

SPORTS

131 finish Arrowhead 135 ultramarathon

Finish rate this year 85 percent

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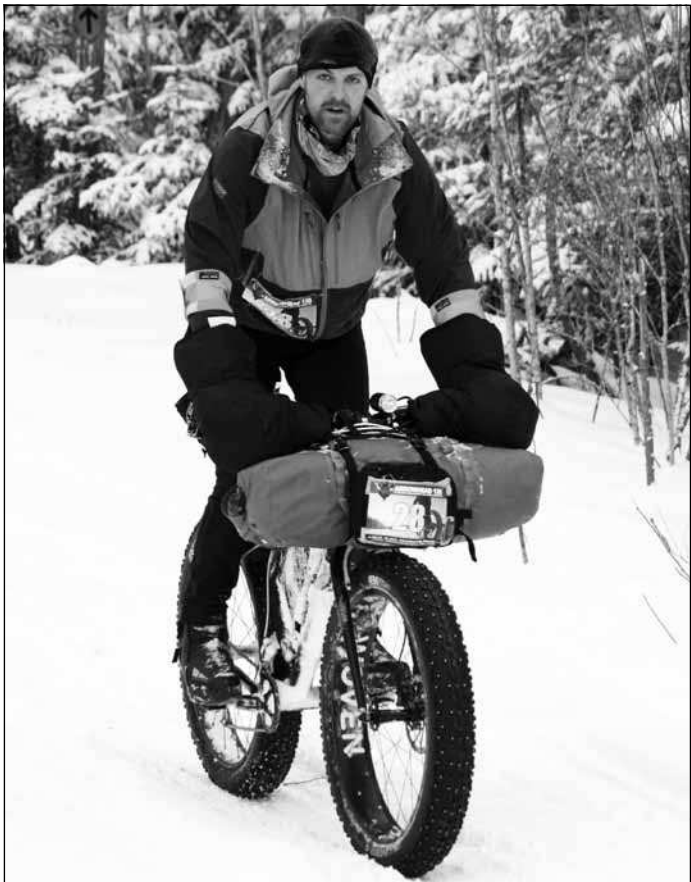
The 11th annual Arrowhead 135 wrapped up at 7 p.m. Wednesday with this year's ultramarathon being one for the record books with the highest number and percentage of finishers ever. Mild winter weather with cloudy skies and air temperatures remaining in the 20s above zero prevailed during the three days of the 135-mile race along the Arrowhead State Trail from Kerry Park in International Falls to the Fortune Bay Casino near Tower as 131 athletes reached the finish line within the allotted 60 hours.

Of 154 athletes who began the race, 77 of 84 bikers, 44 of 66 runners and three of four skiers finished. Overall, 85 percent of the athletes completed the ultramarathon, which has historically had a finish rate of less than 50 percent.

That is in stark contrast to last year's ultramarathon when the 142 athletes at the start faced below-zero temperatures and only 47 finished — 30 bikers, 16 runners and one skier.

"Certainly, the weather was favorable (to the athletes in this year's ultramarathon)," said race organizer Ken Krueger, who also noted warmer weather softened the snow along the trail.

Krueger said athletes in the 2015 Arrowhead 135 didn't have to deal with problems of icing or their glasses



STAFF PHOTO BY KEVIN BONESKE

Arrowhead 135 biker Cameron Dube (28) of Ontario, shown arriving Monday morning at the Gateway General Store in Kabetogama, the ultramarathon's first checkpoint, finished the race 24th overall in 19 hours, 12 minutes.

fogging up as would be the case in colder weather, noting the biggest challenges this year were foot issues such as trench foot and blisters.

He said this year's race had a "ridiculously competitive field" of both runners and bikers.

The first person to finish, biker Jorden Wakeley of Michigan, made it to Fortune Bay in 15 hours flat. He crossed the finish line with three other bikers mere seconds behind him — Tim Bern-

tson of Alaska (15:00:01), Jay Petervary of Idaho (15:00:02) and Todd McFadden of Duluth (15:00:04).

McFadden, who set the Arrowhead 135 record in 2013 when he finished on a bike in 14:20:00, said he entered this year's race predicting that a new record would be broken, noting that the trail was faster when he went on a practice ride Sunday, the day before the ultramarathon began.

"The elements make (the Arrowhead 135) kind of spe-

cial, because you never know what you're going to get," said McFadden, who noted the snow conditions prevented a new record from being set.

This year was the fourth time McFadden competed in the Arrowhead 135, in which he also placed eighth in 2012 and had to drop out of last year's race because of frostbite.

He said this year's race was the most competitive of the four he has been in with bikers grouped together at the front of the pack and about 12-15 bikers still in the lead group at the Highway 53 crossing south of Ericsburg. Based on the field of competitors, McFadden said he expected about 10-12 bikers were capable of winning the race, in which the group of four bikers he was with toward the finish kept the pace up so that no one would pass them up from behind.

For the duration of the ultramarathon, McFadden said he planned to be off his bike for not more than 10 minutes to be in the running for the top spot, noting he just turned around and didn't stop at the first checkpoint at the Gateway General Store in Kabetogama.

The first female to finish on a bike, Tracey Petervary of Idaho, placed 18th overall in 18:27:00.

A new Arrowhead 135 record for runners was set when Marcus Berggren of Sweden reached the finish in 34:20:00, almost 3 hours faster than the previous record.

The first woman runner to finish, Sue Lucas of Manitoba, set a new record by 5½

hours for female runners when she reached Fortune Bay in 42:31:00.

