

SPORTS



NFL training camp begins

Mike Zimmer's takeover of Minnesota Vikings starts

B2

QUICK HITS

Hibbing forfeits to Falls Junior League

The International Falls Junior League baseball team picked up a 7-0 forfeit victory Monday after Hibbing didn't have enough players available for the game scheduled at Scheela Field.

The Falls now has a record of 13-1 in the Iron Range League and 22-3-1 overall going into the final regular-season games next Monday when the Falls is scheduled to host Fort Frances in a doubleheader starting at 4 p.m.

Following the regular season, the Falls is scheduled to play in the Iron Range League Tournament set for Aug. 1-3

Bass Dash 5K Run/Walk set Aug. 23

The fourth annual "Bass Dash 5K Run/Walk" will be held at Smokey Bear Park starting at 9 a.m. Aug. 23 during the 10th annual International Falls Bass Championship.

The 5-kilometer course will once again finish inside the main tent at the park. Awards will be presented to the top-three males and females in seven age groups.

If registered by Aug. 10, the run/walk entry fee is \$20, which includes a T-shirt. After Aug. 10, the registration fee will increase to \$25 with T-shirts not included on race day.

Registration forms are available at www.ifallsbass.com and at the Chamber of Commerce and Stride Fitness. Online registration is also set up through a link on the website.

Registrations may be mailed with checks payable to: International Falls Bass Dash, P. O. Box 906, International Falls, MN 56649.

Registration/shirt pick-up will take place at the Smokey Bear Park Pavilion from 6-8 p.m. Aug. 22 and in the main tent from 7:30-8:30 a.m. on race day.

For more information, contact Betsy Brokaw at 324-0665, or email ifbassdash@yahoo.com.

Backus Rainy Lake Triathlon on Aug. 9

The third annual Backus Rainy Lake Triathlon is set for Aug. 9 at City Beach starting at 9 a.m.

The event includes swimming a quarter mile on Rainy Lake, biking 11 miles from City Beach to Jackfish Bay and back and then running 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.

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.

LEGION BASEBALL

Falls wins district opener over Moose Lake

BY KEVIN BONESKE
Sports Editor

The International Falls Legion baseball team got on the winning track Tuesday by opening the Division II Eighth District Tournament in Marble with a 5-0 victory over Moose Lake.

Ben Humbert struck out 15 batters and allowed only two hits when he pitched all seven innings to record the shutout win.

"Benny had good stuff (Tuesday)," said Falls Legion coach Jay Bartkowski. "He made it, probably, pretty easy for the rest of us."

The Post 66 Broncos, who ended up with 11 hits, scored their first run in the bottom of the second after Cole Miggins singled to short right field and reached home on a wild pitch by the Outlaws' Teddy Ryan, who worked the entire game.

"That takes a little less pressure off when you're playing with the lead," Bartkowski said. "That was nice."

