



THE RUNNING WARRIOR



Volume # 2 Issue # 5 The Best In Running, Jumping, Throwing, and Walking Oct./Nov., 2013

From the Editor – With the leaves turning it means that the fall term and cross country are coming to a close. This issue reports on what has been the most successful overall cross country (girls and boys) season in school history. We'll also update you on our Running Warrior Capital Campaign, as well as a recap from the first Annual Running Warrior Jamboree, and our preliminary indoor track schedule.

Bring Back the Mile Time Trial and Running Warrior Jamboree

The Running Warrior Nation kicked off the 2013-14 school year with a Jamboree and cross country Time Trial. For some inexplicable reason, there was a general lack of Running Warriors (throwing, hurdling, and jumping) from the track and field team. The *Running Warrior* Nation includes all NAHS athletes who participate in cross country, indoor and / or outdoor track and field (six sports with boys and girls teams).

The festivities included the christening of the new track and field, free food off of the grill, a water balloon relay for *Running Warrior* siblings, an auction of PUMA prototype spikes, an open one mile run, and of course the one mile time trial for the cross country team.

Chris Nelson, father of sophomore

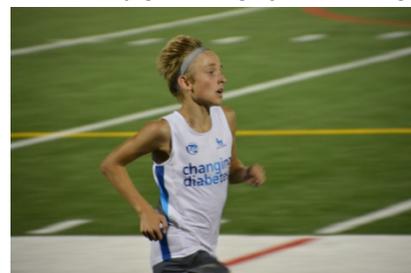
Nick Nelson won the open mile, while senior Taylor Samples won the girls' mile and freshman Jackson Pearce won the boys' mile.



Running Warrior Dad Chris Neslon (Nick's Dad) wins the Open Mile.



Senior Taylor Samples breaks the tape to win the Girls' Mile.



Jackson Pearce on his way to winning the Boys' Mile.



Assistant Principal Robb Whitman christens the new track and field "shot-put-style" with a water balloon.



Start of the Boys' Mile.

Running Warrior Mom, Allyson Hill, put together a great video on the event. Go to the Running Warrior web site www.narunningwarriors.com and scroll down to the pictures section

and click on the link.

Cross Country Review



The cross country team go off to its best start in history. The Warriors recorded some of the highest invitational finishes in school history. The boys team of John Rudd, Jackson Pearce, Jack Tribou, Steven Spears, and Nicholas Durham broke the 11 year old school record for total time by going 1:30:02 at the regional meet.



The cross country teams traveled to Greenville, SC to compete in the Furman Classic, where the girls broke the team time school record. Here is a scene from the lake on the beautiful Furman campus near the golf and cross country course.

The girls team also broke their year old total time mark twice this season. The record (1:46:39 or 21:20 per runner) was set at the Furman Invitational in Greenville, SC on September 14th by Madeline Pearce, Abigail Shipp, Glenda Tutt, Lydia Zemmal, and McKenna Johnson. Sophomore Pearce also broke her own school record going 20:05 for the 5K.

For the first time in school history both the boys' and girls' teams won the APS City Championship.

The girls tied the meet record for the lowest point total and set the meet record for total time. Madeline Pearce won the individual title by setting both a meet and course record of 21:20. This was also the first time in history that a cheerleading squad led cheers at a Georgia high school cross country meet, as the North Atlanta cheerleaders led the way.



The APS Girls and Boys Cross Country City Champions – the North Atlanta Warriors and cheerleaders.



Girls with APS City Champs Champion trophy. (L to R) Ahn, Zemmail, Delaria, Pearce, Tutt and Johnson.

Senior John Rudd defended his individual title in a course best of 17:50 leading the boys to a meet record team time and score.



Boys with APS City Champs Champion trophy. (L to R) Durham, Tribou, Spears, Matute, Pearce and Rudd.

At the Region 6 meet, both the boys (2:50 PM start time) and girls (3:30 PM start time) teams advanced to the State meet in Carrollton on November 9th. This is the first time in school history that both teams advanced in the same year.



