



THE RUNNING WARRIOR



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From the Editor – Over spring break I was back home in Louisville and had the opportunity to officiate a collegiate meet. It was one of the most competitive collegiate meets that I have ever seen. The concept for the meet at the University of Louisville’s track was unique. It was the **Border Battle** – Indiana vs. the Commonwealth of Kentucky ([Border Battle Results](#)). The Universities of Louisville and Kentucky teamed up to take on the University of Indiana and Notre Dame (Irish Hoosiers!). Track and field is one of the few sports where men’s and women’s scores can be combined (track & field needs to leverage this unique advantage over other sports). The **Border Battle** combined scores.

In the end, The Commonwealth (Cat [UK Wildcats] Birds [UL Cardinals]) prevailed in an extremely close 204-196 score.



UK junior Matt Hillenbrand (St. Xavier, Louisville) leads the charge in the 1500 for the Commonwealth. He won the race.



UofL Lady Cardinal Cassie Martin (DuPont Manual, Louisville) pushes off on the water jump during the women’s 3000m steeplechase. She took 3rd in a PR 11:07. (Note: Her adidas Cadence have water drain holes in the soles)

Accordingly, seeing this meet was the genesis of a **Border Battle** in Atlanta, only at the high school level! **City versus County** – NAHS and Grady (city schools) would team up to take on DeKalb and/or Fulton County schools. For example, Riverwood and Dunwoody. If you do the virtual meet on MileSplit with Riverwood and Dunwoody ([Girls Results](#) and [Boys Results](#)) you get an extremely close score (County 638 to City’s 619). Could keep it all DeKalb (eg., Dunwoody and Tucker) or all Fulton (Riverwood and North Springs). There are a lot of possibilities.



Kelly Curran (Central Catholic, Bloomington, IN) of Notre Dame leads Kentucky’s SEC XC Champ Cally Macumber (Adams, Rochester Hills, MI) in the 1500.

What’s interesting is that there were an unlimited number of participants in each event, but only the top two participants on each combined team could score. No, the relays weren’t combined. It was just run like any quad meet. This is the type of meet that will bring some excitement back to this amazing sport.

Season Recap

The Running Warriors tore up the Season Recap record books in one of the most prolific record setting seasons in school history. A new high of 16 school records were established during the indoor and outdoor seasons. Eight different records were set multiple times.



The clock says it all as freshman Madeline Pearce wins the City Champs in her second of three lowerings of Samantha Hughes' two year old 1600m school record (Photo - Ed Pearce).

The following records fell on the boys' side:

1. 55m (indoors) - 7.01, Lavon Mapps-Whitmore, 1/26/13
2. 3000 (indoors) - 11:07.40, Garrett Hurt, 1/26/13
3. Shot Put - 44-2, Amon-Ra Clay, 4-16-13 (third time to break SR)
4. Pole Vault - 12-6, John Rudd, 4/16/13 (third time to break SR)
5. 4 X 200 Relay - 1:33.36, L. Mapps-Whitmore, B. Barrett, R. Waddell, E. Gaines, 3/16/12
6. 4 X 800 Relay - 8:44.14, S. Conton, C. Santizo, J. Rudd, R. Salis (second time to break record), 3/15/13
7. 1600 Sprint Medley Relay - 3:52.49, K. Milbry, E. Gaines, R. Salis, R. Waddell, 3/16/12
8. 800 Sprint Medley Relay - 1:44.06, C. Burse, K. Milbry, B. Barrett, J. Morone, 3/2/13



Edward "Usain" Gaines anchored many sprint relays for the Warriors this year. He created many exciting moments by making up significant deficits. The boys 4 X 400 time of 3:27 was the fastest since the 1990s (Photo - Ed Pearce).

