

# SPORTS



## Vikings training camp

Ex-Packer like ‘kid in a candy store’

B2

### QUICK HITS

#### FHS volleyball sets preseason schedule

The 2013 Bronco volleyball preseason schedule has been announced by head coach Erin Shikowsky.

The registration meeting for the upcoming season is scheduled for Aug. 8 at 5:30 p.m. in the Falls High School gym. One parent or guardian must be present to complete the paperwork.

The captains practices for grades 7-12 will be held Aug. 5-9 from 9-11 a.m. in the FHS gym.

The team camp for grades 7-12 will be held Aug. 12 and Aug. 14 from 8:30-11:30 a.m. on both days of the camp.

Tryouts for grades 9-12 will take place Aug. 12-13 from 1:30-4 p.m.

Individual meetings for grades 9-12 are scheduled for Aug. 14 from 1:30-4 p.m.

Physicals must be completed by Aug. 12 for players to be allowed to participate.

The volleyball team will be ordering shoes, knee pads and socks from Midwest Sportswear. Samples to try on and order will be available at the registration meeting.

For more information, call Shikowsky at 285-9535.

The Broncos host their first regular-season match Aug. 22 against Mountain Iron-Buhl.

#### 2014 Arrowhead 135 registration starts Sept. 1 for past racers

It’s still six months before the middle of winter and the start of the 10th annual Arrowhead 135 despite the recent cool weather, but the start of registration for the ultra marathon is only a month away.

Race director Ken Krueger said previous entrants may begin registering Sept. 1, while those not previously in the race may begin registering Oct. 1.

Once the registration begins, Krueger said those wishing to apply will be able to do so through the Arrowhead 135’s website, [www.arrowheadultra.com](http://www.arrowheadultra.com).

He said the number of entrants accepted for the race will once again be limited to around 135.

The 2014 Arrowhead 135 is slated to begin at 7 a.m. Jan. 27 from Kerry Park in International Falls and travel along the Arrowhead State Trail to the Fortune Bay Casino near Tower, where the entrants will have 60 hours to complete the 135-mile route by either running, biking or skiing.

#### Falls Kart Club go-kart results July 28

Go-kart races took place Sunday at the Falls Kart Club/Rainy Lake Oil Raceway with the feature results in the following classes:

**Beginner** — Garrett Froemke, Brady Nicholson, Gavin Jensen.

**Junior 1** — Jake Froemke, Garrett Paull, Ray Porter, Brady Nicholson.

**Junior 2** — Gina Boyum, Wyatt Boyum, Shane Nicholson.

**Senior** — Aaron Nelson, Ashley Jonson, Wyatt Boyum.

**Master** — Brian Nelson, Chad Jonson, Dane Olson, Blair Plourde, Mike Christianson, Mike Nelson, Rusty Mai, Bill Norton.

**Heavy** — Dane Olson, Chad Jonson, Mike Christianson, Jon Froemke, Rusty Mai, Bill Norton.

Go-kart races at the Falls Kart Club/Rainy Lake Oil Raceway resume this Thursday at 7 p.m. More information about the races is available online at: [www.ifallskartclub.webs.com](http://www.ifallskartclub.webs.com).

#### VFW BASEBALL



STAFF PHOTOS BY KEVIN BONESKE

Left front, the Falls VFW’s Jake Kulig dives home to score past Esko catcher Nick Emanuel as Falls head coach Eric Walls looks on from the third-base coaching box in Monday’s District 8 Tournament winners’ bracket game at Legion Field in Grand Rapids.

## Falls advances to district title game

### Errors key in win over Esko

BY KEVIN BONESKE  
Sports Editor

The road leading to the International Falls VFW baseball team being able to play for the District 8 Tournament championship was covered with Esko errors Monday.

The Falls capitalized on six Esko errors to score seven runs in the opening inning en route to a 9-2 victory in the winners’ bracket and the opportunity to play for the district title Tuesday night as the only team undefeated in the eight-team, double-elimination tournament. That title game was scheduled to take place after the production deadline for The Journal’s July 31 edition.

