

HIGH COUNTRY RUNNING

Running as a constant in change

BY KATHY SCHNEIDER
Special to the Daily Sun

For myself, and probably for anyone who has run consistently for more than six months, running has transformed with time. I began running as a sport in middle school. I continued competing throughout high school because I enjoyed it, and, frankly, I had some success with it.

Once I entered college, running evolved from being a competitive sport to becoming a familiar escape from the collegiate world I was wrapped up in. Throughout graduate school, I relied on running to help manage stress, and it gave me an outlet to become more in touch with myself. It was so central to who I was that I even signed up for my first marathon during my final year of grad school.

I continued running once I entered the “real world” and got my first job as a physical therapist in Boston. This was an exciting time, and I loved getting lost while running around the city. I met my future husband on one of these running exploits when I was lost

two weeks after moving there, and this kind stranger offered to run with me back to my apartment. While not advised to let a complete stranger run you home, I’m grateful that it brought us together!

The two of us eventually moved to California and running helped me explore our new home and find stability in a big move. Plus, I found it easy to attain the runner’s high. Little can compete with running along the ocean (except perhaps high country running).

When we wanted to start a family and struggled with the complexities and uncertainties of infertility, I was advised by some (not my doctors) to stop running. I found it very hard to halt what had been a constant through so many highs and lows in my life. Eventually we were able to have our son, and I gratefully returned to my next evolution of running: running postpartum. It was a completely new world of re-learning how to start from scratch. I kept with it, and it helped give me the mental break I needed while navigat-



KATHY SCHNEIDER, COURTESY

Local runner Kathy Schneider practices setting her pace on a trail run at Grand Canyon National Park.

ing motherhood and working full time.

After being in California for nearly a decade, we decided to move to Flagstaff in the fall of 2020. We wanted to be closer to family, and we knew the running trails were epic. Since being here, my running has continued to evolve. Even if I

haven’t always been as consistent with it as I’d like, it has remained my constant between having our second child, navigating childcare, working and prioritizing raising two young children. While I’m less speedy than I’d like to be, I feel grateful on every run I set out on.

I was once told by a

friend that running is “meditation in motion.” It’s a phrase that resonates deeply with me. I think about it frequently while I’m out for a jog. I know my running will continue to evolve throughout all the inevitable transitions of my life, but I am so appreciative that it had given me

stability. Being able to joyfully move through whatever life changes brings is a gift I never want to take for granted.

KATHY SCHNEIDER IS A DEVOTED MOTHER, WIFE, PHYSICAL THERAPIST AND RUNNER WHO FEELS LUCKY TO CALL FLAGSTAFF “HOME.” YOU CAN CATCH HER CHASING HER TWO KIDS AROUND TOWN OR OUT JOGGING ON A LOCAL TRAIL.

BASEBALL

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home field, the Eagles jumped ahead at Coconino.

Just three batters into the game, Flagstaff took a 1-0 lead as Will Carpenter doubled before eventually coming home on a wild pitch. Four consecutive hits to open the second inning pushed the Eagles’ lead to 3-0 as Jace Adams, Brody Johnson and Iniguez all singled before Canyon Kirkman hammered a double to center field.

Flagstaff’s second-inning rally halted there, however, as Guinan, Coconino’s starting pitcher, ultimately escaped the inning thanks to a pair of pickoffs during the stretch of four hits and a flyout to left field. The Eagles’ lone other run — before adding four in the seventh — came in the fifth when Carpenter doubled and came home on a single by Payne Lowry.

Sevier took over on the mound for Coconino in the third, allowing just two runs on six hits across four innings of work as he kept the Panthers in the game despite the early deficit. The senior worked around a jam in the fourth, as the Eagles put runners in scoring position with no outs and stranded a runner on second in the sixth.

“We felt confident with Ty just at any point. He did his job, he’s been wanting this spot for a long time, and that’s a quality team. You’ve got to respect that,” said Panthers manager Cristo Tabares. “I think it’s been tough for a lot of our guys trying to find that team understanding, but I have a lot of guys that just have that dog mentality of I’m going to go out there and compete.



PHOTOS BY CODY BASHORE, ARIZONA DAILY SUN

Flagstaff senior Connor Iniguez (16) releases a pitch during Wednesday’s game against the Coconino Panthers at Coconino High School.

Ty had that dog mentality, and he really put us in a good position to try and get this one.”

Meanwhile, Iniguez escaped unscathed as the Panthers put pressure on the senior pitcher in the first, second and fifth themselves.

Looking to immediately answer Flagstaff’s early 1-0 lead, Steven Stone doubled down the right field line in the opening frame, and Corbin Derr walked with two outs on the board before Iniguez recorded a flyout to end the inning. Guinan and Woodruff drew walks against Iniguez in the second, but a double play by Flagstaff erased the threat.

Following a pair of quiet innings, Austin Raths singled with one away in the fifth and moved into scoring position on a hard-hit groundout to the shortstop, but Iniguez struck



Coconino sophomore Austin Raths slides into third base during Wednesday’s game against the Flagstaff Eagles at Coconino High School.

out the next batter to end the inning.

After allowing a one-out double to Christian Welker in the seventh, Sevier exited the game and sophomore Tate Jones entered. Singles by Carpenter and Lowry brought home a run apiece before Cullen Callander and Adams both doubled to make it 8-1, essentially putting the game out of reach. After Coconino opened its half of the seventh with a double by Jake Hanley,

Iniguez worked through the inning and struck out the final two batters of the game.

Carpenter, Johnson and Adams all finished the game 3-for-4 batting for Flagstaff, with Carpenter scoring three runs while Adams and Lowry each added two RBIs. Stone finished 2 for 4 for Coconino, going a combined 5 for 7 with two walks and a hit by pitch in the two games against Flagstaff.

Winners in five of their

past six games, including a pair against two of the 4A Conference’s top six teams, Flagstaff is headed to the state play-in round that is scheduled to start April 30.

“It’s all about timing in the playoffs. This is a good time to get hot,” Macias said. “We’re hitting our stride at the right time. The boys are starting to hit real well.”

After facing Mingus Union on Friday, Coconino has just one game remaining on its regu-

lar-season schedule.

“I told the guys that anything that I’ve ever done in my life, I’ve finished,” Tabares said, who is nearing the conclusion of his second year coaching the team. “It’s not about you lost your last game, it’s about how you want to finish. ... I’m still kind of finding my groove, too. I feel like I know a lot of baseball, but it’s about how can I show these guys the game as well and teach it.”



Coconino senior Ty Sevier (8) throws a pitch during Wednesday’s game against the Flagstaff Eagles at Coconino High School.