

## SPORTS



Blaine's Pam Sorenson reacts after being announced as the winner of the Invicta FC featherweight championship fight in Kansas City Aug. 9. It was the first fight in almost a year for Sorenson, who has spent the year getting back into fighting shape after undergoing surgery to remove an ovarian cyst in January.

Photo courtesy of Dave Mandel, Invicta FC

# BAM! Sorenson completes stunning title comeback

Patrick Slack  
Staff Writer

They don't come tougher than Pam Sorenson. She has the scar to prove it.

Not one from her time on the kickboxing mat, although she's picked up plenty of bumps and bruises there, too.

No, at the start of 2019, Sorenson wasn't fighting for a title. She was fighting for her career.

"I went into the emergency room in January with pain in my abdomen," Sorenson said. "When we originally went into the emergency room, I thought it was appendicitis or a really bad stomach flu.

"The doctor said, 'I don't think it's appendicitis, but we're going to do a scan.'"

A lifestyle spent on the go, of pushing her body to its limits, through all types of stress and pain, was slammed to a halt.

"We did the scan and they came back and were like, 'How long have you been having symptoms again? It's not appendicitis, but you have a pretty big thing in your abdomen there.'"

The big thing she had been contending with turned out to be a massive ovarian cyst. Shortly after she was having surgery, the evidence of which is still visible in the scar on her abdomen.

"It was definitely scary thinking it was appendicitis and then being in the ER.

Four days later I was having surgery to have it removed."

Fast forward seven months later, the scene was far different.

The 33-year-old mixed martial arts fighter out of Blaine was grinning through tears while having her hand raised in the air Aug. 9 at Memorial Hall in Kansas City, the new Invicta FC featherweight champion.

"It's hard to even explain," Sorenson said. "I came into this fight feeling like I had won already. My doctors had said you'd probably be 100 percent in a year, year and a half. I came back sooner and better.

"The craziest thing is I felt like I had

no pressure. I already felt like I had won, I overcame everything. Winning and getting the title was icing on the cake."

## 'I needed to get back'

Sorenson's career has been built on toughness and resilience. It's a grittiness that has taken many forms, with her start in the sport coming as a method of coping with personal tragedy.

"I started training back in 2012," Sorenson said. "I had just lost my best friend. I spent a month feeling really sad. I gained a lot of weight and I needed to get back. I needed to get off the couch and find something to do.

**Continued on page 22**