“We’re actually right where we needed to be, because when you get into the losers’ side of this double-elimination tournament, you really need a lot of arms,” said Falls VFW head coach Eric Walls. “We hit the ball very well

in the first inning, and granted they made a few errors and helped us out a little bit, but that’s the way it goes and we’re set for (Tuesday).”

Of the 11 Falls batters who went to the plate in the top of the first, five had hits, which included a pair of singles from leadoff batter Wyatt Ulrich, who also drove in the final two runs of the inning.

For the second time three days, the Falls recorded another pitching victory from Ben Humbert, who threw the first six innings, allowing both runs on four hits with three walks while striking out nine.

“We need to stay on the winners’ side, because if we would have lost this game, we would have had to win three more and we would have been in tough shape for pitching to get through three games (to win the district championship),” Walls said. “We took Benny out there to get to this point.”

Esko scored both of its



The Falls VFW’s Ben Humbert delivers a pitch in Monday’s District 8 Tournament winners’ bracket game against Esko. Humbert recorded his second pitching victory of the tournament.

runs in the bottom of the third on a pair of hits.

Cole Litsey started on the mound for Esko and

pitched through the sixth inning as he picked up the loss, allowing seven runs on eight hits with

four walks while striking out four.

The Falls added two more runs on three hits in the top of the seventh off Esko reliever Aaron Olson.

Of Falls’ 11 hits, Jackson Vollom and Jack Bartkowski each tallied a double with two hits apiece.

Cole Miggins closed out the bottom of the seventh for the Falls and retired all three batters he faced pitching in relief.

In contrast to Esko’s 10 errors for the game, the Falls was error-free over seven innings.

The Falls, which won its first three tournament games to advance to the title matchup, needs to win only one of two possible games against a team with one loss to become the district champion.

The district tournament winner advances to the state tournament scheduled for Aug. 8-11 in Ely.

**I. Falls 9, Esko 2**  
**I. Falls 7-0-0 0-0-0 2 — 9 11 0**  
**Esko 0-0-2 0-0-0 0 — 2 4 10**  
**WP—Ben Humbert**

## Falls downs Hermantown, Rapids to open district tourney



STAFF PHOTO BY KEVIN BONESKE

From left, the Falls VFW’s Darian Erickson (4) congratulates Jack Mellstrom after scoring a run in Saturday’s District 8 Tournament game against Hermantown at Legion Field in Grand Rapids.

BY KEVIN BONESKE  
Sports Editor

The International Falls VFW baseball team opened the eight-team, double-elimination District 8 Tournament on Saturday with a pair of victories.

The Falls won its first game over Hermantown, 8-0, at Legion Field in Grand Rapids.

Ben Humbert pitched the complete-game shutout, scattering two hits with three walks while striking out 10 over seven innings.

“Obviously, Benny pitched very, very well,” said Falls VFW head coach Eric Walls. “Any game he’s going to throw for us we’re going to be in the contest, but we played some really nice defense.”

The Falls played error-free baseball, while Hermantown committed four errors that proved costly when the Falls broke open a 1-0 lead with four runs in the fifth inning and three

more in the sixth.

“If they make those couple plays, we’re in a battle here,” Walls said.

The Falls loaded the bases in the bottom of the fifth when Humbert singled on a long fly ball to center field. Hermantown had a chance to get out of the inning still down by only a run, but an error on the throwing play to first with two outs brought in two runs as Jack Bartkowski reached base safely. After Jackson Vollom walked to load the bases again, two more runs scored when Jake Kulig reached base on another error on the throw to first.

Six separate batters had one hit apiece for the Falls. Hermantown’s Thomas Madison recorded the pitching loss.

**I. FALLS 10, G. RAPIDS 3**

In the second game at Portage Park in Cohasset, the Falls erupted for 14 hits

VFW to B2 ►