

SPORTS



Up North Volleyball Camp

Annual camp for grades 8-12 wraps up at RRCC

B2

QUICK HITS

Falls VFW team No. 1 seed in Sub-District tourney

International Falls' VFW baseball team is entering this weekend's Eighth District North Sub-District Tournament with the No. 1 seed in the western division.

The Falls, which closed out the regular season 13-5 overall and won all of its games that counted for tournament seeding purposes, opens the eight-team, double-elimination tournament at 11 a.m. today in Soudan against the Grand Rapids Orange.

The winner advances to play at 3 p.m. today in Ely, while the loser has another game at 4 p.m. today in Soudan.

Of the eight teams to play in the Sub-District Tournament, which wraps up Sunday with all the games in Ely, four will advance to the District Tournament to be held in Grand Rapids starting July 27.

Bass Dash 5K Run/Walk set for Aug. 24

Preregistration is now underway for the third annual "Bass Dash 5K Run/Walk" to start at Smokey Bear Park at 9 a.m. Aug. 24, the Saturday of the ninth annual International Falls Bass Championship.

The 5-kilometer course, which will finish inside the main tent at the park, is the same as last year.

The run/walk entry fee through Aug. 10 is \$20, which includes a T-Shirt. The fee increases to \$25 on Aug. 11.

Discounts of 15 percent will be available for groups of 15 or more and families of three or more.

Medals will be awarded to the top-three males and females in seven age divisions.

Registration forms are available at www.ifallsbass.com, where a PayPal link for online registration has also been set up, and at the Chamber of Commerce and Stride Fitness. Groups and families cannot register online with PayPal.

Registrations may be mailed with checks payable to: International Falls Bass Dash, P. O. Box 906, International Falls, MN 56649.

Registration/shirt pick-up will take place at the Smokey Bear Park Pavilion from 6-8 p.m. on Aug. 23 and from 7:30-8:30 a.m. on race day.

For more information, contact Betsy Brokaw at 324-0665, or email ifbassdash@yahoo.com.

Backus Rainy Lake Triathlon Aug. 17

The second "Backus Rainy Lake Triathlon" will be held Aug. 17 when the annual swimming, running and biking event will start and end at City Beach.

The event, which is sponsored by the Backus Community Center, begins with a quarter-mile swim on Rainy Lake at City Beach, followed by biking 11 miles from City Beach to Jackfish Bay and back and then a 5-kilometer run starting and ending at City Beach on County Road 20.

The triathlon is open to ages 13 and older with the entrants able to compete as an individual, team of two or team of three.

The registration fee by Aug. 9 is \$50 per person, \$95 for a two-person team and \$120 for a three-person team.

After Aug. 9, the registration fee increases to \$60 per person, \$110 for a two-person team and \$145 for a three-person team.

Fusion 14U splits with Deer River



The Falls Fusion 14U's Serina Sprecco swings away in Wednesday's home doubleheader against Deer River.

JOURNAL STAFF REPORT

The International Falls Fusion 14U softball team split a home doubleheader Wednesday with Deer River.

The Fusion dropped the first game, 9-7, with Casey Meyers being the losing pitcher of record after giving up seven earned runs working an inning.

At the plate, Meyers had two hits with two runs scored. Janet Humbert went 2-3 for the Fusion with two doubles and 3 RBI, while

Emily Treat added a hit with an RBI and a run.

The Fusion took game two, 11-6, with Meyers recording the victory pitching all six innings.

Lexie Graves batted 2-3 with 3 RBI, while Abby Auran had three hits with 2 RBI for the Fusion. Treat added a pair of doubles.

The Fusion 14U's season record now stands at 11-6-1 overall and 9-3 in the Northern Division.

The team will be back in action Monday at Cherry for a doubleheader.



In front at left, the Falls Fusion 14U's Abby Auran beats the throw as she slides across the plate to score in Wednesday's home doubleheader against Deer River. Shown in back is the Fusion's Casey Meyers.

MIGHTY MITES SCRIMMAGE ACROSS BRONCO ARENA



Mighty Mite players scrimmage Wednesday afternoon across Bronco Arena, which was separated in three sections for them to play games as part of the two-week Falls Summer Hockey Camps that wrapped up on Friday.

UP NORTH VOLLEYBALL CAMP



Award winners in last week's Up North Elementary Girls Volleyball Camp at Rainy River Community College include, from left, front row, Jillian Bilben, Nissa Thomas, Tatum Kielczewski. Back row, Tenneyson Amdahl, Marianne Gray, Ella Bahr, Avery Sivonen.

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