



# THE RUNNING WARRIOR



***Volume # 2 Issue # 3 The Best In Running, Jumping, and Throwing June/July, 2013***

**From the Editor** – “Just Do It.” Most of you know that I am not much of a Nike fan (I was wearing adidas when Nike was only a notion in Bill Bowerman and Phil Knight’s heads). However, their moniker is priceless. So, is Larry the Cable Guy’s (“Get ‘er done!”). I often remind our student athletes that they are probably never 110% prepared for anything in life, and that sometimes you just have to jump in and see what happens. If you don’t, you will miss out on a big chunk of what life has to offer.

Well at the Grady All-Comers meet on June 21<sup>st</sup>, I put these words into action. I was planning to run the 200, but instead was asked by Grady’s Coach Ellerton to be the starter. After starting several races, the meet was finishing up with the 4 X 400 relay, one of the most exciting races in track and field. Having run the 4 X 400 in college and for a couple of years as a masters athlete, I was well aware of the havoc that a 400 could do to one’s body.

I heard two of our school record holders (Shane Conton and Glenda Tutt) and one of our throwers (Dino Galanos) needed one more leg for a Running Warrior team. I didn’t hesitate. To warm up, I did a few short quick strides and a couple of dynamics. I was apprehensive,

since I had not raced since January (a mediocre 200m indoor race at Clemson).

I took the track and waited for Dino to get me the stick. I got out slowly, as Dino had more juice in the tank that I thought. He almost ran me over (a lesson to all outbound relayers!). Believe me, you do not want to be run over by a thrower! Once I settled into a smooth, quick stride pattern, I felt good and relaxed (maybe too relaxed). My legs held up better than I thought during the final 80m. Using the baton to help pump my arms (which helped keep my leg turnover), I handed off to Glenda. She is competing for the Quicksilver team this summer. She will compete in the Junior Olympic Nationals in Jacksonville over the 4<sup>th</sup> of July. She took the baton in a hurry, as I stumbled off the track. I recovered pretty quickly (no doubt, after a fairly pedestrian 1:10, well off of the 1:03-1:04 where I should be).

Once I caught my breath, I felt great that I “Just Did It!” Sometimes in life, past preparation is enough to allow us to “Get ‘er Done,” even if our preparation is not recent. To be able to run competitively with my athletes is one of the biggest highlights of my coaching career.

The ***Running Warrior Nation*** extends best wishes to those

Warriors running in the Peachtree Road Race and Junior Olympic (JOs) Nationals this week. Let us know how you fare.



Warrior “Tricks of the Trade” – Edward Gaines

## **Salis Wins Running Warrior Scholarship**

Graduating senior Rafael Salis won the \$2,000 Running Warrior College Scholarship Award presented by the Running Warrior Booster Club. The Scholarship is awarded to the senior letter winner in cross country and/or track and field who demonstrates the highest achievements based on the following:

- Scholarship
- Cross country and / or track & field achievements (e.g., number of letters, school records, regional / state ranking / performances, awards, etc.)
- Demonstrated leadership (e.g., head of clubs, student government, captain of team, etc.)
- Community service and participation in NAHS *Running Warrior* fund raisers and activities

- Thoughtful essay on how participating in cross country and / or track and field at NAHS has helped to prepare the student for college *and* life.

Salis scored (5<sup>th</sup>) in the State Meet 800m final. This is the third consecutive year that a Warrior has scored in the Boys State 800m. Salis will attend Clayton State University in Morrow, GA on a track and field scholarship.



Warrior Rafael Salis in the APS City Champs 400m (Picture by Ed Pearce).

### New Track & Field Taking Shape

The 8-lane track and field at the new campus is taking shape. The field has been installed (two horizontal jump runways) and the track will have both an inner and outer curb (technically, inner curbs are required for USATF records). The asphalt layer has been laid. Next, the rubberized surface will be installed and markings painted for lanes, start / finishes, exchange zones, etc.

### Summer Workouts

Now is the time to get that technical work in: hurdles, jumps, throws, building your endurance base, etc. If you wait until the short (2.5 month) season in order

to practice technical events, you will be disappointed. So, if you want to pole vault, go to Pole Vault Atlanta. It is just down the street on Northside at the Atlanta Girls School. Better start now, since it takes about six months of once-a-week practices to vault a decent height. Or, go to Throw1Deep. It is just up the road off of the 120 Loop in Marietta. Both of these camps offer the best high school training in the country. Many of their athletes have been both state and national champions.

If you want to run cross country, you should be logging the miles now. If you log 300 miles before Aug. 7<sup>th</sup>, you will beat those who only have logged 200 miles. It is all about the mileage. We expect runners to be in shape when they report for cross country practice on Aug. 1<sup>st</sup>. The season is not for getting into shape. The season is for:

1. Building strength
2. Improving speed
3. Refining race tactics
4. Practicing team strategies

If you do not run over the summer, and expect to run your way into shape in August, you are letting your teammates and coaches down. You should be executing the summer workout plan issued on June 1<sup>st</sup>. Keep track of your mileage. We are all counting on everyone getting a lot of miles in this summer!

### Running Warriors Booster Club Update

The Running Warriors Booster Club (XC and T & F) has appointed a Funding Committee to manage financial issues. Members of the Funding Committee include: Hawthorne Wesley (North Fulton HS alum and runner), Allyson Hill (mother of Glenda Tutt), Tisa Pearce

(mother of Madeline and Jackson), and Carla Mabrey (mother of McKenna Johnson). The Committee will work on the following items:

1. Plan for the new track (equipping)
  2. Funding for cross country course development
  3. Developing a budget for the year, including hosted meets
  4. Sponsorships /fund raising
- If you have experience in fund raising or would like to help, please contact us.

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### Summer Meet Schedule

1. Grady All-Comers, July 12 & 19 at 5:30 PM
2. USATF JO Regional, Jacksonville 7/4
3. Georgia Games, Marietta HS, 7/19-20 (register by 7/15)
4. USATF JO Nationals, Greensboro, 7/22
5. 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](#)

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### Calendar

1. July 20<sup>th</sup> - Warrior Run 9:00 AM – meet at Weststride
2. August 1<sup>st</sup> – Cross country practice officially starts. (9:00 AM – 10:45 AM) at old campus
3. Aug. 3<sup>rd</sup> and 10<sup>th</sup> – Warrior Runs at Chattahoochee Nat. Park 9:00AM
4. Aug. 23<sup>rd</sup> – “Bring Back The Mile” Time Trial and *Running Warrior* Jamboree Cookout

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### NAHS Field and Track / XC Stats Page:

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

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