

BASEBALL

FROM PAGE B1

and the score crept up to 7-4. The Badgers scored two more runs afterwards to cut Flagstaff’s lead to one. Finally, after over 10 minutes without recording a single out, the Eagles turned a double play, inching their way closer to the end of the game. The next Prescott batter stepped up to the plate, and Adams said he felt immense pressure to strike him out. With three balls and two strikes, Adams threw his last fastball toward home plate and struck out the batter, ending the game. “It was super exciting,” Adams said. “We all felt that energy, and I think it was a really good way to end the

game.” Macias said the players felt calmer at their home field — which was why they won this time around. Flagstaff is 7-2 at home versus 2-4 on the road. Both the defense and offense improved because they were more level-headed, he said. “We’re pretty strong at home because obviously you practice on your field a lot and you know what you can do,” Macias said. Flagstaff’s Brody Johnson was 3 for 3, hit one double, scored one run and had one RBI. Sean Pabst, Cullen Callander, Canyon Kirkman, Will Carpenter and Adams all scored one run as well. Aeneyes Clerry, Anthony Rosales, Johnson and Adams had one RBI

each. Adams said rather than improving on batting or defense, he and the Eagles went into the second game against Prescott with a more positive mindset. They knew they had a home-field advantage this time around and wanted to improve the team’s power rankings with the end of the season around the corner. “It’s super important,” Adams said. “Especially with how our season’s been going, we haven’t had the best winning season, so every game is important from now on and these wins are huge to get us to state.” Flagstaff is hosting the first of two cross-town rivalry games on Monday against Coconino, with the rematch scheduled for Wednesday.



PHOTOS BY HATTIE LOPER, ARIZONA DAILY SUN
Flagstaff’s Brody Johnson (13) beats the out attempt at first base during a game against Prescott on Thursday at Flagstaff High School.



LEFT: Flagstaff’s Connor Smith (3) stretches to get out a Prescott runner during a game on Thursday at Flagstaff High School. RIGHT: Flagstaff’s Payne Lowry (4) slides safely back to third base during a game against Prescott on Thursday at Flagstaff High School.



LEFT: Flagstaff’s Luke Holt (2) swings at a pitch during a game against Prescott on Thursday at Flagstaff High School. RIGHT: Flagstaff’s Tobyn Phillips (8) makes a catch in the outfield during a game against Prescott on Thursday at Flagstaff High School.



RUNNING

FROM PAGE B1

use the competition to block the wind. The goal was then to conserve energy before making a push down the stretch as the herd thinned. All three pace groups, including the 2:03 group up front, blew apart throughout

the race. When Masai’s surroundings called for it around 25K into the race, he answered by going from 22nd at 25K to 11th at 30K and the eventual fifth-place result. Essentially, he won the second group, finishing just behind the fastest-paced grouping consisting of the top four. “I think that just

speaks to somebody that really carried out a smart plan in terms of the weather and also gave himself the space to compete really well over the last half when most others have already spent their energy,” Mullaney said. He added: “I think it takes a lot of patience that he had over the first 25K, but then also to have the confidence

to start pushing the pace when the group starts to break apart.” For Wildschutt, it came down to taking the race into his own hands in order to reach his goal. Mullaney said Wildschutt was supposed to go out at a 13:30 pace with pacers on the fast course. The rain slowed everything down, and the pacers

could only manage 13:56. That would have been 27:52, still 17 seconds off the South African record. So Wildschutt just ran wild, breaking away from the race, hitting the gas and breaking the record as he smoked the field by nearly 20 seconds. Now, the athletes and runners can’t help but

think about what the results could look like when conditions are better. Mike Hartman is the associate editor of the Daily Sun, a role he moved into after working as the sports editor, a sports reporter and a page designer. He can be reached at mhartman@azdailysun.com or (928) 556-2255.

HIGH COUNTRY RUNNING

10 Flagstaff favorites after 15 years as a pro-runner

BY STEPHANIE BRUCE
Special to the Daily Sun

Chasing my running dreams in 2010 brought me to these mountains nestled 7,000 feet high in Flagstaff. At the time, I wondered if my running would open doors to the possibility of making an Olympic Team. Never did I imagine it would open even greater doors. Below is a list of my top-10 favorite aspects of running in Flagstaff after spending over a decade here as a professional runner. One of the first eateries I stumbled upon in downtown Flagstaff was Diablo Burger (DB). DB is a local burger joint that offers gluten- and dairy-free options, which, for some-

one with many food allergies, is a huge win. I have been dining at DB almost every month for 15 years. If you’ve ever gone for a walk or hike in Flagstaff, you’ve most certainly traversed Buffalo Park. It is one of the most famous and family-friendly nature walks in Flagstaff. It offers gorgeous views of the peaks and has an easily walkable 2-mile loop. Many endurance runs have been made over the years at Buffalo Park. Third is Flagstaff Medical Labor and Delivery. Yes, it is strange to list a hospital as a favorite, but after giving birth to all three of my children there, it is by far one of the best experiences I could have

hoped for. The entire staff created a welcoming and supportive environment so that I could birth my babies the way I wanted. The community of schoolteachers, parents and youth sports programs that my kids have discovered is another favorite of mine. It has fostered my kids love for sports, their education, self-esteem and overall growth. You can’t drive to the Grand Canyon or Snowbowl without passing by Kickstand Coffee. Open bright and early for those on their morning commute to work or kids’ drop-off, it offers midday pick-me-up treats for the local high school kids at lunch break.

Next are the seasons of Flagstaff. Fall brings crisp mornings and golden aspen leaves. Winter will usually leave you busy shoveling and unpacking your winter gear. Spring winds bring in warmer air with sometimes unwanted gusts blowing over your patio furniture. The best season in Flagstaff is the summer. With farmers markets, the Downtown Mile during the Fourth of July, boating and swimming in Lake Mary, you cannot beat summers here. I love the service roads that no one knows about but all the outdoor enthusiasts do! I’m talking Woody Mountain, Forest Service Road 222, Al Mountain, Belmont,

and Forest Service Road 500. Those quiet and lonely roads have been run by Olympians, world champions and winners of the New York City Marathon. It’s hard to narrow down the best eateries in Flagstaff when there are far too many to choose from. But if you made me choose a single spot, Tourist Home would come in at No. 1. Having been an athlete for most of my life and competed as a professional runner for the last decade, I know the importance of maintenance, rehabilitation and injury prevention on our bodies. The network of chiropractors, physical therapists and masseuses I have been lucky to work with are some of the best in the

country. Not many places exist where you can be running on the side of the road and someone on a bike passes by and yells, “Hey, Steph!” The running and cycling community here is like the bar Cheers in Boston, everybody knows your name. Stephanie Bruce is a mom of three, pro runner for Tracksmith, serial entrepreneur, coach, big dreamer, big believer and has been a Flagstaff resident since 2010. Contribute your running news and story ideas to High Country Running of 500 words or less by sending an email to Coordinating Editor Rachel Smith (rachschnid18@gmail.com).