

SPORTS

BRONCO 5K

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has a harder time competing on flat courses.

“Sha Sha hills, that actually would be the kind of course that I would prefer, but since I’m pregnant I guess this is probably OK,” she said.

After giving birth, Erholtz said she would like to be part of a mountain running team next year.

Sobczynski, a distance runner who graduated in 2011 from Falls High School, said he pulled in front of this year’s Bronco 5K pack when he got to Kerry Park and held the lead until Erholtz passed him just before they arrived at the track for the final lap.

“This is the best I’ve finished (the Bronco 5K),” Sobczynski said. “I actually stayed in shape over the summer this time, and I decided to give it a good shot and see how I could do. It felt good to finally finish up front.”

Three other runners finished in under 20 minutes. Dan DeRoche, 35, placed third in 19:26. Andrew Hayes, 38, came in fourth in 19:28. Mary Strain, 18, was fifth in 19:33.

Last year’s overall runner-up, Dennis Ogilvie, 27, of Emo, Ontario, finished sixth this year in 20:09, more than a minute slower than his time in 2012.

This year’s 5-kilometer race, the seventh annual that was held as a fundraiser for the Bronco track and field teams, used the same route for the third year in a row by starting at the entrance to the track, before going along 11th Street to Kerry Park and looping back to Falls High School, ending with a lap on the track.

Grady Anderson of Grand Rapids set the overall and men’s course record of 16:28.02 in 2011.

SIX WOMEN’S RECORDS SET

Though no one came close Thursday to breaking the overall course record, a half-dozen records were set in the female age groups.

Erholtz now also holds the course record for women 30-39.

Strain set a new course record for girls 15-18.

Lexi Erickson, 14, who competes in cross country and track for the Broncos, placed seventh overall in 20:15 and set a new course record for girls 11-14.

Linda Belanger, 45, placed 17th overall in 22:31 and set a new course record for

women 40-49.

Betty Tomerlin, 60, placed 51st overall in 25:17 and set a new course record for women 60-69.

The 70-plus women’s record was set by Gail Rognrud, 71, who placed 197th overall in 38:18.

Medals were awarded to the top three males and females in nine age categories.

MOST FINISHERS EVER

This year’s Bronco 5K also set a record for the number of finishers with 266 runners/walkers ranging in age from 5-72 completing the course.

“We were a little worried the warm weather might keep people from showing up that morning, but the breeze did help with the heat and we ended up with a record turnout not only for the 5K but also for the kids races,” said race organizer and Falls High School girls track and field head coach Jen Erickson. “I was hoping we would pull in more participants than last year, but didn’t expect to hit 266!”

Following the Bronco 5K, a free Kids Fun Run was held with two 400-meter heats and one 800-meter run around the track with all the participants receiving a ribbon.

Though the majority of the Bronco 5K entrants had been from Minnesota and the Falls, Erickson said there were also people on hand from Hawaii, Florida, Tennessee, Maine, Kansas, Arizona, Colorado, Missouri, Wisconsin, North Carolina and New York.

“You never know who you’re going to see at the track that morning — you always end up talking with people you haven’t seen since high school, or it might be the only time during the year you get the chance to visit with people who reside somewhere other than the Falls,” she said. “We see a lot of families signing up for the event with people of all ages running or walking. Every year I hear several, ‘My sister/mom/friend talked me into running/walking,’ but it’s always followed by a smile and a laugh.”

“When we started the Bronco 5K seven years ago, the goal was to make it a Fourth of July event for families or alumni in town celebrating a class reunion.”

With the number of participants exceeding 250, Erickson said, “we will be looking into online registration next year so it will be easier for people to pre-register.”



STAFF PHOTOS BY KEVIN BONESKE

Jaxon Germain (651) and Jake Erickson (644) finish Thursday’s Bronco 5K together in 23 minutes, 48 seconds, for 32nd place overall out of 266 finishers.

