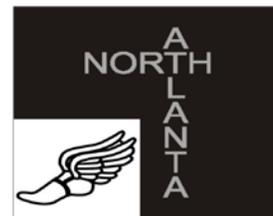




THE RUNNING WARRIOR



Volume # 3 Issue # 1 The Best In Running, Jumping, Throwing, and Walking Jan., Feb. 2014

From the Editor – The cold weather has put the cross country season behind us. And what a season it was – the best in school history. This issue will recap the XC season, as well as highlight the coming indoor and outdoor track and field seasons.

With the cold weather we've been having, it will be good to get indoors for a meet or two. This marks the fourth straight season that some *Running Warriors* will compete indoors. We've even put a couple of new meets on the schedule for the undercover season. Vanderbilt has a brand spanking new 300m (unbanked) oval. Vanderbilt is a great school. Although they only have a women's team, their coach, Steve Keith, has put together a great program. This may be a good opportunity for our outstanding girl student athletes to check out a great Division I environment in Nashville at the Vandy HS Inv. on Feb. 1st.

The outdoor schedule is shaping up nicely. We start off with a **Home Opener** scheduled for Thurs. evening Feb. 20th. The Warriors will be facing the Dunwoody Wildcats and the Mays Raiders.

Dunwoody won the 2013 girls state meet led by and four time state champion senior Alex Cameron (1600 [2], 3200, and XC), as well as three time state

champion sophomore Lauren Jackson (400, 800, and 4 X 400). The Dunwoody boys finished 16th in the state.

The Mays boys won the APS City Champs (aka Atlanta Track Classic) led by last year's 400m 5A state titlist Darius Statham who is now running for Louisiana Tech.

In order to be the best, you need to compete against the best!

We'll also update you on our *Running Warrior* Capital Campaign, give details on the MLK Day 5K *Running Warrior* Fund Raiser, and discuss a new contest. You will be introduced to four new track and field community coaches.

Also, in this action packed issue, we feature an interview that one of our cross country runners, who is an aspiring journalist, had with some of the *Running Warriors*.

On a sad note, Randy Reed the Grady Girls Head Coach passed away on January 14th. He coached track at Grady for 28 years and will be sorely missed by the track and field community.

I remember a few years back at the APS City Champs at Lakewood where one of our athletes needed eight spikes for their track shoe. I asked Randy for some spikes and he gave me a

bag with about 50 spikes in it. I pulled out the eight spikes and proceeded to give him back the bag. He just waved his hand at me and walked away. That was the kind of person Randy was. He would give you the shirt off of his back and then give you his shoes.

See you 'round the track!



MLK Day 5K Jan. 20th

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!

Your *Running Warrior* Booster Club (RWBC) gets a portion of every 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. There is an award of a Nike sports watch (\$150 value) for the Running Warrior who gets the most sign ups. Ask all of your fellow students who are playing a spring sport and need to get in shape to support you. Remember, this is YOUR fund raiser!

Have your entries select their team to be the “Running Warriors.” Details are on our web site www.narunningwarriors.com, or you can go directly to Active.com to register. Do it now as the entry fee goes up to \$35 the day of. Note: track and field athletes will only be considered for the indoor season if they participate in the MLKD5K.

The race will start at 9:05 AM in Piedmont Park. The Running Warrior hospitality tent will be near the finish on the 10th street side of the park. There’s no excuse not to be there since there is no school on Mon.

Cross Country Wraps Up Historic Season at State Meet



Both the boys’ and girls’ cross country teams made the state meet in November. This was only the second time in school history that both teams qualified in the same year.



NAHS at the State Cross Country Meet in Carrollton on Nov. 9th. (note mascot “Squeaky” in the upper right on the tent) (Don & Larkin De Laria)

The boys finished 18th in the state which ties for the second best finish in school history. We had them projected to finish 20th. The boys were led by senior John Rudd who capped an outstanding season with a 57th place finish. Earlier in the season, Rudd won the APS City Champs for the second straight year.



Boys get off to a quick start at the State Meet in Carrollton. (Ed Pearce)

Freshman 5K record holder Jackson Pearce was the second Warrior across the finish line at State. Jack Long had a great race and was the third NAHS finisher. Jack Tribou and Nicholas Durham finished out the scoring for North.



Super Sophs Jack Long (3414), Jack Tribou (3421), and Nicholas Durham (top left of Tribou) finish strong at the State Meet.