Senior John Rudd finished 11th at the Region 6 meet. (E. Pearce)



Senior Taylor Samples on the second mile at the Region 6 meet. (E. Pearce)



Girls pack start at the Region 6 meet. (L to R) Pearce, Shipp, Tutt, Delaria, Johnson, and Zemmail. (E. Pearce)



A confident Warrior, sophomore Madeline Pearce, prepares to pass an unsuspecting Wildcat from Dunwoody. Pearce finished 3rd in the Region 6 meet for the best Lady Warrior finish ever at the regional meet. (E. Pearce)



A strong finish by Jack Long at the Region 6 Meet. (E. Pearce)



Boys bunch start at Nike Panther Invitational in Fayetteville. (E. Pearce)



Super Sophs (L to R) Spears, Long, Tribou, and Durham at the Region 6 meet (E. Pearce).



Freshman Jack Matute on his way to a 6th place finish in the JV race at the Nike Panther Invitational on Sept. 7th.

Let's wish the cross country teams our **Running Warrior Nation** best!

MLK Day 5K

Just a reminder the Martin Luther King Day 5K will be held on Jan. 20, 2014 (no school). This is a mandatory fund raiser for the Running Warriors (cross country and track and field teams). This is the third 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 start at 8:45 AM in Piedmont Park. NAHS' Marching Band will provide a part in the largest drum line in the world.

Remember to get those who you sign up to register under the *Running Warrior* team. Sign up early before the entry fee price goes up and keep track of who you sign up. <http://mlkday5k.com/>

There will be a prize (\$150 Nike sports watch) for who gets the most signups. So, send people to the MLK Day 5K web site (or you can register them) and tell them they must register under the *Running Warriors* team.

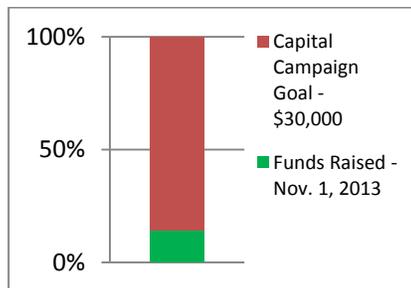
Running Warrior Booster Club Meeting Nov. 13th

The first Running Warrior Booster Club meeting of the year will be on Wednesday, November 13th at 5:30 PM. The meeting will be in the Media Center. The agenda will include: election of a Board of Directors, officers, approval of by-laws, and an update on the Capital Campaign.

Capital Campaign Update

The Running Warrior Booster Club (RWBC) Capital Campaign is off to a flying start. Our goal is to raise \$30,000 internally to augment any funds we get from external sources. This will also prove to potential donors that we have "skin in the game." The funds will be used to purchase track and field equipment (APS only funded a new track and field

and not equipment) and investigate building a cross country course.



The regional track and field meet is scheduled for April 15-17, 2014, so we need to make sure we have equipment prior to season start on January 21st.

We will have memorialized bricks for all donations of \$500 and above. Your name will go on the brick which will help pave the **Running Warrior Winners Circle** which is being planned for the new stadium expansion. **So, please make your tax deductible contribution today!** Make your check out to the NAHS Athletic Booster Club and put on the memo line "Running Warrior Capital Campaign." You can give your checks to Coach Sanderlin. Coach Sanderlin is matching all individual internal gifts up to \$5,000 for a total of \$15,000. Our goal is to hit \$30,000 by Dec. 31, 2013.

Technical Workouts

Now is the time to get that technical work in: hurdles, jumps, throws. If you wait until the short (2.5 month) outdoor track and field season (or even shorter indoor 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. Contact Coach S. if you want to go and he will arrange a free lesson at PV ATL.

Note that NAHS has no school record in the girl's pole vault, because we have never had a female vaulter! So, girls let's get going and see who our first school record holder will be!!!

Calling all throwers! Let's get up to Throw1Deep in Marietta and get some lessons from one of the best throws coaches in the country Mike Judge. If you want to throw for NAHS, you should have attended several Throw1Deep camps before practice starts www.throw1deep.com

Running Warrior TShirts for Sale

The new Running Warrior logoed TShirts are for sale for \$15. They are going fast, so get one while supplies last. Contact Coach S. (see below for email) to reserve one. You can also bring \$15 to the track & field meeting if you want one. Proceeds benefit the RWBC.



High School Experiences Helped Shape the U.S. Olympic Men's Track & Field Team



DyeStat file photo Tony McQuay has risen quickly from high school star to 2012 Olympian.

It usually begins with an "Olympic dream." A young person watches the Olympic Games on TV and says "I want to

do that." Dedication, sacrifice and daily reaffirming effort come after that. Olympic-sized dreams come true for only a very few but for those athletes who competed for the United States track team in London, high school competition is usually where the competitive fire was stoked.