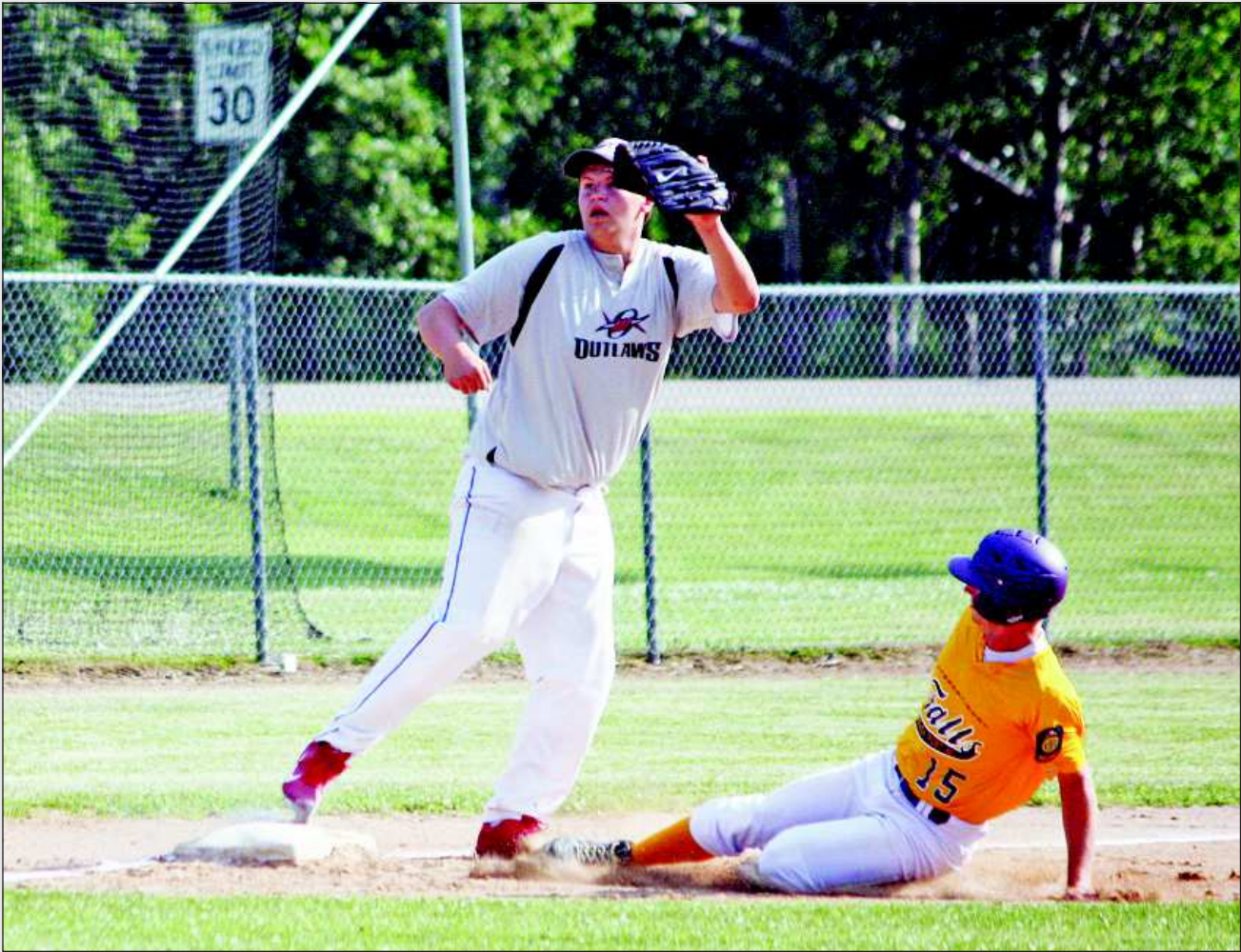
The Falls extended its lead to 2-0 in the third inning when Jackson Vollom led off with a walk and scored on a single by Humbert.

"We seemed comfortable with a 2-0 lead, and we probably shouldn't have been that comfortable with a 2-0 lead," Bartkowski said. "But scraping a few more (runs) in the sixth, that sure helped."

The Post 66 Broncos picked up their final three runs in the bottom of the sixth when Tyler Coffield doubled and scored, Vollom singled and scored and Lane Skallman also singled and scored.

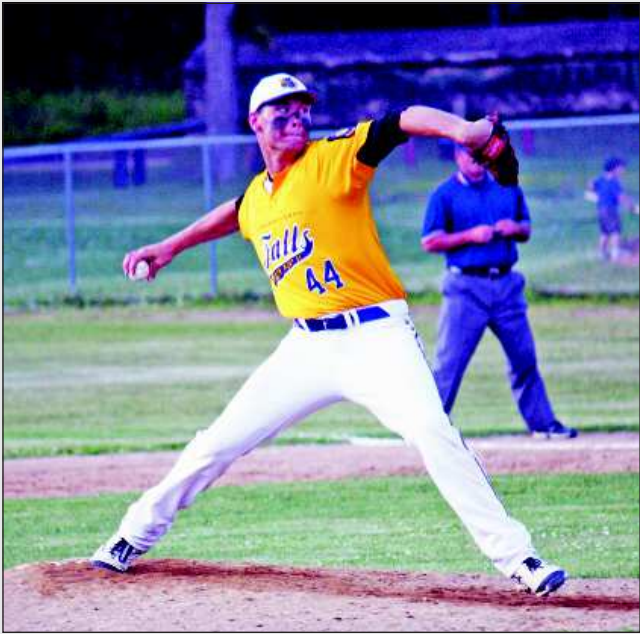
Vollom and Miggins led the Falls with two hits apiece, while Humbert drove in a team-high two runs.

