

HIGH COUNTRY RUNNING

Remembering a legend: thank you Jack Daniels

BY JANET CHEROBON-BAWCOM

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One of the worst parts of growing older is realizing that those we love are doing the same — even though it feels they are meant to be unchanging and eternal. This hit home a couple of weeks back when I got word that Dr. Jack Daniels, the man who guided me from being a successful regional runner to earning a spot on the U.S. Olympic Team, had passed away.

His 92 years were exceptional, a story beyond belief — unless you knew Jack. Jack lived a life of inquiry at a time when there weren't so many constraints on what could be asked or how one could seek the answers — and all of us who've grown from his



COURTESY

Jack Daniels and author pose for a photo.

books, his lectures or his advice greatly benefitted from his wild curiosity.

My college coaches used his philosophy to get me from being not-so-great of a runner to winning three national championships. After college, Jack's books got me from winning local road races for fun to being able to put myself through nursing school

by racing on the weekends while my peers worked night shifts.

When I started to think I might be able to do more with my running, I reached out to the man behind the books, and I found not only someone who could influence my training, but who also could influence my life. A few months after I started

working with Jack, my husband decided to study nursing at NAU, and Jack left his position in North Carolina — and we all ended up in Flagstaff, where the combination of thin air, soft trails and Jack's influence worked their magic on my running. When I arrived in Flagstaff, Jack took me to a Tuesday night Team Run Flagstaff workout and told me to jump on in. Watching him there, I quickly saw that Jack wasn't just helping me, he was helping everyone he could in the community. His desire to help others of all abilities will be one of his greatest legacies.

And the stories! Jack didn't answer questions, Jack told stories — stories that not only answered the question you asked but also answered

the questions you didn't even know to ask.

Then there's his Daniels Running Formula. I'm a math nerd, and Jack's approach was perfect for me. It was never about what he or I thought, it was about what the numbers said. Within the year of working with Jack, this hobby jogger who was running to avoid getting a real job became an Olympian, an actual professional runner and a proud Flagstaffian.

But professional running isn't forever, and what really stuck with me from working with Jack was that his philosophies work far beyond running. They work for life, too: Pick goals that are rooted in reality. Take one day off when you're tired instead of needing six weeks off after you're burned out.

Put in the work and expect to get better. Don't expect results that the numbers don't support, but when the work you're putting in suggests you're ready for success believe the data and go do it.

Jack was truly one of a kind, and the world is undoubtedly a better place for his impact. Rest easy, Coach, thanks for everything. **Janet Cherobon-Bawcom** started running for fun with professional hopes of becoming a nurse. After a detour to the 2012 Olympics, she and her husband work as registered nurses at the clinic in Grand Canyon National Park.

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PANTHERS

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very end. The second set saw 11 ties and six lead changes. Coconino got some momentum in the middle of the set with back-to-back aces from junior libero Lucie Whiting, but a service error on the next point kept Lee Williams on Coconino's tail. Another 3-0 Coconino run gave the Panthers the lead back with a kill and an ace from junior Jizell Avila.

Volunteers head coach Nona King called the first timeout of the set after consecutive errors gave Coconino a 23-21 lead. The Panthers scored the next two points out of the timeout to win their only set of the match, 25-21.

"The girls are fighting really hard right now," Ebersole said. "They're really coming together as a team. It's just working on ourselves, limiting our errors and playing with the confidence that they know they can compete with these teams."

Coconino again got the jump in the third set with another early kill from Leyva, but the set played out much like the first. Lee Williams pulled away with three straight aces from junior Paityn Hunter. The Panthers had two separate 4-0 runs, with the latter giving them an 18-17 set lead. The two teams traded 3-0 runs and found themselves tied at 21.

Another Leyva kill gave Coconino a 24-22 lead as the Panthers looked

primed to turn the tide of the match. But a critical 4-0 run by Lee Williams, including an ace from King to tie the set, gave the Volunteers another extended set win, 26-24.

The Panthers had their best stretch at the start of the fourth set by taking six of the first eight points. However, an 11-5 lead was negated by a match-high seven straight points from Lee Williams to surge ahead, 12-11.

Ebersole did not take a timeout during that crucial run. Instead, she took one after another 4-0 Lee Williams run that gave it a 16-13 set lead. She held on to her timeouts until later in the set to see how the girls would battle.

"It's about trying to

stop momentum, but it's also just reassurance and getting back to basics, resetting our game plan and seeing if we can try to get out of that slump," Ebersole said.

Late runs ultimately undid Coconino's chances. A 17-17 tie quickly turned into a 21-17 Lee Williams advantage and another Panthers timeout. Lee Williams locked the match and a 25-21 set win with a deep corner kill from King.

Coconino (4-5, 2-2 4A Grand Canyon) will get a five-day reprieve after its busy week before it takes on the Bradshaw Mountain Bears (3-6, 3-1 4A Grand Canyon Region) in Prescott Valley on Wednesday. The Panthers will have some things to evaluate before



HATTIE LOPER, ARIZONA DAILY SUN

Coconino's Jizell Avila (10) swings during a match against Lee Williams on Thursday at Coconino High School.

then.

"We got to work on a couple of our defensive positionings, get our hitters more confident to get up and take big swings," Ebersole said. "They can do it. I know they can."

Lee Williams (5-3, 1-2 4A Grand Canyon) won its first region match of

the season after losses against Flagstaff and Mingus Union. The Volunteers will host the Prescott Badgers (8-0, 4-0 4A Grand Canyon) on Monday. Prescott came back from a 2-1 deficit against Bradshaw Mountain in a five-set thriller on Thursday at home.



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Becky Daggett
Flagstaff Mayor

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