

SPORTS



Bronco cross country
FHS girls seek third-straight state trip
B3

QUICK HITS

L-BF spikers sweep ME to open season

The Littlefork-Big Falls volleyball team opened the 2013 season at home Thursday evening by sweeping Mesabi East in three straight games, 25-18, 25-19, 25-20.



Abby Thompson

“It was nice to start the year off on a win,” said Vikings head coach Sarah Bradley, who also noted the players got rid of their “first-game jitters” and have some areas to improve on.

DyAna Imhof and Abby Thompson each recorded 11 kills for L-BF. Thompson added four blocks.

Other statistical leaders for the Vikings included Brooke Millerbernd with 17 digs and Breann Larson with 16 digs.

RRCC spikers 0-4 at Fergus Falls tourney

The Rainy River Community College volleyball team opened the 2013 season Saturday by going 0-4 at the Fergus Falls Tournament.

The Voyageurs lost matches to Bismarck State College, Rochester, Itasca and Vermilion.

FF Lakers announce preseason schedule

The Fort Frances Lakers have announced they will play four exhibition games next month before beginning their Superior International Junior Hockey League regular-season schedule at home Sept. 20.

The Lakers host their first exhibition game Sept. 6 at 7:30 p.m. against the Minnesota Iron Rangers at Ice for Kids Arena.

Fort Frances then plays the Iron Rangers on Sept. 11 at 6 p.m. at Hoyt Lakes Arena.

The Lakers’ game Sept. 12 at 8 p.m. against the Thunder Bay North Stars is being held in Marathon, Ontario, in memory and honor of former Laker player Jaret LeClair and three others who were killed in a car accident last October.

Fort Frances will host its final exhibition game Sept. 14 at 7:30 p.m. against the Wisconsin Wilderness at Ice for Kids Arena.



STAFF PHOTOS BY KEVIN BONESKE

More than 100 runners and walkers leave the starting line by Smokey Bear Park to begin Saturday morning’s Bass Dash 5K. See page B2 for the complete race results.

‘Bass Dash 5K’ hooks 100+ again

Claire Kissane finishes first

BY KEVIN BONESKE
Sports Editor

Saturday morning’s warm, humid conditions didn’t prevent more than 100 runners and walkers from finishing the third annual “Bass Dash 5K” held at Smokey Bear Park in conjunction with the ninth annual International Falls Bass Champi-

onship.

“I think everything went OK,” said Bass Dash race director Betsy Brokaw, who was in charge of the run/walk for the first time this year. “It went off smoothly.”

Only one runner completed the 5-kilometer course in under 20 minutes. Claire Kissane ended up as the overall winner and top female after entering the main tent at Smokey Bear Park to finish in 19:32.05, about 40 seconds ahead of her nearest competitor.

“(Running in the Bass Dash 5K) went really well,”

said Kissane, 26, who is originally from Chicago and now lives in the Falls area. “It’s a nice flat course.”

Kissane, who also finished as the top female runner in June at the Lady Slipper/Mingo’s Miles 5K held in Kabetogama, said she had been training for a half marathon coming up this weekend in Chicago.

“I was kind of getting ready for that (half marathon), so I guess I was in good shape for this (Bass Dash 5K) race,” she said.

The top male runner and

second finisher overall, Bob Bahr, 47, of the Falls, completed the course in 20:12.55.

Three women runners age 38-40 filled out the overall top five and all fin-

Bass Dash to B2 ►

Claire Kissane (208) approaches the main tent at Smokey Bear Park to finish Saturday morning’s Bass Dash 5K first overall in 19 minutes, 32.05 seconds.



HIGH SCHOOL FOOTBALL PREVIEWS



STAFF PHOTO BY KEVIN BONESKE

From left, Vikings head coach John Larson confers with junior quarterback Quin Vork during Friday’s home scrimmage against Lake of the Woods. Littlefork-Big Falls opens the season at home Thursday against Silver Bay.

Vikings seek to improve in 2013

L-BF coming off 1-8 record in last season

BY KEVIN BONESKE
Sports Editor

After only winning one game last season, the Littlefork-Big Falls football team is looking to do to better in 2013.

John Larson enters his second season as head coach of the Vikings’ nine-man team after compiling a 1-8 record in 2012.

Larson said returning players Rylan Henrickson, Darian Erickson, Evan Wimmer, Tommy Manninen and Agim Bekteshi “have all had a very good camp and are looking to have a good season.”

Henrickson, a junior, has experience at quarterback and this year has seen a lot of practice time at a running back position. Junior Quin Vork has been practicing as the first-string quarterback.