The following records fell on the girls' side:

1. 1600 - 5:48.17, Madeline Pearce (third time to break SR), 4/16/13
2. Mile (indoors) - 6:47.2, Ayeola Whitworth, 1/26/13
3. 3000 (indoors) - 12:26.19, McKenna Johnson, 1/26/13
4. 3200 - 12:43.71, McKenna Johnson (second time to break record), 3/27/13
5. Long Jump - 16-5.75, Chloe Tillis, 4/17/13
6. Triple Jump - 33-2, Zamir Steed (second time to break record), 4/17/13
7. 4 X 800 - 10:41.5, B. Bell, M. Johnson, A. Whitworth, G. Tutt, (second time to break record), 3/15/13



The Morehouse Relays were a big

event for Lady Warrior 800m runners, as both the A and B teams destroyed the previous 4 X 800m relay school record of 11:39 set on 3/2/13 at the Panther Relays. The A Team won the race and the B Team finished fourth (10:59). Pictured (L to R) are Pearce, Dione, Walker, Davidson, Whitworth, Johnson, and Tutt with the old Northside HS legacy baton.

8. Distance Medley Relay - 14:31.35, M. Pearce, G. Tutt, K. Dione, M. Johnson (second time to break record), 3/16/13.

The Running Warriors had a record number of team members 47 (44 athletes and three managers).

At the City Championships, the boys scored the most points (95 for fourth place) since the 1990s. The girls tied (69 points) their highest point total in the last 10 years. The girls had two individual champions, junior Taylor Samples (800), and freshman Madeline Pearce (1600-SR).

Both the boys and girls did well at one of the toughest regions in the state (all classes included) as four school records dropped in that meet alone.

The Warriors qualified a record number of athletes (6) to sectionals: Rudd (PV), Clay (SP), Salis, Samples, Tillis, and Steed (HJ). Unfortunately, Rudd and Clay could not compete in Sectionals due to extenuating circumstances. The Warriors took the most athletes (3) to state since 2007.

Senior Rafael Salis placed 5th in the 800 to give NAHS 4 points for 39th place.



A pensive Salis (5) listens for the starter's call to their marks in the Boys State 800m final in Jefferson on May 4th.

Sophomore Tillis scored a PR in the 100H at State.



Chloe Tillis shows good form over the hurdles in route to a third place finish at the City Champs in a then PR of 15.94 (Photo – Ed Pearce).

Junior Taylor Samples made State in the 800.



Taylor Samples en route to winning the City Champs 800 on April 1st (Photo – Ed Pearce).

New Chips in Memorial Park



A new layer of chips has been spread on the trail in MP just in time for the summer running season and XC.

Nutritional Corner



The Mistake: Eating a Box of Pasta

Many runners like to top off their glycogen stores by feasting on

[carbs](#) the night before a race. And why not? You're going to burn through them the next day. But flooding your system with more carbs than it can process may lead to digestive problems that will have you running to the porta-potty every mile.

The Fix: Consume moderate quantities--not huge portions--of carbs for several days prior. "Massive amounts of any food throw your system a curve ball," says Jauquet. Have oatmeal for breakfast, potatoes at lunch, and pasta for dinner. "Eat just to fullness, so you don't get indigestion or have trouble sleeping," says Tara Gidus, R.D., a spokesperson for the American Dietetic Association.

The Mistake: Drinking Gallons of H2O

Not only will chugging too much water before a race leave you feeling bloated, but it will also dilute your electrolytes--minerals responsible for optimum muscle contraction. Diluted electrolyte levels can cause muscle weakness or cramping and, in extreme cases, can lead to hyponatremia, a life-threatening condition triggered by abnormally low sodium levels.

The Fix: In the days leading up to your race, drink fluids as you normally would to stay hydrated. This can include water, sports drink, juice, even coffee and tea. On the morning of the race, Jauquet recommends drinking 16 ounces of water two to three hours before the start, giving your body time to process extra fluid; drink another one to two cups right before the gun goes off.

The Mistake: Loading up on Fiber

Normally, runners should make sure to eat lots of cruciferous vegetables, beans, and whole grains. And if you're used to such foods, all that roughage right

before a race may pose no problems for you. But if you've been living on pizza and burgers, now is not the time to become a vegan. Loading up on high-fiber foods can cause uncomfortable gas, especially if your stomach is plagued by prerace jitters.

