



# THE RUNNING WARRIOR



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**From the Editor** – Vaulting Warriors – rejoice! After a year-long search, North Atlanta finally has a pole vault pit and standards.



Thanks to Dean & Colton Andersen, John and Chandler Rudd, Ed and Madeline Pearce for transporting the Port-A-Pit from Kennesaw to its new home at North Atlanta. Junior John Rudd holds the NAHS boys school record for the vault at 11-0. There is no girls’ school record, because we haven’t had any Vaulting Lady Warriors. However, freshman Madeline Pearce, who has been going to PV-Atl for over three months, plans to change that.

In terms of equipment for running, we are working both the Robotics and Technology Clubs to develop a “pacer light system” to help our athletes train at a given pace. Stay tuned for more on this.

I recently talked with Innocent Egbunike, the Nigerian Head Track and Field Coach. We discussed many issues including

why Angelo Taylor was chosen the anchor the US men’s 4 X 400 in London.



(3 X Olympic medalist Angelo Taylor, a Southwest Dekalb HS and Georgia Tech product)

At 34, and having run rounds of the 400m hurdles, this was a lot of pressure for Angelo to end a career on. However, he is experienced and the US was out of runners. Former 400m gold medalists Jeremy Wariner (hamstring) and LaShawn Merritt were hurt and could not run. Manteo Mitchell broke his leg in the 4 X 400 heats while still managing a respectable 45.9. As you will recall, in London, Ramon Miller (44.01) of the Bahamas ran Taylor (44.85) down in the last 50 meters. It was tough to see a real champion go out like that. But track & field is like life, it doesn’t always turn out how you want it to.

### Technical Camps Well Underway

*Pole Vault Atlanta* has already started their fall sessions. 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 before Dec. 1st. If you wait until January, you won’t have time to learn this event in order to be able to compete in 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). Their facility includes two full pits and runways, 120+ poles for use, and expert instruction. Just come out and learn to vault!

For all of you throwers, *Throw 1 Deep* has started their Saturday Mini Camps ([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 country. We are very fortunate to have them just 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. If you want to throw, you should take advantage of this opportunity prior to the New Year.

## NAHS Track & Field Meeting

A meeting for students interested in participating in Track & Field is tentatively scheduled for Tues or Wed., Nov. 13<sup>th</sup> or 14<sup>th</sup>. Stay tuned for a formal announcement on this from Girls' Head Coach Ms. Grant.

### Conditioning to Start

Conditioning for track and field is scheduled to start after Thanksgiving (Nov. 27<sup>th</sup>). You must have a current physical (completed within the last year) on file and should have attended the track and field interest meeting.

### MLK Day 5K

Just a reminder the Martin Luther King Day 5K will be held on Jan. 21, 2013(no school). This is a fund raiser for the Running Warriors (cross country and track and field). This is the second time NAHS has participated in this event. All athletes are expected to participate and get their family and friends to sign up too! The Running Warrior Booster Club gets a portion of any entry fee that NAHS Running Warriors sign up. Even if you are a thrower and don't think you can 'go the distance,' never fear. Just get others to register, then come out and support our team by helping staff our hospitality tent. The race will move to Piedmont Park in 2013. NAHS' Marching Band will provide a part in the largest drum line in the world.

<http://mlkday5k.com/>

### Nutritional Corner



#### Breakfast

"This burrito combines my two favorite foods—eggs and

#### Burrito

avocado," says Appleman. One egg has six grams of protein; avocado is high in fiber and healthy fats.

1 red onion, cut into small dice  
1 small jalapeño diced  
1 tablespoon olive oil  
1/2 teaspoon ground cumin  
1 15-ounce can black beans, drained and rinsed  
4 eggs mixed with a fork  
Salt to taste  
1/4 cup low-fat Greek yogurt  
Juice of one lime  
4 10-inch whole-wheat tortillas  
1/2 cup shredded Monterey Jack or cheddar  
1 avocado, cut into slices  
1 cup salsa or pico de gallo

<b>Calories</b>	<b>Per</b>	<b>Serving:</b>	498
<b>Carbs:</b>	57	g	
<b>Fiber:</b>	14	g	
<b>Protein:</b>	23	g	
<b>Fat:</b>	24	g	

Sauté onion and jalapeño in olive oil. When onion is soft, add cumin. Add beans and stir. When beans are hot, add eggs and cook until fluffy. Season with salt. Mix the yogurt with lime juice and set aside. Toast tortillas over an open flame on the burner, or place under the broiler until they puff up. Lay out the tortillas and divide the egg-and-bean mixture evenly among the four tortillas. Top the eggs with an even amount of cheese, avocado, and yogurt. Roll and top with salsa or pico de gallo. Serves four.

In 2007, Nate Appleman, the culinary manager of Chipotle Mexican Grill and Chopped All-Stars winner, weighed 250 pounds. But when his son Oliver was born, Nate decided to get fit. He started running, cut back on sweets, and shed 85 pounds. He now logs 35 miles a week. "Breakfast gives me energy to train," says Appleman, and keeps

me from overeating later." - From the Nov. 2012 issue of Runners World

### Cross Country Review

The boys' just completed their XC season by finishing fifth in the region, their highest finish in years. They were led by captains Rafael Salis (Sr.) and John Rudd (Jr.). Rudd won the City Championship and went undefeated in the APS series meets.



The girls' team won the City Championships for the *first time in school history* and placed third at region. This earned them a trip to the State Meet on Nov. 10<sup>th</sup>. The Lady Warriors had an historic season, logging *21 of the top 25 performances in NAHS history*. Captain MacKinzie Mabrey (Jr.) broke the girls' 5K XC school record twice, settling in at 21:44.



### Potential Indoor Track & Field Meets

1. **Ice Breaker Inv.**, Jan 5, Crossplex, Birmingham, AL
2. **Clemson Youth Inv.**, Jan. 19, Clemson, SC
3. **Last Chance Inv.**, Jan. 25-25, Crossplex, Birmingham, AL
4. **Univ. Of Kentucky HS Inv.** Feb. 16, Lexington, KY
5. **Last Chance**, Feb. 23-24, Winston-Salem, NC

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**NAHS Field and Track / XC Home Page:**

<http://ga.milesplit.com/teams/NAtI>