

Wrestling

# Njos battles to 4th at Junior Nationals

Layton All-American in freestyle, Greco

Patrick Slack  
 Staff Writer

There are two options in a consolation bracket. Stay and fight, or pack up and leave.

For some, it's no choice at all.

Rattling off seven wins in a row after a defeat in the round of 32 and taking nine of 11 total matches against the nation's best, recent Anoka graduate Colby Njos put an exclamation

point on his pre-collegiate career with a fourth-place, All-American finish in Junior Freestyle Nationals in Fargo, N.D., July 14-16.

Njos, who also took second place in 2017 in Cadet Greco-Roman and was competing in Fargo for the fourth time, opened the 160 bracket with wins of 11-0 and 10-0 before dropping a third round bout.

Facing a long road back to the medal stand, Njos went to work.

He won his first consolation match 10-0, then recorded a fall. An 11-0 superior decision came next, followed by victories of 7-3 and 7-5 to clinch a spot in the top eight. He picked up

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Anoka's Colby Njos, second from left, was one of seven wrestlers from Minnesota to earn All-American honors in Junior Freestyle Nationals in Fargo, N.D. July 13-15. Photo courtesy of David Peterson/MNUSA Wrestling

# SF grad earns 4th at Grandma's, qualifies for Olympic Trials

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 Staff Writer

It wasn't a typical request.

Looking for a summer training race while in college, St. Francis graduate and then-Northern State University runner Dakotah (Bullen) Lindwurm came across a scenic marathon near Duluth.

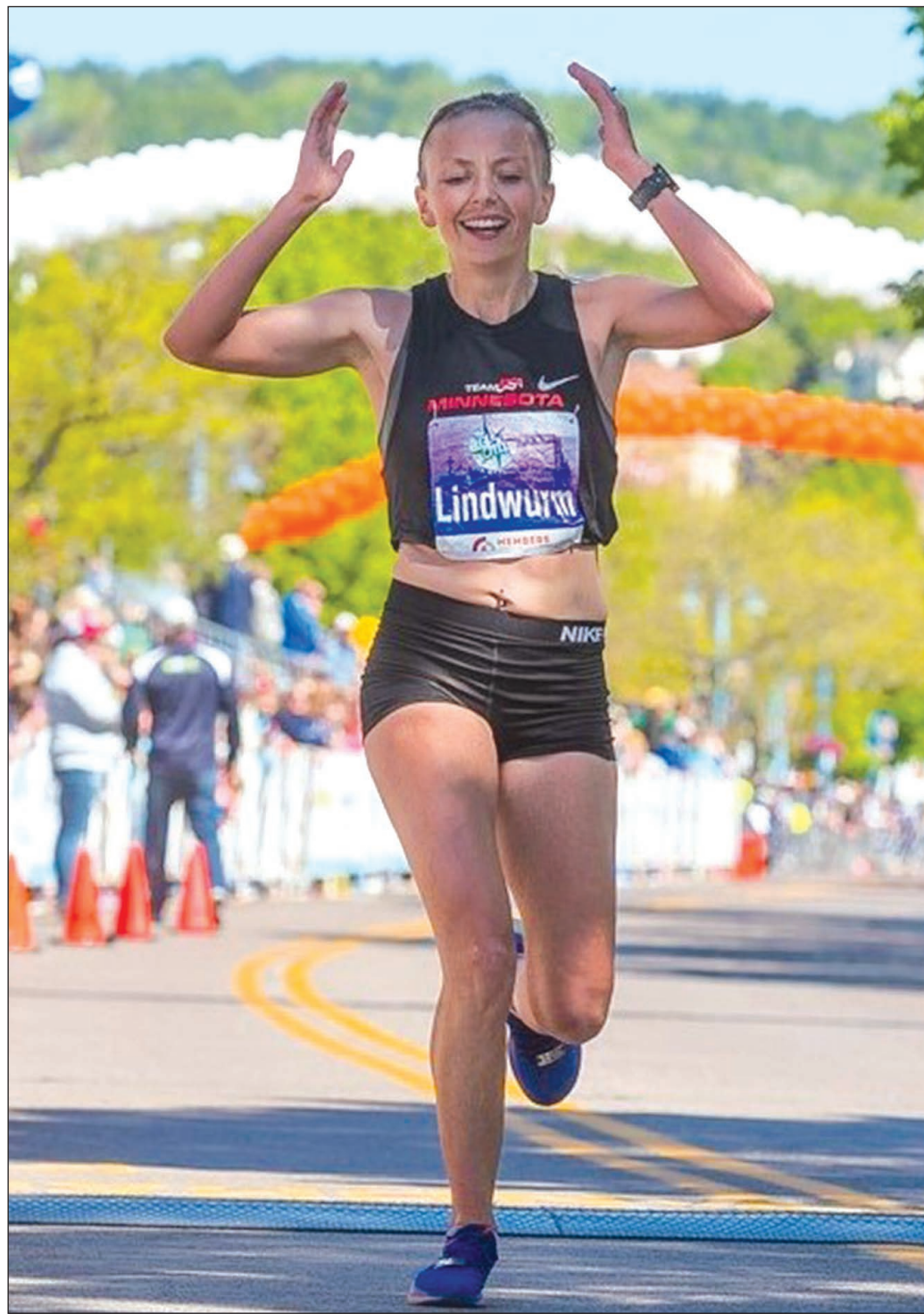
Despite the potentially taxing nature of the distance, her coach signed off, as Lindwurm found herself able to talk her way into a 26.2-mile race.