2013 Bronco 5K results

Place	Name	Age	Time
Boys 10 & Under			
1	Hallin, Jace	10	25:20
1	Gilbert, Jack	10	25:20
3	Sivonen, Parker	9	26:18
4	Erickson, Dale	10	28:40
5	Skoglund, Noah	10	32:04
6	Nemec, Mitchell	10	32:28
7	Schultz, Cohlton	9	32:35
8	Mann, Hudson	7	32:44
9	Maish, Julius	8	33:15
10	Wolf, Caleb	9	34:02
11	Erickson, Owen	8	38:31
12	Seeber, AJ	9	38:58
13	Seeber, Joe	6	42:43
14	Bennett, Gabriel	5	51:59
Girls 10 & Under			
1	Erickson, Emma	10	32:25
2	Stenstrom, Bria	7	39:09
3	Bissonnette, Graci	8	43:05
4	Lorenson, Maddy	10	43:21
5	Seeber, Meg	8	43:59
Boys 11-14			
1	Cowman, John	13	21:52
2	Arason, Jake	12	22:07
3	White, Nick	14	22:38
4	Holm, Andrew	12	23:18
5	Nemec, Riley	14	23:19
6	Lindvall, Brett	14	23:24
7	Erickson, Jake	12	23:48
7	Germain, Jaxon	11	23:48
9	Urquhart, Cade	12	24:06
10	Holm, Christopher	14	24:33
11	Gonzales, Kian	11	25:04
12	Hunter, Jared	14	25:51
13	O’Loughlin, Brock	14	25:52
14	Wilson, Taylor	12	27:33
15	Auran, Nick	14	27:56
16	Blome, Steven	14	28:14
17	Loreneson, Gust	13	29:30
18	Talmage, Derek	12	30:43
19	Stenstrom, Cole	11	31:38
20	Skelton, Brennon	14	32:03
21	Peterson, Donovan	14	34:35
22	Skoglund, Griffin	13	38:34
Girls 11-14			
1	Erickson, Lexi	14	20:15
2	Edwards, Lexi	13	26:53
3	Gilbert, Grace	12	27:15
4	Saari, Emily	14	27:25
5	Serbyn, Elizabeth	12	28:02
6	Sivonen, Avery	12	30:05
7	Graves, Alexis	14	30:08
8	Holm, Genna	11	30:15
9	Nemec, Megan	12	31:45
10	Auran, Hailey	14	33:08
11	Glass, Abigail	14	41:34
Boys 15-18			
1	Veillieux, Logan	18	20:46
2	Urquhart, Kraig	16	20:52
3	Jessen, Spencer	15	21:22
4	Mathews, Eric	16	23:30
5	Pumper, Jason	18	23:34
6	Bernard, Chase	15	25:24
7	Redsky, Trent	15	26:45
8	Harris, Greg	15	30:29
9	Doak, Trevor	18	30:35
10	Gust, Tristan	17	34:32
11	Fisher, Warren	18	51:27
Girls 15-18			
1	Strain, Mary	18	19:33
2	Beaudry, Hailey	16	22:44
3	Cooke, Olivia	18	23:14
4	Hebner, Tayler	16	24:03
5	Anderson, Jenn	16	26:08
6	Kostiuk, Abby	15	27:30
7	Urquhart, Paige	18	28:26
8	Lepper, Emma	17	30:54
9	Auran, Abby	15	33:09
10	Holm, Maria	16	33:19
11	Maish, Nicole	18	33:24
12	Clarity, Becca	18	35:03
13	Bjorkquist, Alanna	18	35:06
14	Clark, Maria	18	52:11
Men 19-29			
1	Sobczynski, John	20	19:12
2	Ogilvie, Dennis	27	20:09
3	Gunnerson, Wesley	19	23:04
4	Skifstad, Mike	29	24:08
5	Cassibe, Sam	25	24:19
6	Olson, Andy	27	24:23
7	Lofgren, Tom	28	24:24
8	Schrankler, Tommy	21	25:13
9	Winkel, John	26	27:27
10	Sweeney, Maura	19	29:39
11	Severson, Zachary	21	29:58
12	Farese, James	21	34:09
13	Gust, Trey	22	34:33
13	Gust, Dalton	20	34:33
15	Zupke, Matthew	28	39:53
Women 19-29			
1	Richter, Louise	25	22:11
2	Hattermer, Kate	25	22:56

