

SPORTS



Voyaguers hockey final home series

RRCC splits with North Dakota St.

B2

QUICK HITS

L-BF girls hoops team trounces Hill City

The Littlefork-Big Falls girls basketball team pulled out to a 30-6 halftime lead Monday night before winning at home against Hill City, 57-33.

“The first half was good – our defense played well,” said Vikings head coach John Larson, who also noted the reserves saw plenty of playing time in the second half.

Larson said L-BF out-rebounded Hill City to prevent second-chance scoring opportunities and also gave up fewer turnovers.

The Vikings were led by Kaylee Kennedy with 17 points, while Abby Thompson also scored in double figures with 10 points.

L-BF, which snapped a two-game losing streak after being defeated on the road late last week by Cherry and Mesabi East, improved its season record to 8-3 overall and 5-0 in the Northern Lakes Conference going in Thursday night’s home game against nearby rival International Falls.

L-BF boys hoops team loses at Laporte

In a game added on the Littlefork-Big Falls boys basketball team’s schedule after another contest against Lakeview Christian Academy was canceled, the Vikings lost Friday night at Laporte, 71-56.

“Defensively, we had some breakdowns,” said L-BF head coach Jeff Maish. “Offensively, we scored enough to win the game.”

The Vikings were led by junior guard Rylan Henrickson with 23 points, while senior center Jacob Franz also scored in double figures with 17 points.

FHS girls hockey team shuts out Silver Bay 6-0

For the second time this season, the International Falls girls hockey team has defeated Silver Bay Area.

The Broncos won on the road Friday night when they shut out the Mariners, 6-0.

“We really came out and played really good,” said Falls head coach Gerald Bolstad.

The Broncos, who took a four-goal lead in the opening period and also scored in each of the final two periods, got a pair of goals each from Amy Auran and Katie West. Hillary Fox and Lexi Erickson also scored for the Falls.

Renegades run roughshod at FYGBR

Brian Davenport wins 10K

BY KEVIN BONESKE
Sports Editor

Clear skies and light winds, along with below-zero temperatures, greeted runners Saturday morning in International Falls for the 34th annual Freeze Yer Gizzard Blizzard Run, from which several members of the Duluth Renegades took home prize-winning hardware.

The 5-kilometer race attracted close to 200 runners, ranging in age from 10-77, who left the starting line at Rainy River Community College with the temperature at -11 degrees Fahrenheit.

Nathan Wisehart, 34, of Duluth, was the first to reach the finish line at RRCC in 20 minutes and 42 seconds, 43 seconds ahead of his nearest competitor, Andrew Freisen, 23, of Emo.

“The run went pretty good,” Wisehart said shortly after finishing the race. “It’s a little tiring, but the course is nice and flat, so that was good, and no wind, so that’s always a plus.

“It was just a traction issue, but I wore some ICETrekkers, so everything was fine.”

After sizing up the com-



Nathan Wisehart, 34, of Duluth, approaches the finish line at Rainy River Community College on Saturday morning to place first in the 5-kilometer Freeze Yer Gizzard Blizzard Run. Wisehart then ran in the 10K FYGBR less than an hour later and finished runner-up.

petition at the beginning of the race, Wisehart said he “started out a little bit more responsibly than going out too fast.”

“I was able to catch the



STAFF PHOTOS BY KEVIN BONESKE

Approximately 100 runners take off from the start/finish line at Rainy River Community College on Saturday morning to begin the 10-kilometer Freeze Yer Gizzard Blizzard Run. The air temperature was -9 degrees Fahrenheit at the start of the race.

(two or three) guys that were in front of me by the halfway mark and then I was able to hold the lead for the rest of the race,” he said.

Wisehart said he was with more than 20 people who are known as the Renegades – an offshoot of a group that trains with

the Duluth Running Co.

In addition to being in his second year running the FYGBR, Wisehart noted he has been running for about six years, competing in races ranging from 5 kilometers to marathons and also being involved in trail running.

Wisehart was back out

in the cold slightly more than a half hour later to run the 10-kilometer race, in which he ended up as the overall runner-up in 42:32.

He wasn’t the only one to compete in both races as a number of runners

FYGBR to B3 ►

Tenth Arrowhead 135 starts Monday in International Falls

Ultramarathon from Jan. 27-29

JOURNAL STAFF REPORT

Ultramarathon racers from around the United States, Canada and elsewhere in the world will be in International Falls this weekend gearing up for the 10th annual Arrowhead 135.

Race organizer Ken Krueger said an expected 164 runners, bicyclists and skiers; representing six countries and 24 states, will arrive in Minnesota’s northland where they will attempt to complete 135 miles along the Arrowhead State Trail next week within 60 hours.

