

SPORTS



STAFF PHOTOS BY KEVIN BONESKE

Kari Heyn (74) approaches the finish line to complete the 5-kilometer run as part of Saturday’s Backus Rainy Lake Triathlon at City Beach. Heyn, 36, of McGregor, Iowa, recorded the top female time of 1 hour, 3 minutes, 57 seconds, and finished second overall.

TRIATHLON

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the City Beach buoys in Rainy Lake and completed the course in 1 hour, 2 minutes, 20 seconds. “The swim was hard because it’s a 400-yard sprint, so it kind of knocks you down compared to a longer swim,” said Ojala, who noted he competes in about 10 triathlon events a year. “Sprints are almost harder than longer races. You can see my heart rate (go) through the roof.” Ojala, who graduated from International Falls High School in 1988 and has been competing in triathlons for 20 years, said he found the Backus Triathlon to be well-organized in just its second year of existence. “The organization is just like races that have been going on 20-30 years,” he said. “Top-notch course and good volunteers. The transition (between swim-

ming, biking and running) is laid out really well. “No complaints at all. Beautiful. Nice race on Rainy Lake. Best lake in the world, in my opinion.” The race’s top individual female, Kari Heyn, 36, of McGregor, Iowa, finished in 1:03:57. “I’ve done a few triathlons, but I’m really excited to win it,” she said. “I think this is one of the best events I’ve ever been to. The lake was perfect — clear, cool — and a great volunteer staff (Saturday).” Heyn, who noted she was born in Littlefork, grew up in Bemidji and now lives in Iowa with her husband and four children, said she benefited from previously swimming in open water. “I’m used to open-water swims, which I think is a lot of people’s downfall,” she said. “It’s pretty easy to get anxious when you’re getting sort of kicked and you can’t see, but it was beautiful, clear water. “The bike course was

really pretty. ...(On) the run there’s lots of residents cheering and supporting on the course, which is really, really helpful.” When asked which of the triathlon’s three stages she found the most challenging, Heyn said it was the 5-kilometer run to finish the event. “I didn’t really save anything for the run,” she said. “Somebody once told me a triathlon is a bike race, which happens to have a swim and a run on it, so I really try to put it down on the bike course. “I didn’t really have a lot left for the run, but I put enough distance (in front of the rest of the field), so that I didn’t have to kill myself.” Heyn said her husband, James, who also entered the triathlon, apparently had a mishap during the biking stage before she saw him walking his bike when she passed him. James Heyn finished the triathlon in 1:44:25. Kari Heyn’s time was the second fastest overall,

while three men finished third through fifth. Jeff Tilbury, 46, of Fort Frances, came in third in 1:04:30. Tom Heinrich, 52, of Baudette, finished fourth in 1:04:53. Paul Wilken, 43, of Poplar, Wis., was fifth in 1:06:41. The top team was comprised of two women and a man with Lindsey Wagner-Goulet, 33, Burgess Eberhardt, 72, and Shana Wright, 26, finishing in 1:07:47. Medals were presented to the top-three males and females in six age groups — 13-19, 20-29, 30-39, 40-49, 50-59 and 60-plus — as well as the top-three relay teams. In addition, those entering the triathlon were also be eligible to win prize drawings. This year’s triathlon used timing chips to record the actual time from the start to the finish when two groups of swimmers — men in the first group and women and relay teams in the second group — left at separate intervals.

