

The Mustangs of the Northland took to the track of the Gauchos-

-in the 58th Annual Glendale Invitational. The memories flooded, as a young lad this was the meet of meets the pre-test to the State Championships. Today it was a smaller field of competition but do not get me wrong some of the State's best showed up to compete. The



Mustang Distance squad took to the 4 lapper. (1600m). In the women's events: Alyssa Mort of the Rincon Ranger was out like a Ranger in hot pursuit of Billy the Kid.



Miss Alexandra Myers of the Mustangs led a chase pack toward the leader. After a lap the lead had narrowed and **Alexandra** was still leading the charge of the chase pack. Giving much of the effort **Miss Myers** soon fell off the chase pace. Alex Green of Cactus strung out the chase pack and caught Alyssa Mort of Rincon. Alex went on to win with Mort finishing second. It was the early charge of **Alexandra Meyer** that bridged the gap to allow Green the win. In a grand mid-race effort **Alexandra** paid a price but still held a 5th place



finish. In the midst of the pack there were more things happening. **Megan Palley** had split her fastest 800 en-route to a 1600m. She made her way through the pack and in the end surrounded by Kara Ipson of Skyline and Erin Fredricks of Mingus, **Palley** sported her best sprinting form and came home with a personal record of 6:04.25-beating her old best by 14.52 seconds.



Oh-but the excitement was just starting. In the Men's edition **Brian Shrader** went right to the lead. He was in hot pursuit by a chase pack led by a couple of fellows from Alhambra. As **Brian** started to pull away from the pack, Dennis Patrick of Alhambra sensed the bid. He quickly closed the gap and tucked right behind the Mustang. **Brian** remained steadfast to his mission, (not that he had one.) Patrick pulled to **Shrader's** side but the young Mustang was resilient to pace and focus they busted the ½ way point in a



rolling 2:10. The two-man race continued with minor jabs being

thrown by Patrick while **Brian** valiantly absorbed the shots. With a mere 250m to go Patrick made another move toward the lead. **Brian** countered and then with a slight of hand and twist of fate was off and running like Funny Cide out of the gate and **Brian** screamed home, (not literally) with a 4:23.00. That is not only a p.r. for the young lad but eclipses his own Sinagua School Record in the event.



The women's 800 was a two-woman race from start to finish.



Alexandra Myers and teammate



Megan Palley had one of

their best starts ever. She was aggressive through the break and saw beside her a Ranger from Rincon known as Alyssa Mort. Mort pushed for the lead and **Alexandra** tucked in. Whoa I thought, punches being thrown already and we weren't even 250m into the race. **Alexandra** tightened the position in the turn. There was a mix up as both Mort and **Myers** being long



legged creatures became briefly entangled. The cross in strides was not enough to affect the pace or the lead they had on the pack. **Myers** once more made a bid for the lead and attained it. With less than 400m to go the ladies were side by side coming down the back stretch. With 250m to go Mort made another gear change. **Myers** gave some slack in the line. A brief underestimation of kicks but **Myers** in a bind. Despite a fancy flying close by



Myers, she could not close the gap on Mort. **Myers** at 2:29.72.

Mort finished in 2:24.26 with



Again in hot pursuit of a personal record **Megan Palley** drove through the 400m. The only thing to get her home safely now would be the field. She had no time to lock on. It was just a stick and move situation and for 300m **Palley** put the sting on the pace and shaved off .73 seconds off her personal record to hit a 2:48.03.



Yes, then there's the men's edition. Once again we put **Brian Shrader** in the mid-distance spectacular event! He was running along with teammate



and comedic genius **Dillin Hatch** - If this young lad does not become a stellar American Distance Runner then you will more than likely see him as one of the bright new Stand-Up comedians of our time. **Brian** was out the front door and Julio Zuniga of Trevor Browne was in hot pursuit. Once more the resilience of **Brian Shrader** would be tested.



Julio pushed the pace off of **Brian's** shoulder and **Brian** made certain to keep things as honest as possible. They came through the 400 in a split oddly enough slower than **Brian** has hit all season. But no need to worry, it only means he has more gas in the tank. Julio himself was on pace to run a fantastic time and kept pushing the pace getting to **Brian's** shoulder. **Brian** scampered for the final turn and as they broke to the homestretch **Brian** held



the lead. Julio made one more charge for the win once more getting to **Brian's** shoulder. **Brian** held steady on the course and held off the late charge. The Mustang set another one of his personal records running a 1:56.89 winning by a mere 1.02



seconds over Julio.



Becca Gazar took off in the 3200m run as if the race were half the distance. She came through the 1600m with a sizeable lead and that would not be overcome. She led

this from line to line and remained uncontested for the night winning in 12:29.20

http://www.arizonatrack.com/arizona/2008_Results/2008_Track/2008glendaleinviteresults.html

The next Monday the Mustangs were in business for a city Meet in Flagstaff, AZ. The Distance crew used it more for play and pacing than anything else. It was a night of cold biting fun. Will Spring and Summer ever come to the northland?

*Our next day of competition comes Friday at the Winslow Invitational.