The Fix: If you think fiber might be an issue, "cut back on those foods three days before a major race," says Gidus. That includes beans and bran cereals-but not fruits and veggies, which you should eat in modest portions.

The Mistake: Skipping Breakfast

Too nervous or worried about feeling full, some runners can't face food on race morning. But without it, you're likely to bonk in any race. Why? Because studies show that a prerace meal keeps your blood sugar steady and provides energy to power you through. "There's no way to get enough fuel midrace to make up for the energy you missed at breakfast," says Jauquet.

The Fix: If you know you get too nervous to eat before a race, wake up a few hours before the start-so you can eat breakfast slowly, letting each bite settle before taking another. If you can't stomach solid foods, drink a smoothie with bananas, fruit juice, and milk. These ingredients are easy on most stomachs, provide energy, and won't leave you feeling overly full.

The Mistake: Trying Something New

If you've never had spicy salmon sushi, don't order it the night before your race. You won't know how a food affects you until you've tried it-and last-minute experimentation could send you bolting for the bathroom and leave you dehydrated.

The Fix: Stick with what you know for a week before race day. Check the race Web site to

confirm which drinks and gels (if any) will be offered along the course so you can test them out in advance. If you're not used to downing sausage burritos prerace, you're better off sticking with a familiar bowl of pasta.

Eat better - In the days before a race, vary your diet with nongrain carb sources, such as fruits and starchy vegetables, to benefit from a wider range of nutrients.

From Runners World 9/3/08 [Runner's World Article - "The Right Stuff"](#)

Summer Meet Schedule

1. Tues. 5:30 PM through June 18th – All Comers meets at Emory. \$1 entry fee for students. You can register online or on site. [Emory All Comers](#)
2. USATF preliminary JO (Junior Olympics) meets 6/1
3. USATF-GA Developmental meet @ Westlake HS 6/2
4. AAU District Qualifier 6/6
5. USATF-GA Area JOs 6/13
6. New Balance Outdoor HS Nationals 6/14-16
7. USATF Jr. Outdoor Nationals, Des Moines, 6/19-23
8. AAU National Qualifier 6/20-23
9. Grady All-Comers, Fri. nights after Emory All-Comers
10. USATF JO Regional, Jacksonville 7/4
11. Georgia Games, Marietta HS, 7/20-21
12. USATF JO Nationals, Greensboro, 7/22
13. USATF-GA JO XC Champs, 11/16 (note: this does **not** conflict with State this year!)

For a more in depth USATF schedule go to: [USATF 2013 Youth Meet Schedule](#)

Running Warriors Booster Club Planning Committee

Update

The Running Warriors Booster Club (XC and T & F) Planning

Committee had its first meeting on April 23rd. Members of the Committee include: Robb Whitman (Athletic Director), Tiffany Grant (Head track and field coach), Hawthorne Wesley (North Fulton HS alum and runner), Allyson Hill (mother of Glenda Tutt), Mikhail Whitworth (mother of Ayeola), Albert Thomas (Registrar and former NAHS Head Girls Track Coach), Tisa Pearce (mother of Madeline and Jackson [Sutton 8th grade]), Carla Mabrey (mother of McKenna Johnson), Katherine Hederick (mother of Sutton 8th grader Grace), and Lisa Kepler (Non-APS Sports AD – Sutton). The Committee will work on the following items:

1. Plan for the new track (layout and equipping)
 2. Plan for hosting XC and Track Meets (Buckhead Invitational & Border Battle)
 3. Sponsorships /fund raising
 4. Long range goals / mission
 5. Planning XC for next yr. (meets, course, summer program, etc.)
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Calendar

1. May 15th 6:30 PM – NAHS Sports Awards Banquet
 2. May 16th 3:30 – Cross Country interest meeting Room 275 (Ms. Grant's room)
 3. May 16th 5:30 – Running Warrior Planning Committee Meeting
 4. May 17th 6-8P – T & F Pot Luck Dinner & Season Review
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NAHS Field and Track / XC

Stats Page:

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

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