Rated in several publications as one of the world’s top-50 challenging endurance races, the Arrowhead 135 has a finish rate of historically less than 50 percent.

Of the 135 athletes in last year’s race, only 49 finished — 40 bikers, seven runners and two skiers.

This year’s Arrowhead 135 starts at 7 a.m. Monday at Kerry Park in the Falls. The runners, bicyclists and skiers will have until 7 p.m. Jan. 29 to reach the Fortune Bay Casino near Tower. The race is held during the week to avoid weekend snowmobile traffic.

In the first year of the Arrowhead 135, there were 10 racers who competed and five finished. For 2014, Krueger said the race filled up in record time due largely to its reputation as one of the toughest races on earth.

This year’s roster, he said, includes all of the race record holders and “some of the most accomplished winter extreme athletes ever assembled in one place.”



FILE PHOTO

From left, Arrowhead 135 bikers Mike Criego (66) of Minnesota and Brian Blair (146) of California arrive on the first day of the 2013 race at the Gateway General Store in Kabetogama, the ultramarathon’s first checkpoint. Blair reached the finish at the Fortune Bay Casino in 20 hours, 26 minutes, for 12th place. Criego placed 29th in 30:47:00.

“It was a joy to go through the racer’s applications and marvel at their accomplishments,” Krueger said.

Racers must meet minimum qualifications to be able to apply, such as finishing a 100-mile foot race, finishing a 24-hour bike race – with minimum of 100 miles completed for off-road, or 200 miles on road – or finishing a 24-hour ski race with a minimum of 125km completed.

“The Arrowhead 135 has become the winter endurance race to shoot for in the lower 48,” Krueger said.

In spite of the racers’ credentials this year, Krueger said less than 50 percent are once again expected to

see the finish line.

There are five people so far who have earned a special trophy called the “Arrowhead a’Trois” for completing the race in all three disciplines.

Krueger, who is one of the five to have completed the Arrowhead 135 by running, biking and skiing and is in his first year as the race director, said the ultramarathon is intentionally scheduled for the coldest part of winter in the “Icebox of the Nation.”

Racers will be traveling around the clock on the Arrowhead snowmobile trail as they reach three checkpoints along the way before arriving at the finish line is at Fortune Bay Casino.

BOYS BASKETBALL

Broncos win at Proctor, beat Two Harbors Agates

JOURNAL STAFF REPORT

The International Falls boys basketball team evened its season record to 8-8 late last week with a pair of road victories.

On Friday, the Broncos led by 20 points at halftime and went on to win at Proctor, 68-48.

“I thought we played really good basketball, really good defense,” said Falls head coach Derek Dowty.

The Broncos limited the Rails to 20 first-half points.

On offense, the Falls had three players score in double figures led by Ben Humbert with 20 points, followed by Cole Miggins with 16 and Jack Bartkowski with 13.

Humbert recorded a double-double by also hauling in 20 rebounds.

INT’L FALLS 62, TWO HARBORS 53

On Saturday, the Broncos held a 5-point lead at halftime before defeating Two Harbors, 62-53.

Dowty said the Falls struggled against the Agates, but was able to pull out the win.

Humbert again led the Broncos in scoring with 22 points. Miggins added 16 points, which included four 3-pointers, while Cody Hallin scored 11 more and had three 3-pointers.

The Broncos returned to action Tuesday night at Eveleth-Gilbert, prior to home games Friday night against Mesabi East and Saturday afternoon against Crosby-Ironton.

Friday’s game
Int’l Falls 68, Proctor 48
Int’l Falls 40 28 – 68
Proctor 20 28 – 48

Saturday’s game
Int’l Falls 62, Two Harbors 53
Int’l Falls 31 31 – 62
Two Harbors 26 27 – 53



Ben Humbert

SPORTS SCHEDULE

Today’s games
Women’s/men’s basketball
Northland at RRCC, 6/8 p.m.

Thursday’s games
Boys swimming/diving
Chisholm at I. Falls, 4:30 p.m.
Girls basketball
I. Falls at L-BF, 7:15 p.m.
Girls hockey
I. Falls at Hibbing, 7:30 p.m.

Friday’s games
Men’s basketball
RRCC at Central Lakes, 7 p.m.
Boys basketball
Mesabi East at I. Falls, 7:15 p.m.
L-BF at Bigfork, 7:15 p.m.
Boys hockey
I. Falls at Grand Rapids, 7:30 p.m.

Saturday’s games
Women’s/men’s basketball
RRCC at Fond du Lac, 1/3 p.m.
Girls hockey
Moose Lake at I. Falls, 2 p.m.
Boys basketball
Crosby-Ironton at I. Falls, 2:30 p.m.