



PHOTOS BY JAKE BACON, ARIZONA DAILY SUN FILE

Teagan Martin is all smiles after Flagstaff won the 4A Conference state title with a decisive victory over Eastmark in Phoenix in March.

MARTIN

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ty career with two state titles.

“This year, I was just like I’m going out with a bang. I’m doing what I can,” Martin said after the Eagles lost in the final four of the 4A Conference during her junior year.

Undoubtedly, she backed up her plan.

Scoring 25 points in Flagstaff’s 57-53 victory over Grand Canyon Region rival Prescott in the 4A state tournament quarterfinals, Martin’s final game at Flagstaff’s War Memorial Gymnasium included a career-high 30 points in the Eagles’ 59-49 victory over yet another region foe, Mingus Union.

Even a few months later, Martin said it’s still a bit odd to hear she’s the first player in the city to hoist a state championship trophy twice.

“It’s really weird,” Martin said. “People say I’m the first one to have done it, but I

don’t think it’s set in yet because it’s just so unreal.”

Unsurprisingly, March 6, 2025, was not the final time Martin would be on a basketball court.

Officially signing with Pima Community College on May 15, Martin will head a few hours south to join the Aztecs, who reached the NJCAA Division II national championship this past March and have won at least 26 games in each of the past three seasons.

“It’s a good start because eventually I do want to go on to a four-year college and play,” Martin said of the two-year school. “It’s just such a good steppingstone.”

While her new home gym may be four hours away from her previous one, beginning her collegiate career within the state will allow Martin’s family to still support her for a couple more years.

“They still get to come support me and watch me play,” Mar-

tin said. “I just don’t think I could have imagined it if they weren’t watching me play.”

During her signing ceremony, Martin stressed how crucial her support system had been through-

out the years. In addition to thanking her various coaches and teammates, Martin noted how many hours her parents had put in to get her to this point. She thanked her grandmother for her support and her

sister for the sacrifices she had made over the years as well.

“I had always talked about it with my parents when I was younger,” Martin said of her dreams to play in college. “But I think it first kicked in

during my freshman year. Seeing Gracelynn (Nez) go on to play in college, I was like, ‘I want to do that, too, that would be super cool.’ Then all my coaches just did everything they could to get me there.”



Flagstaff Eagles head coach Tyrone Johnson wraps up Teagan Martin in a hug as she breaks down in tears following Flagstaff’s win over Mingus Union in front of a home crowd during a 4A Conference state tournament semifinal game in March.

NAU

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the first time in league history that four Big Sky football conference games have been selected. The game, originally slated for Saturday, Nov. 1, has been moved to Friday, Oct. 31, at 7:30 p.m. in the Walkup Skydome.

It will be Northern Arizona’s first-ever appearance on ESPN2 and just the third time appearing on ESPN’s linear networks. Northern Arizona’s home playoff games on Nov. 30, 2013, and Dec. 6, 2003, were broadcast on ESPN, marking the first regular-season game on ESPN’s family of networks.

The nationally broadcast matchup will be the sixth meeting in the past seven seasons between the two schools after an extended period apart thanks to Idaho’s run as an FBS program. Since Idaho returned to the Big Sky in 2018, the Vandals have won three of the five meetings. It will be Idaho’s first trip to the Skydome since the 2022 season.

SILENCE

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get in any negotiated settlement.

UNLV and Air Force signed favorable deals to stay in the Mountain West and were promised a hefty share of the payouts, so those schools have a vested interest in how the negotiations play out.

Still, a mediation that strictly involved a negotiation of those fees likely wouldn’t have gone on a full week with what is believed to have included some late sessions and more to come.

The parties and mediator would have either come to a settlement or eventually figured out common ground was going to be impossible to find and decided they’d meet again in the courtroom.

So conversations are happening, and that’s the best news of all. Even if we’re not hearing the details just yet.

HIGH COUNTRY RUNNING

No finish, no problem: just friends with Cocodona

BY BREAA CORNELL

Special to the Daily Sun

Cocodona: 2
Brea: 0

This year was my second attempt at a Cocodona 250 finish. I dropped at Mingus (108 miles) after struggling from Fain Ranch with the muddy, consistently drizzly conditions.

I feel OK with this decision, because I was not having fun and was not looking forward to everything I knew was ahead (another night of drizzles and many more miles of mud to slog through). The disappointing part was that I put in the most solid training I ever have for a race and prepping for Cocodona has eaten my life alive for the past two years.

While I do love this race — the people, aid stations and energy are incredible — I think I am also ready to put racing it to bed

for now. Instead, I’ll look forward to crewing, pacing and/or volunteering here in the future.

If I were honest with myself, I would admit that I’m just not “good” at distances that are over 100K (with respect to the mental handling of racing, less so the physical running part). I typically stop having fun past that point, and I just don’t care enough about finishing to force myself through what’s not fun.

This is a big reason why I don’t race a bunch — especially the longer distances. Ever since I knocked out my Badwater 135-mile goal (now a whole decade ago), my motivation has slowed. Last year, I was really, really beating myself up about this because I’m so inspired by all my incredibly capable, tough ultra-running friends. This year, I am

choosing to recognize that I am Brea (not my friends or inspirations) and that is OK.

I don’t think realizing this will mean that I won’t ever race something over 100K in the future (sometimes I do surprise myself and it is always an adventure), but I’m done with internalizing the shame and comparing myself to others. Let’s be real: ultra running is just one of my hobbies. I don’t shame myself over my other hobbies and want to love running into old age — so why should I let shame in here?

Some big positives from my Cocodona experience this year: tummy did great, Aunt Flo did not come out to pace like she did last year, no chafing, I took some of the punches that were thrown at me really well, and the cool weather made hydration management so much easier.

Shoutout to my

amazing crew: Anthony, Nikita, Cready, Jorge, Sierra and Joe (and honorary mentions to crew support: Anthony’s grandma and Chelsea). Special shoutout to Sam and Georgia’s crew for taking care of me at Crown King. Lots of gratitude and love to all the volunteers and event staff, and to all the runners I was able to share miles with. I am thankful for our sport, our community and for the health that lets me take on crazy adventures.

Brea Cornell has been in Flagstaff for almost 10 years and a trail runner since the age of 11. Brea works at Gore, loves her two dogs and enjoys creating art.

Rachel Smith is a professional runner and amateur mother. She is also the coordinating editor for this column and encourages people to send their stories to her at rachschnid18@gmail.com.