramarathon. Carla Goulart, 37, traveled 5,618 miles to the Falls from Contagem, Brazil.

The 5K and 10K FYGBR medal winners are listed in the charts that go with this story. The complete race results are posted on the www.ifallsjournal.com website under sports.

Brian Davenport (21) of Minneapolis finishes Saturday’s 10-kilometer Freeze Yer Gizzard Blizzard Run first overall, 5 minutes and 45 seconds ahead of his nearest competitor.

2014 FYGBR 10K Medal Winners

Place/Name	Age	City	Time
MALE 13-19			
1. Arthur Van Ael.....	17	Fort Frances, Ont.	43:25
FEMALE 20-29			
1. Hailey Silvers.....	26	International Falls.....	48:44
2. Nicole Friend.....	29	Bemidji.....	51:06
3. Megan Goplin.....	25	Brainerd.....	51:34
MALE 20-29			
1. Rick Ricard.....	28	Winnipeg, Man.....	45:28
2. Tom Lofgren.....	28	International Falls.....	51:24
3. Kyle Sather.....	21	Duluth.....	53:08
FEMALE 30-39			
1. Allison Hanig.....	33	Duluth.....	45:43
2. Carla Goulart.....	37	Contagem, Brazil.....	48:11
3. Kate Kelly.....	36	Atikokan, Ont.....	52:11
MALE 30-39			
1. Brian Davenport.....	39	Minneapolis.....	35:47
2. Nathan Wisehart.....	34	Duluth.....	42:32
3. Michael Benchina.....	37	Chisholm.....	43:47
FEMALE 40-49			
1. Patty Jaeger.....	48	Vergas.....	51:00
2. Pamela Kittelson.....	47	St. Peter.....	51:35
3. Iika Milne.....	48	Fort Frances, Ont.....	52:34
MALE 40-49			
1. Bob Bahr.....	47	International Falls.....	42:47
2. Paul Wilken.....	43	Poplar, Wis.....	44:24
3. Lee Zieske.....	44	Hibbing.....	48:03
FEMALE 50-59			
1. Lori Green.....	51	Fort Frances, Ont.....	50:23
2. Karen Sliworski.....	52	Emo, Ont.....	51:36
3. Lorena Jenks.....	52	Fort Frances, Ont.....	55:03
MALE 50-59			
1. Lorne Ricard.....	59	Fort Frances, Ont.....	43:34
2. Edward Willmott.....	51	Winnipeg, Man.....	45:07
3. Chris Lynch.....	55	Grand Rapids.....	48:02
FEMALE 60-69			
1. Betty Tomerin.....	61	Maple Grove.....	58:04
2. Christine Bremser.....	64	Superior, Wis.....	67:05
MALE 60-69			
1. Michael Gwayne.....	61	Winnipeg, Man.....	48:23
2. Tim Krohn.....	64	Cloquet.....	52:06
3. Andy Garner.....	62	Summerfield, N.C.....	53:38
FEMALE 70+			
Georgine Cook.....	70	Winnipeg, Man.....	61:28
MALE 70+			
1. Raymond Garrity.....	79	Winnipeg, Man.....	69:30
2. Ron Chopek.....	74	Gimli, Man.....	83:25



2014 FYGBR 5K Medal Winners

Place/Name	Age	City	Time
12 & UNDER			
1. Justin Besch.....	11	International Falls.....	24:37
FEMALE 13-19			
1. Hailey Beaudry.....	16	Fort Frances, Ont.....	24:29
2. Jenny Hammond.....	16	Emo, Ont.....	29:47
3. Erin Gustafson.....	17	Fort Frances, Ont.....	36:07
MALE 13-19			
1. Noah Squires.....	16	Gheen.....	21:48
2. Dallas Peterson.....	15	International Falls.....	25:12
FEMALE 20-29			
1. Claire Kissane.....	26	International Falls.....	26:19
2. Lisa Raetz.....	28	St. Paul.....	26:21
3. Niki Kossow.....	29	International Falls.....	26:54
MALE 20-29			
1. Andrew Freisen.....	23	Emo, Ont.....	21:25
2. Kyle Sather.....	21	Duluth.....	23:51
3. Tom Lofgren.....	28	International Falls.....	24:14
FEMALE 30-39			
1. Allison Hanig.....	33	Duluth.....	23:02
2. Dyana Fish.....	34	Roosevelt.....	23:59
3. Kelly Agar.....	34	Emo, Ont.....	26:49
MALE 30-39			
1. Nathan Wisehart.....	34	Duluth.....	20:42
2. Scott Pampy.....	33	Hibbing.....	22:58
3. Dan Tomaszewski.....	30	Duluth.....	24:27
FEMALE 40-49			
1. Patty Jaeger.....	48	Vergas.....	25:43
2. Tamie Rue.....	41	Fosston.....	29:00
3. Jana Ottmar.....	42	Minnetonka.....	31:38
MALE 40-49			
1. Paul Wilken.....	43	Poplar, Wis.....	22:06
2. Darrick Johnson.....	40	International Falls.....	26:59
3. Shane Olson.....	46	Duluth.....	27:45
FEMALE 50-59			
1. Bev Rinke.....	55	International Falls.....	29:02
2. Peg Westom.....	55	International Falls.....	29:04
3. Cindy McKinnon.....	58	Fort Frances.....	31:15
MALE 50-59			
1. Jim Stavseth.....	55	International Falls.....	25:49
2. David Olson.....	50	Puposky.....	28:35
3. Wes Friesen.....	54	Emo, Ont.....	29:03
FEMALE 60-69			
1. Debbie Lamphere.....	62	Hibbing.....	29:24
2. Christine Bremser.....	64	Superior, Wis.....	31:31
3. Jan Bilden.....	62	Warba.....	36:09
MALE 60-69			
1. James Palm.....	61	Loman.....	25:17
2. Tim Krohn.....	64	Clouquet.....	26:16
3. James Brereton.....	64	Winnipeg, Man.....	29:09
FEMALE 70+			
1. Dreena Duhamel.....	77	Winnipeg, Man.....	36:44
MALE 70+			
1. Dick Ostroot.....	73	Coleraine.....	40:59
2. Eric Fast.....	70	Portage LaPrairie, Man.....	52:41
3. Leonard Olson.....	75	International Falls.....	53:55



Justin Besch, 11, of International Falls, was the top 12-and-under runner in Saturday’s 5-kilometer Freeze Yer Gizzard Blizzard Run and also placed 12th overall in 24 minutes, 37 seconds.

For the most current information on Rainy and Namakan Lake levels, visit the following:

ijc.org/conseil_board/rainy_lake

(click on the 'Data' link)

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