Minnesotan Steve Schuder was the first skier to finish in 34:51:00. Another skier, Minnesotan Daryl Saari, reached Fortune Bay in 58:40:00 and became the seventh athlete in the ultramarathon's history to have finished the race by skiing, running and biking to earn the "Arrowhead a'Trois" trophy.

The last athlete to finish before the 60-hour cutoff time was runner Jim Wilson of Minnesota, who made it to Fortune Bay in 59:52:00.

All the finishers earned trophies for completing the race.

The first "Spirit of Arrowhead" award was presented to runner Lisa Paulos of Iowa for her effort in helping her competitors.

Toward the end of the race, Krueger said Paulos helped another woman, who was having trouble with asthma, finish by pulling the woman's sled so that they could both reach Fortune Bay.

All the athletes in the ultramarathon are required to carry mandatory survival equipment. The bikers were able to load their survival equipment on their bikes and most of the runners pulled sleds known as pulks.

Proceeds from this year's ultramarathon are being donated to the Special Operations Warrior Foundation, Safe Families for Children — Minnesota and the International Falls Hunger Coalition.

The 12th annual Arrowhead 135 is set for Jan. 25-27, 2016.

WOMEN'S BASKETBALL

Voyageurs downed by Mesabi Range 62-49

RRCC now 0-7 in MCAC North

JOURNAL STAFF REPORT

The Rainy River Community College women's basketball team remains winless in the Minnesota College Athletic Conference's Northern Division midway through the league schedule.

The Voyageurs' latest loss came Wednesday night in Virginia against Mesabi Range, 62-49.

RRCC, which trailed 36-17 at halftime, ended up being outshot by the Lady Norse from the field overall, 21-59 (35.6 percent) to 18-68 (26.5 percent), and from 3-point range, 8-29 (27.6 percent) to 4-20 (20 percent).

Shania Thompson led the Voyageurs in scoring with 18 points. Roneisha Jordan added a double-double with 13 points and 18 rebounds.

Three Mesabi Range players scored in double figures led by Connor Rautio with 18 points, which included four 3-pointers. Morgan Deutsch-Woods added 17 points with three 3-point baskets. Danielle Lenci scored 14 more.

RRCC, which now has a record of 0-7 in the MCAC North and 4-14 overall, opens the second half of its conference schedule at home this afternoon against Central Lakes.

Mesabi Range 62, Rainy River 49
Rainy River 17 32 - 49
Mesabi Range 36 26 - 62
Rainy River: Shania Thompson 18, Roneisha Jordan 13, Dominique Hines 9, Sarina Phrathep 7, Renee Pantophlet 2. 3-pointers: Phrathep 2, Thompson, Hines. Free throws: 9-14. Fouls: 15. Fouled out: Phrathep.



MEN'S BASKETBALL

Voyageurs fall at Mesabi Range 93-85

RRCC now 4-3 in MCAC North

JOURNAL STAFF REPORT

The Rainy River Community College men's basketball team closed out the first half of its Minnesota College Athletic Conference Northern Division schedule on a losing note Wednesday night when the Voyageurs dropped a 93-85 decision

in Virginia to Mesabi Range.

RRCC, which trailed 46-40 at halftime, ending up outshooting the Norsemen from the field overall, 33-78 (42.3 percent) to 30-80 (37.5 percent). However, a key statistic in the game's outcome was at



Sam Sturgus

the free-throw line, where Mesabi Range went 21-25 (84 percent), compared to the Voyageurs going 12-19 (63.2 percent).

RRCC had three players score in double figures led by Sam Sturgus with 23 points, which included five 3-point baskets. Antoine Tobias added a double-double with 19 points and 15 rebounds. Ahmad Poche had 17 points.

Five Norsemen scored in double figures led by Ken Manigat with 26 points, which also included five 3-pointers. Gary Innocent added 16 points, Devin Brown came off the bench and scored 14 points and Rondell Brumby and Kiwane Crowder each put in 12 points.

The loss dropped the Voyageurs' season record to 4-3 in the MCAC North and 12-7 overall go-

ing into this afternoon's home game against Central Lakes.

Mesabi Range 93, Rainy River 85
Rainy River 40 45 - 85
Mesabi Range 46 47 - 93

Rainy River: Antoine Tobias 19, Jimson Clerveus 6, Ahmad Poche 17, Teekay Biti 2, Sam Sturgus 23, Jammere Carlisle 8, Afron Janetkhan 3, Darius Johnson 5, Caleb McIntosh 2. 3-pointers: Sturgus 5, Poche, Janetkhan. Free throws: 12-19. Fouls: 20. Fouled out: Teekay Biti.

WOMEN'S VOLLEYBALL

Orre signs letter of intent at RRCC

JOURNAL STAFF REPORT

Arianna Orre, a high school senior from Fertile, has signed a letter of intent to play volleyball next season at Rainy River Community College.

Orre, a 5-6 setter, had 615 set assists and 173 digs

last season. She also made 95 percent of her serves and had 56 service aces. Orre helped lead the Fertile-Beltrami Falcons to the Section 6A Sub-Section finals, where they lost in four games to Ada-Borup.

"Arianna is a very determined, competitive player.

Her consistent setting and serving will really help us next year," said RRCC volleyball coach Mel Millerbernd. "I am impressed with her intensity and focus. I am very excited to have the opportunity to coach her."

Orre has also been

awarded an academic scholarship, Rainy River's "Top of the Class Award for Academic Excellence."



Arianna Orre

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