A rare request soon revealed a rare talent.

"My first marathon was the Eugene Curnow Trail Marathon," Lindwurm said. "It was the summer between my freshman and sophomore year of college. My coach wanted us to do a couple summer races to keep summer training fun and to see where our fitness was. When I was looking for races, I stumbled upon the Eugene Curnow Marathon. It looked so beautiful, as it goes from Duluth down to Carlton on the trails.

"I begged my college coach to let me do it as a training run, and he let me. But when the race started I immediately started racing it to win it, and I did!"

That natural aptitude for the distance has only become more apparent in recent years. This summer, at age 24, Lindwurm returned to the North Shore and asserted her standing on the national level, placing fourth at Grandma's Marathon in Duluth in 2:34:02 to earn an automatic spot at the upcoming U.S. Olympic Trials.



St. Francis graduate Dakotah (Bullen) Lindwurm reacts as she crosses the finish line in fourth place in 2:34:02 at Grandma's Marathon. Lindwurm's time earned her an automatic berth in the 2020 U.S. Olympic Team Trials. Photo courtesy of Matthew Moses Photography/Grandma's Marathon

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# McClure earns inaugural HBF Workman Award

The Herb Brooks Foundation, based out of the National Sports Center in Blaine, as well as Minneapolis and St. Paul, announced that Cassie McClure, of Duluth, has been honored as the inaugural winner of the Mark "Worky" Workman Perseverance and Character Scholarship Award.

The scholarship is awarded to high school or college age students who are actively involved with hockey, and have overcome hardship and persevered through adversity to overcome their obstacles and are looking to continue their higher education and hockey training.



Cassie McClure

McClure, a recent graduate of Denfeld High School in Duluth, will be attending the University of Wisconsin-Superior to play hockey and pursue a career as an elementary school teacher. She played a variety of sports her entire life, but fell in love with hockey at a young age. At age 14, in eighth grade, she was diagnosed with chronic Lyme disease and postural orthostatic tachycardia syndrome, a condition that affects circulation, and was forced to quit all sports, including hockey.

During her time away from playing hockey, she stayed involved as her team manager.

She was able to return to hockey in her sophomore year and made her way back to varsity hockey at Denfeld. In her junior year, she was named team captain, led the team in points and was able to commit to play college

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