Backus Rainy Lake Triathlon

CITY BEACH — AUG. 17, 2013

Individuals				
Name	Age	Sex	City	Time
Ladd Ojala	43	M	Minneapolis	1:02:20
Kari Heyn	36	F	McGregor, Iowa	1:03:57
Jeff Tilbury	46	M	Fort Frances, Ont.	1:04:30
Tom Heinrich	52	M	Baudette	1:04:53
Paul Wilken	43	M	Poplar, Wis.	1:06:41
Jennifer Hawley	23	F	Fort Frances, Ont.	1:07:53
Jason Kabel	40	M	Fort Frances, Ont.	1:08:08
Bob Bahr	47	M	International Falls	1:09:18
Erik Anderson	36	M	Chisholm	1:10:36
Scott Barker	22	M	Devlin, Ont.	1:11:04
Megan Reid	40	F	Fort Frances, Ont.	1:12:12
Bill Severud	33	M	Plymouth	1:12:27
Taylor Hebner	16	F	International Falls	1:12:59
Kerry Canfield	33	F	Fort Frances, Ont.	1:13:00
Emily Saari	14	F	International Falls	1:13:43
Ken Krueger	49	M	International Falls	1:13:44
Christopher Legg	21	M	Fort Frances, Ont.	1:13:55
Brett Salo	49	M	Cohasset	1:14:09
Wendy Tilbury	43	F	Fort Frances, Ont.	1:14:11
Hailey Silvers	25	F	International Falls	1:14:16
Jenna Anderson	16	F	International Falls	1:15:04
Ric Peterson	45	M	Minneapolis	1:16:07
Julien Appignani	31	M	International Falls	1:16:55
Ben Andrusco	41	M	Winnipeg, Man.	1:17:02
Lexi Erickson	14	F	International Falls	1:17:15
Sam Cassibo	25	M	International Falls	1:17:26
Amy Auran	17	F	Ranier	1:17:52
Lonna Oster	39	F	Fort Frances, Ont.	1:17:52
Nate Wagenaar	29	M	St. Paul	1:19:54
Natasha Shack	33	F	Fort Frances, Ont.	1:20:47
Teagan Kaemingh	24	F	Emo, Ont.	1:21:22
Keira Chown	37	F	Fort Frances, Ont.	1:21:23
Glenn Davis	54	M	International Falls	1:21:33
Emily Knese	26	F	Fargo, N.D.	1:22:05
Sandra Drennan	47	F	Emo, Ont.	1:22:23
Julie Larson	56	F	International Falls	1:23:22
David Westerman	29	M	Littlefork	1:23:38
Teresa Stone	45	F	International Falls	1:23:58
Danni Aili	31	F	International Falls	1:23:59
Nam Truong	29	M	Eden Prairie	1:24:05
Stevie-Lee Langford	27	M	Emo, Ont.	1:24:45
Lexi Edwards	13	F	International Falls	1:25:53

Name	Age	Sex	City	Time
Karen Mitchell	38	F	Fort Frances, Ont.	1:26:35
Nancy Deedrick	55	F	International Falls	1:27:07
Aimee Beazley	37	F	Fort Frances, Ont.	1:27:38
Carlie Diaz	34	F	Columbia Heights	1:28:39
Abby Auran	15	F	Ranier	1:30:18
Gaydonna Baker	65	F	Emo, Ont.	1:30:29
Molly Lee	19	F	Roseau	1:31:01
Lori Brown	52	F	Ranier	1:31:42
Polly Hebig	46	F	International Falls	1:34:48
Ariana Cipriano	39	F	Littlefork	1:36:42
April Seys	28	F	Duluth	1:41:29
Traci Saari	41	F	International Falls	1:41:42
Holly Holler	56	F	Ranier	1:42:24
Colleen Lievsay	35	F	Northome	1:43:42
James Heyn	37	M	McGregor, Iowa	1:44:25
Margaret Edens	66	F	Duluth	1:50:53
Trisha Wherley	35	F	Blackduck	1:55:29
Lorraine Manninen	51	F	Littlefork	1:55:30
Danny Salo	44	M	International Falls	2:01:09

Teams			
Names	Time	Names	Time
Lindsey Wagner-Goulet		Donovan Peterson	
Burgess Eberhardt		Sara Zimmerman	
Shana Wright	1:07:47	Tina Ham-Peterson	1:25:29
Dave Reimer		Erin Deschamps	
Colin Gleason		Sharla Mackinnon	
Tommy Schrankler	1:13:40	Andrea Avis	1:26:19
Carol Stone		Emily Norenberg	
Anthony Stone	1:13:58	Dana Waldbillig	
Courtney Klow		Mary Baumann	1:26:36
Lori Lyman		Mary Lindner	
Tony Oveson	1:14:30	Kristy Pink	
Logan Veillieux		Kristen Kirkwood	1:39:48
Sara Kennedy		Jenesa Casareto	
Sherry Veillieux	1:17:08	Doreen Swendsen	
Josh Cousineau		Gigie Harder	1:44:51
Barbara Roy			
Joanne Sekulich	1:22:34		



Emily Saari arrives back at City Beach after completing an 11-mile bike ride during Saturday’s Backus Rainy Lake Triathlon. Saari, 14, of International Falls, had the second-fastest time among girls 13-19 by finishing in 1 hour, 13 minutes, 43 seconds, and placed 15th overall out of 61 individuals.

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