

SPORTS



Who is...
Luke Spilde, Bronco boys hockey senior captain, is featured

B2

QUICKS HITS

Bronco boys hockey team loses to Osseo

The International Falls boys hockey team opened the three-day holiday tournament in Warroad on Thursday by losing to Osseo, 7-2.

Brady Walls scored first for the Broncos, who gave up three first-period goals to the Orioles and trailed 3-1 after the first 17 minutes.

The Falls' Jackson Volloom then scored to cut the deficit to a goal in the second period, before Osseo scored again to lead 4-2 and added three third-period goals to seal the victory.

Bronco girls hoops team defeats E-G

The International Falls girls basketball team opened the three-day holiday tournament in Hibbing on Thursday with a 70-40 victory over Eveleth-Gilbert.

The win matched up the Broncos for a game Friday against Virginia, the second time the two teams have faced each other this season.



More than 200 runners take off from the start/finish line at Rainy River Community College last January to begin the 5-kilometer Freeze Yer Gizzard Blizzard Run.

34th FYGBR coming in 3 weeks

The 5K and 10K races again part of Icebox Days

JOURNAL STAFF REPORT

Mother Nature has set the stage in northern Minnesota for the annual Freeze Yer Gizzard Blizzard Run, scheduled to take place in three weeks for its 34th year on Jan. 18 in the "Icebox of the Nation," International Falls.

"If December temps are any indicator, runners striving this year to earn the motto: 'Only the Bold Run the Cold,' really will be walking the talk," said Faye Whitbeck, president of the International Falls Area Chamber of Commerce.

The Chamber coordinates the Borderland winter festival known as Icebox Days, scheduled for Jan. 15-19, in which the FYGBR is the feature event of the festival.

The FYGBR draws runners from all over the United States and Canada. Record numbers hit the start/finish

line at Rainy River Community College in 2012 and 2013 – with approximately 300 runners both years in the 5- and 10-kilometer races combined.

The Gizzard Run has never been canceled in its 33 previous years, but in 1982 was abbreviated when an air temperature of -28 degrees Fahrenheit felt like -72 degrees when factoring in the wind chill.

"That was the year images of Gizzard runners' ice-chiseled mustaches and frosted eyebrows began circling the globe," Whitbeck said.

This wintertime outdoor run has over the years brought a blizzard of media to the area – Good Morning America, CBS, Lifetime Television, The Weather Channel, The Travel Channel, European journalists, regional media and a host of others from all over – to witness the bone-chilling event.

At least half of the FYGBRs have taken place in below-zero weather. However, Gizzard runners in 2010 enjoyed a balmy 31 degrees

Fahrenheit.

Though the frost does bite at times, runners each year return to enjoy the warmth of the camaraderie and to see how they compete with the weather. One runner, Bob Connor of Bemidji, has participated in all 33 previous races.

The temperature and the running conditions can affect times. Winning male times in the FYGBR 10K have ranged from 30 minutes, 8 seconds, to just over 37 minutes, while the winning female 10K times have ranged from 36:29 to just over 45 minutes.

Matt Longen of Centerville has been the overall 10K winner the past two years. Top winners often range in age from the high teens to twenty-something, but septuagenarians and even an octogenarian fairly often complete the race.



Matt Longen (57) of Centerville approaches the finish line to place first overall in last January's 10-kilometer Freeze Yer Gizzard Blizzard Run. Longen has won the 10K race the past two years.

Smooching involves synchronizing a competitive gait while all the left feet of four team members are attached to one board, and all their right feet are attached to another board.

Two new events, also at the Viking, will be the redneck winter wonder-wear contest, and toilet seat tossing.

Frozen turkey bowling, the boot hockey, the beach party and the traditional chili cook-off, among many other events, will also return.

And for the fourth consecutive year, city fireworks under the winter sky in Smokey Bear Park are scheduled for the Saturday evening of Icebox Days.

To register for the 5K or the 10K FYGBR, go online at www.freezeyergizzardrun.com or call the Falls Chamber at (218) 283-9400 or (800) 325-5766 for a registration form and information. The race course maps and the runners packet information are posted at the above website.

SPORTS SCHEDULE

Today's games
Girls basketball
I. Falls at Hibbing Tournament, TBD
Boys basketball
I. Falls at Esko Tournament, TBD
Boys hockey
I. Falls vs. Warroad at Warroad Tournament, 2:15 p.m.

Monday's games
Girls hockey
I. Falls vs. Worthington in Schwan Cup Tournament at Blaine, 6:30 p.m.

Tuesday's games
Girls hockey
I. Falls in Schwan Cup Tournament, TBD

Wednesday's games
Girls hockey
I. Falls in Schwan Cup Tournament, TBD

Cash-in on the New Year!

Join us for a spectacular New Year's Eve Party and you could take home up to \$2,014 in cash. It'll be a night packed with fun and excitement into the wee hours of the morning. Play your favorite slots or blackjack, listen to some great music, enjoy a fabulous meal, and enter to win some of the big cash to be given away.

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Be one of 14 lucky winners and you could take home up to \$2,014 in cash. Earn one entry ticket for every ten points beginning December 1. You must be present to win.

SATISFACTION
The International Rolling Stones Show
This FREE show takes place in the North Star Hall from 10:30 p.m. to Midnight.

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