Not everyone was a high school track star. For some, the combination of dream and talent didn't combust until later. For others, it can be traced as far back as age-group track. Some trained with sophistication in high school. Others were lightly trained.

There are many paths to the Olympic team. High school stardom isn't required. NCAA championships aren't required. The dream, and the desire, are universal. It's the timeline that varies.

Yet, for almost everyone, a state championship meet was an end-all, be-all event somewhere between the ages of 15 and 18. Before these athletes wore the colors of the country, they wore the colors of a high school. From ESPN High School Sports



Potential Indoor Track & Field and Road Race Schedule

1. Nov. 28 – ATC Thanksgiving Day 5K
2. Jan. 20 – MLK Day 5K – Mandatory Running Warrior fund raiser.
3. Jan. 25 – Clemson Youth Inv. or Last Chance Invitational –

Birmingham, AL (Crossplex)
1/24 & 1/25



High school girls round the curve on Clemson University's 200m indoor track.

4. Feb. 22 - University of KY HS Inv. (291m track) – elite meet with qualifying standards. High schoolers from all over the East attend.

Go to the Running Warrior web site www.narunningwarriors.com for details and a preliminary outdoor track & field schedule.



Student athletes are now ready to “let the platter fly,” with the beautiful new *Running Warrior* discus cage. It is set up on the softball field and will be a great venue for the 5A Region 6 meet on April 15-17, 2014 at NAHS.

Calendar

1. Nov. 9th State Cross Country Meet – Carrollton
2. Nov. 11th Cross Country uniform return and meeting
3. Nov. 13th – T & F interest meeting
4. Nov. 15th – XC Pot Luck Dinner, Season Review and Awards Banquet
5. Late Nov. – Conditioning starts. Stay tuned to the [Running Warrior](http://www.narunningwarrior.com) web site for details
6. Jan. 20th – MLK Day 5K

7. Jan. 21st – Track & Field practice officially starts.

Nutritional Corner



Nine Reasons Why You Want to Eat More Beans!

1. Beans are a natural protein-carbohydrate combination. As an athlete, you need carbs to fuel your muscles and protein to build and repair your muscles. A bean burrito, hummus wrap or bowl of chili is a great way to fuel-up after a hard workout.
2. Beans are a good source of plant protein.
3. Beans have a low glycemic index, which means they are slow to digest and offer sustained energy. Low GI foods are good choices before long practices and meets if you cannot eat anything during the workout.
4. Beans are rich in vitamins and minerals such as foliate, manganese, potassium and iron. All these “spark plugs” help your body’s engine run smoothly.
5. Beans are good for heart health. The soluble fiber in beans helps protect against heart disease by helping to lower the cholesterol in your blood.
6. Beans are high in fiber. This sharply contrasts to the chicken or meat they might replace. This fiber acts as a “broom” and helps clean your digestive tract.
7. Beans are inexpensive. By enjoying bean-based meals such as chili or lentil soup, you are likely eating less animal protein and saving a lot of money.

8. Bean-based meals are better for the environment than meat-based meals. If everyone were to eat one less meat-meal a week, we’d need fewer beef cattle (major producer of greenhouse gasses).
9. Beans are good sources of fuel for the harmless, health promoting bacteria that live in your gut. We each have about two to four pounds of gut bacteria that strongly influence our immune system. In fact, about 70% of our immune response is generated from the gut. The bacteria love to eat the undigested raffinose provided by beans. Having well-nourished gut microbes invests in overall good health. A strong intake of prebiotics (bacteria food) helps strengthen the immune system and optimizes wellness.

From National Masters News, Sept. 2013, p. 7

Press

Finally discovered a good blurb on NAHS from the 2013 APS City Champs for Track & Field – “TalkUp APS reports that North Atlanta ‘had the crowd on their feet’ during the last race of the night as North Atlanta battled with two relay teams from Carver and Washington for second place.” They were referring to Edward Gaines’ ’13 electrifying anchor leg on the 4 X 400m relay. For details go to [Buckhead Patch](http://www.buckheadpatch.com).

Madeline Pearce is the [Northside Neighbor’s Athlete of the Week](http://www.northsideneighbor.com). Also some good NAHS pictures.

NAHS Field and Track / XC Stats Page:

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

Running Warrior web site:

www.narunningwarrior.com

Editor - George Sanderlin

georgesand@aol.com