The Falls advanced to Friday's winners' bracket game in Ely to face Milaca, which opened the double-elimination tournament Tuesday



STAFF PHOTOS BY KEVIN BONESKE

At right, the Falls Legion's Cole Miggins (15) slides into third base in Tuesday's district tournament opener in Marble against Moose Lake. Miggins scored the Post 66 Broncos' first run in their 5-0 victory.



The Falls Legion's Ben Humbert delivers a pitch in Tuesday's district tournament opener against Moose Lake. Humbert allowed only two hits and struck out 15 batters in Falls' 5-0 victory.

with a 3-2 victory over Taconite.

In the other half of the tournament bracket, Ely won its opening game

Tuesday over Esko, 7-6, and Two Harbors picked up a 9-2 victory Tuesday over Deer River.

The district tourna-



In front from right, the Falls Legion's Jackson Vollom dives back to first base and beats the throw to Moose Lake's Chet Morgan in Tuesday's district tournament opener at Marble.

ment concludes Sunday in Ely with the champion advancing to the state tournament Aug. 1-3 in Luverne.

Int'l Falls 5, Moose Lake 0
M. Lake 0-0-0 0-0-0 0-0 23
I. Falls 0-1-1 0-0-3 X- 5 11 0
WP-Ben Humbert;
LP-Teddy Ryan

GIRLS SOFTBALL

Falls Fusion 18U down Dryden

JOURNAL STAFF REPORT

The International Falls Fusion 18U softball team closed out its season Thursday afternoon by hosting Dryden in a doubleheader.

In game one, the Fusion 18 U trailed early before rallying late to defeat Dryden, 10-6.

After two Dryden runs in the top of the first, Emily Treat got the Falls on the scoreboard by reaching home following an infield single.

Dryden went back up by a pair of runs in the top of the third before the Fusion 18U tied the game when Teagan Anderson and Janet Humbert both singled and scored.

The Falls went in front by three in the bottom of the fourth after Libby Miggins doubled and scored, Maddie Truty hit a bunt single and scored and Anderson tripled and scored.

The Fusion 18U added three more runs in the fifth inning when Kerry Meyers singled and



STAFF PHOTO BY KEVIN BONESKE

From left, the Falls Fusion 18U's Lexi Graves tags out Dryden's Rachel Daubney (86) in the first game of Thursday's doubleheader behind Falls High School.

scored, Casey Meyers doubled and scored and Serina Sprecco singled and scored.

Dryden got three runs back in the top of the sixth. Anderson then hit a ball that went over the center fielder's glove and later scored in the bottom of the inning for Falls' final run.

Anderson pitched all seven innings to record the win for the Falls, while Rachel Daubney threw the

distance for Dryden and picked up the loss.

Complete results of game two, which the Falls won 12-2 over Dryden in five innings, will be published in next Wednesday's edition of The Journal.

Game 1
I. Falls 10, Dryden 6
Dryden 2-0-1 0-0-3 0-6
I. Falls 1-0-2 3-3-1 X-10
WP-Teagan Anderson;
LP-Rachel Daubney

GIRLS SOFTBALL

Fusion 18U lose two at Park Rapids

JOURNAL STAFF REPORT

The International Falls Fusion 18U softball team lost both games of Wednesday's doubleheader at Park Rapids.

The Fusion 18U stayed close in the first game before losing to Park Rapids, 4-2.

Teagan Anderson pitched all seven innings for the Falls in recording the loss, allowing four runs, two earned, on six hits with four walks while striking out five.

At the plate, Janet Humbert led the Fusion 18U with two hits and a walk. Lexi Graves added a hit and drove in both runs, while Casey Meyers also had a hit with a run scored.

P. RAPIDS 13, I. FALLS 7

In game two, the Falls committed seven errors and fell to Park Rapids, 13-7.

"Our defense struggled that game," said Fusion

18U head coach Dieter Humbert. "(Seven runs) should have been enough for a victory, if we had played our normal defense."

Marissa Kerry pitched all seven innings for the Falls and recorded the loss, allowing 13 runs, one earned, on 10 hits with five walks while striking out eight.

Serina Sprecco led the Fusion 18U at the plate with a pair of doubles and 3 RBI. Janet Humbert and Lexi Graves added two hits apiece with each player recording a double.

The Falls' season record dropped to 6-10 going into Thursday's season finale, a home doubleheader against Dryden.



Teagan Anderson