3	Silvers, Hailey	25	25:06
4	Kostiuk, Andrea	26	25:42
5	Morning Star, Tom	29	25:48
6	Spangler, Emily	23	26:26
7	Romosz, Sylvia	29	27:31
8	Harris, Megan	23	27:35
9	Gates, Therese	26	28:39
10	Lundquist, Katie	29	28:45
11	Olson, Katie	25	28:46
12	Olson, Nikki	29	29:02
13	Longpre, Elsa	22	29:22
14	Discenza, Jynni	20	29:56
15	Boyum, Paige	20	29:57
16	Jaricks, Taylor	20	30:52
17	Wright, Shana	26	31:21
18	Parra, Lori	29	32:56
19	Olson, Courtney	20	33:00
20	Gust, Lacie	23	34:33
21	Johnson, Emily	21	34:35
21	Farese, Katrina	20	34:35
23	Bjorkquist, Jadelle	20	35:06
24	Bright, Jessica	20	35:13
25	Averill, Jenna	28	39:08
26	Lemelin, Marie	22	39:48
27	Pullar, Ferlinda	26	40:41
28	Nault, Tylyn	19	40:50
29	Anderson, Katie	22	42:00
30	Anderson, Sarah	24	42:10
31	Knoll, Molly	21	42:43
32	Fox, Madeleine	19	43:06
33	Liedke, Angela	28	48:42
34	Waller, Katie	23	49:44
35	Davis, Kelsea	23	49:45
36	Johnson, Whitney	20	51:27
37	DiMarco, Allison	26	51:56
38	Ellison-Smith, Ashley	29	55:06
39	Black, Breana	21	1:01:50
Men 30-39			
1	DeRoche, Dan	35	19:26
2	Hayes, Andrew	38	19:28
3	Bauer, Russ	33	22:47
4	Wolter, Eli	35	23:29
5	Sneller, Heath	36	23:50
6	Dunbar, Bill	31	24:16
7	Mansager, Alan	36	25:27
8	Stavseth, Dave	39	25:28
9	Rousseau, Jeff	32	31:40
10	Orman, James	36	32:05
11	Parra, Oscar	30	32:06
12	Schultz, Steve	36	32:40
13	Ellena, Mike	30	34:34
14	Stenstrom, Jason	39	39:27
15	Bennett, Dustin	39	41:34
Women 30-39			
1	Erholtz, Brandy	35	19:03
2	Skifstad, Molly	30	23:37
3	Sneller, Shawna	30	23:52
4	Harris, Stacy	33	24:10
5	Glass, Sarah	35	25:13
6	Mason, Terry	39	25:24
7	Brokaw, Betsy	30	26:41
8	Orman, JoHannah	35	27:15
9	Eide, Essa	33	27:16
10	O’Loughlin, Kimberly	35	27:34
11	Bokovoy, Angie	30	27:36
12	Graves, Jeri Ann	32	27:52
13	Turenne, Nikki	38	28:20
14	Lundquist, Britta	30	28:46
15	Aili, Danni	31	28:57
16	Nemec, Marci	39	29:00
17	Bauer, Alyssa	33	30:06
18	Benedix, Nikki	33	31:29
19	Stenstrom, Dawn	37	31:30
20	Bissonnette, Julie	33	31:38
21	Talmage, Julie	39	31:39
22	Aili, Daisy	32	33:44
23	O’Brien, Mindy	31	34:03
24	Vacura, Joyce	36	34:30
25	Wolf, Kellie	39	34:41
26	Walls, Melissa	32	34:55
27	Magel, Donna	34	35:24
28	Lepper, Deb	39	35:25
29	Hanson, Bobbi Jo	31	35:45
30	Ballan, Michelle	32	36:33
31	Sivonen, Bobbi	38	37:24
32	Chase, Aleisha	32	37:33
33	Wimmer, Kimberly	36	37:50
34	Erickson, Donna	38	38:57
35	Pullar, Georgene	36	40:15
36	Sabey, Sasha	34	40:16
37	Arnold, Dinah	30	40:42
38	Hayes, Jessica	32	40:49
39	Valentine, Sarah	31	41:43
40	Harju, Charlene	39	42:16
41	Blome, Tanya	36	43:42
42	Marmet, Sarah	31	44:37
43	Nault, Mandy	36	46:53
44	Wagner-Werner, Kristy	34	51:55
45	Bennett, Krista	32	51:58
Men 40-49			
1	Turenne, Mike	47	20:53
2	Aili, Kirk	44	22:15
3	Belanger, Chad	40	24:40



International Falls City Council member Cynthia Jaksa, 65, celebrates finishing Thursday’s Bronco 5K in 39 minutes, 7 seconds, second fastest among women ages 60-69.

4	Nemec, Luke	40	25:47
5	Cowman, Dean	42	27:42
6	Talmage, Phil	40	28:07
7	Pelland, Tom	45	28:55
8	Urquhart, Mike	47	31:12
9	Holm, Gary	46	32:40
10	Brokaw, Ted	41	33:19
11	Peterson, Ric	44	34:01
12	Hebner, Jason	40	38:21
13	Seeber, Chris	44	44:22
14	Doak, Rhoads	49	51:57

Women 40-49

1	Belanger, Linda	45	22:31
2	Anderson, Erika	40	24:09
3	Holm, Dawn	43	25:57
4	Serbyn, Shelley	40	28:06
5	Auran, Karen	48	28:52
6	Riley, Tammy	45	29:35
7	Gunnerson, Tracy	44	30:04
8	Urquhart, Meg	46	30:14
9	Ringhofer, Nita	42	30:29
10	Hebner, Michelle	42	31:13
11	Hebig, Polly	46	31:47
12	Tomczak, Tara	40	32:24
13	Hallin, Katrina	44	32:29
14	Zimmerman, Sara	42	33:49
15	Hell, Leslie	46	33:54
16	Ham Peterson, Tina	43	34:40
17	Skoglund, Heather	40	34:41
18	Clarity, Melanie	41	34:55
19	Hebner, Mary	46	38:25
20	Bragg, Bonnie	41	42:43
21	Lorenson, Deana	40	43:34
22	Frank, Susie	42	51:59
23	Black, Amie	41	1:01:49

Men 50-59

1	Salmi, Dale	52	21:58
2	Stavseth, Jim	54	23:23
3	Kalar, Pete	51	26:04
4	Strain, John	57	26:28

Women 50-59

1	Westom, Peg	54	27:03
2	Palm, Sue	54	27:17
3	Rinke, Bev	54	27:20
4	Eide, Cindy	50	28:29
5	Deedrick, Nancy	55	29:24
6	Vollmer, Margret	58	29:30
7	Braaten, Susie	59	32:07
8	Taylor, Deb	56	35:13
9	Story, Cindy	58	43:27
10	Sneller, Janice	58	43:37
11	Thompson, Dee Dee	58	45