



THE RUNNING WARRIOR



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From the Editor – What about London? Great stuff!!! As predicted, the US dominated the Olympic Track & Field scoring 29 medals (15 for the men and 14 for the women) to easily out distance second place Russia (18 medals). Jamaica was third with 12 and Kenya fourth with 11.

We witnessed the resurgence of American distance running in London. Leo Manzano's (9 time All-American at Texas) late, hard charge earned him a silver medal in the 1500, while Galen Rupp (14 time All-American at Oregon) scored silver in the 10,000. This was the first time since 1968 that the US medaled in the 1500 (Jim Ryan got silver behind Kenya's first gold medal winner – Kip Keno). It was the first time since 1964 that the US medaled in the 10K (native American Billy Mills http://en.wikipedia.org/wiki/Billy_Mills won gold in Tokyo). *USA Today* says that these Olympics mark a kind of revival for U.S. distance runners: On the heels of Galen Rupp's silver medal in the 10,000 meters, U.S. distance runners are on a, well, run. "'You think about Rupp, you think about Matt Centowitz and myself,' Manzano said. 'We've really brought distance running around the corner. I definitely hope it's a turning point.'" On the track Manzano

celebrated with the U.S. flag and the Mexican flag. "I'm really excited, so thrilled and so pumped. It was an insane race. It was probably the toughest race physically and mentally that I've ever been in," Manzano said.

The US women also did well, especially in the sprints with Allyson Felix taking the 200 and Sanya Richards scoring gold in the 400.

It was great to see that NAHS helped contribute to Olympic greatness in London. I talked to three-time Olympian Chris Brown (Norfolk State) in May at NAHS, and he said that he was



really looking forward to London. Indeed he was, as his

workouts on the NAHS track and field helped him to a fourth place finish in the 400 in London. He went on to run lead off leg for the Bahamas gold medal winning 4 X 400m relay in a national record for the island. **1. Bahamas..... 2:56.72 NR (WL) (Chris Brown 44.8, Demetrius Pinder 43.6, Michael Mathieu 44.25, Ramon Miller 44.01).**

This spring, the Nigerian national Track & Field team also used the home of the Running Warriors as their practice facility, prior to heading off to London.



Technical Camps Begin

Pole Vault Atlanta will be starting up their fall sessions September 8 & 9. If you want to learn the pole vault, now is the time to start. This is a technical event that takes approximately six months to learn. If you want to pole vault for NAHS next spring you should start now. If you wait until January, you won't have time to learn this event in order to be able to compete in our track meets. So,

Vaulting Warriors, let's get going!! Check out the PVATL fall sessions [PV ATL](#). We are very lucky to have one of the best vaulting schools in the country (PV ATL), just down the street from us at the Atlanta Girls School (Northside Drive).

For all of you throwers, *Throw 1 Deep* will start their Saturday Mini Camps Sept. 8th ([Mini Camps](#)). If you are interested in throwing the shot, discus, (or hammer or javelin in junior Olympic competition) check out the mini camps. *Throw 1 Deep* is one of the best throw camps in the entire country. **All NAHS throwers are required to attend at least one *Throw1Deep* mini camp, prior to throwing for the Warriors.** We are very fortunate to have them up the road in Marietta. Their coach, Mike Judge, has coached 164 high school All-Americans, 15 high school national champions, 3 national record holders, 50 state high school champions, and helped almost 100 student athletes receive college scholarships.

Nutritional Corner



Peanut Butter as Running Food: In this day and age of energy bars, protein powders and weight gain shakes, many athletes forget about "real" foods, such as peanut butter. Peanut butter is one of the best sports foods around. It is tasty, inexpensive, satisfying, nourishing, and even good for our health. But all too often, one can hear athletes say "I don't keep peanut butter in my house: it is too fatty, too fattening" or "I ration peanut butter to once per week, on my Sunday morning

bagel". They try to stay away from peanut butter. That is nuts! Yes, peanut butter is calorie-dense, but it can beneficially fit into your sports diet.

Peanut butter is an affordable source of calories - If you are a hungry athlete who needs 3000 or more calories a day, you can spend a significant amount of money fueling yourself. Peanut butter can fuel your body without breaking the bank. One hundred calories of peanut butter (about 1 tablespoon) costs far less than 100 calories of other protein sources, such as cottage cheese, tuna and deli turkey breast. The cost of 200 calories of peanut butter is far less than the money you would spend on 200 calories of an energy bar... and generally, the peanut butter is far tastier!



Peanut butter is a source of protein, needed to build and repair muscles - But take note: peanut butter is not protein-dense. That is, two tablespoons of peanut butter, the amount in an average sandwich, provides about 7 grams of protein. In comparison, the calorie equivalent of turkey in a sandwich offers about 20 grams of protein. Athletes who weigh 140 pounds may need 70 to 100 grams protein per day; 200-pound athletes, 100 to 150 grams. For 100 grams of protein, you would have to eat the whole jar of peanut butter! Unlikely.

To boost the protein value of peanut butter, simply accompany it with a tall glass of milk: a peanut butter & jelly sandwich with 16 ounces low fat milk equals 28 grams of protein, a good chunk of your daily requirement.

Milk simultaneously enhances the value of the protein in the peanut butter sandwich. That is, peanuts are low in some of the essential amino acids muscles need for growth and repair. The amino acids in milk (as well as those in the sandwich bread) nicely complement the limiting amino acids in peanuts.

Caution: peanut butter is a poor source of the carbohydrates needed for muscle fuel - Don't try to subsist on peanut butter by the spoonful! Luckily, peanut butter combines nicely with banana, bread, apples, oatmeal, crackers, raisins, and even pasta (as in Thai noodle dishes). These combinations will balance your sports diet. (From *Run The Planet*, 2010)

Cross Country Schedule

1. APS # 1 9/5
2. APS # 2 9/12
3. Roy Benson Double Dip Inv. (@ Marist) 9/15
4. APS # 3 9/19
5. APS # 4 9/26
6. A. Gunerson Inv. 9/29
7. Westminster Quadrangular 10/2
8. APS #6 10/10
9. City Champs 10/17
10. Region 6-AAAAA 10/27

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NAHS Field and Track / XC

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