Speed and determination, Larson said, “are two

Vikings to B2 ►

Broncos kicking off 100th season

Falls seeks top half in Sea Range, spot in Section 7AAA title game

BY KEVIN BONESKE
Sports Editor

The International Falls football team begins its 100th season Friday at Eveleth-Gilbert with Jay Boyle starting his fifth year as head coach.

The Broncos last year finished the season 3-7 overall after losing their first six games and then winning three straight — the final two regular-season games against Hibbing and Greenway/Nashwauck-Keewatin and the opening playoff game against Virginia — before losing in the Section 7AAA semifinals against Proctor.

The Falls set team records last season for the most yards passing in a game (275) against GNK, the most first downs in a game (23) in the regular-season loss against Virginia and the most punts blocked in a season (7).

Three players on the 2012 Broncos who have graduated — quarterback/cornerback Gunnar Anderson, running back/free safety Nick Janttie and offensive lineman/linebacker Ryan Kilbride — were All-Section 7AAA and All-Sea Range Conference selections.

Three others players — graduated offensive/defensive lineman Beau Herzig and returning players Jakob Ettestad and Ben Humbert — received honorable mention in the Sea Range.

Anderson, who decided to play Division III football at St. John’s University in Collegeville after graduating from FHS, tied the Broncos’ individual record last season for the most touchdown passes in a game (3) against Hermantown and also was

the quarterback to set the record for the most passing yards in a game (275) against GNK.

The Broncos have also lost offensive/defensive linemen Brandon Cox and Josh Potter to graduation.

Boyle’s list of top returning players includes:

- Ettestad, a senior running back and outside linebacker who will be a captain this year. He averaged 3.8 yards per carry in 2012 and is also a veteran defensive signal caller.
- Humbert, a junior offensive end and middle linebacker who will be another captain this season. Despite missing the first three games of 2012, Humbert had 28 receptions for 511 yards.

- Luke Spilde, a senior offensive end and free safety. Spilde had 10 catches last year for 272 yards and is also described by Boyle as a “free safety that likes to come up and tackle.”
- Paul Skoglund, a senior offensive tackle and defensive end

- Austin Geiselhart, a senior running back and defensive end.

Boyle describes Skoglund and Geiselhart as “veteran anchors of our defensive front five.”

- Nehemiah Olson, a junior running back and outside linebacker. He recorded 11.5 tackles, a forced fumble, 1.5 forced passes and two interceptions in last year’s win against Hibbing and also averaged 4.6 yards per carry in 2012.

Boyle said the strengths of this year’s team include “experience and athletic ability at many of our starting positions.”

“They have worked hard in the preseason and are ready to start facing their competition,” he said.

However, Boyle said this year’s team also has “several younger players that will be counted on to add depth to our roster.”

“They will be on a steep



STAFF PHOTO BY KEVIN BONESKE

Broncos senior quarterback Cody Hallin runs with the football during last week’s intrasquad scrimmage at Sports Stadium. The Falls begins its 100th football season Friday at Eveleth-Gilbert.

learning curve to be ready when needed,” he said.

This year’s team goals, Boyle said, include finishing the regular season in the top half of the Sea Range Conference and playing in the Section 7AAA championship game.

“Tough conference games will be played this season against Hermantown, Proctor and Cloquet,” he said. “The main team to watch out for in 7AAA playoff action will most likely be Esko.”

While he is the most concerned this season about injuries, Boyle said he is looking forward to “getting out under the lights for those Friday night games and watching our team continue to grow and improve as the season progresses.”

The Broncos will host five of their eight regular-season games starting with the home opener Sept. 13 against Proctor and wrapping up Oct. 16 against GNK.

SPORTS SCHEDULE

Today’s games
Women’s volleyball
RRCC at Northland Quad in Thief River Falls, TBA

Thursday’s games
Football
Silver Bay at L-BF, Noon
Cross country
I. Falls at Virginia, 4 p.m.
Girls swimming/diving
Hibbing at I. Falls, 4:30 p.m.
Girls volleyball
I. Falls at L-BF, 7 p.m.

Friday’s games
Football
I. Falls at Eveleth-Gilbert, 7 p.m.

Tuesday’s games
Girls swimming/diving
Grand Rapids at I. Falls, 5 p.m.
Girls volleyball
North Woods at I. Falls, 7 p.m.
L-BF at Bigfork, 7 p.m.

Sept. 5 games
Cross country
I. Falls at Roseau, 4 p.m.
Girls swimming/diving
Eveleth-Gilbert at I. Falls, 4:30 p.m.
Girls volleyball
Cherry at I. Falls, 7 p.m.
Northland at L-BF, 7 p.m.