The girls finished sixth, way ahead of their 11th place projection for the best State finish in school history. Sophomore Madeline Pearce led the Lady Warriors by finishing 12th for the highest ever NAHS individual girl State Meet placing.



NAHS Girls toe the line at the start of the State Meet as athletes, parents, and coaches watch intently. (Ed Pearce)

The good news for the girls is that next year, both Northview (1st in 5A) and Lakeside Dekalb (4th in 5A) move up to 6A. Therefore, a podium (top four) finish is certainly possible for NAHS.

Senior Taylor Samples ran a great race in the last XC competition of her high school career to finish in the top 50 (49th). Sophomores Abigail Shipps (60th) and Glenda Tutt (61st) worked together the entire race and picked off many athletes on the run in.



Sophomores Glenda Tutt (1187) and Abigail Shipp (1186) box out freshman Natalie Coolidge, North Paulding's # 1 runner, at the finish of the 5A State Meet. (D & L De Laria)

Junior McKenna Johnson (90th) rounded out the Lady Warrior scoring.



Sophomore Madeline Pearce enroute to a best ever NAHS girls' finish at State. The large crowd estimated at over 7,000 lined both sides of almost the entire course. (Ed Pearce)



Track & Field and Road Race Schedule

1. Jan. 20 – MLK Day 5K – Mandatory Running Warrior fund raiser.

2. Jan. 25 – Clemson Youth Inv.



A view of the Clemson Indoor track from the press box.



Collegiate women are off and running at Clemson University's 200m indoor track.

3. Feb. 1 – Vanderbilt Univ. HS Inv. – qualifying standards. New 300m track. See this YouTube video of the [Music City Challenge](#), Vandy's first meet in their new facility.



UK All-American Cally Macumber leads Miami and Tennessee runners in the one mile run at Kentucky's Nutter Field House indoor track.

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

North Atlanta will have its **first Home Opener** in school history with a triangular meet against Dunwoody and Mays on Feb. 20th.



Four-time State Champion Dunwoody senior Alex Cameron brings her wares to NAHS on Feb. 20th for our Home Opener. At present, Cameron is still uncommitted.



Three-time Dunwoody state champion Lauren Jackson will be at North Atlanta for the Home Opener. Here she (56.33) beats Asha Stegall (56.42) of Warner Robbins in the 2013 Girls 5A State 400m Final in Albany.



Mays junior Kahil Brooks who led off their APS City Championship first place 4 X 400m relay will be on hand at the NAHS Home Opener.

NAHS will host the 5A Region 6 meet for the first time in school history on April 15-17.

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

New Track and Field Community Coaches

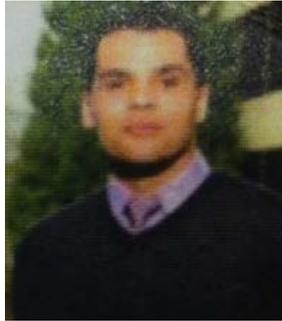
This season NAHS has four new community coaches to help ease the coaching load and manage our home meets.

Michael Gilliard will work with the sprints and relays. He ran in high school, setting school records in the 100, 200 and both relays. As an assistant coach at Statsboro H.S., he helped coach the team to both boys and girls regional titles. He is also a freshman football coach at NAHS.



Coach Gilliard.

Ray Gant will be managing the throws. As a high school thrower, he won the North Carolina State H.S. shot put and was third in the discus. He is also a football coach at NAHS.



Coach Gant.

Patrick Stafford joins us from Wheeler HS where he was a community coach. He has two children at NAHS. He is a certified USATF official who officiated at the USA World Championship trials. He will work with the jumpers.



Coach Stafford.

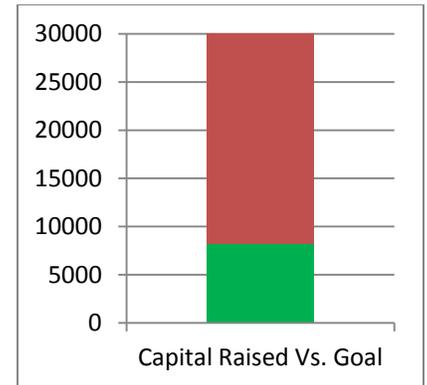
Dashawn Thomas will also be working with the sprints and relays. As a former HS sprinter, he also competed indoors for Team Nike. He is also a football coach at NAHS.



Coach Thomas.

Capital Campaign Update

The Running Warrior Booster Club (RWBC) Capital Campaign is moving along. So far we have raised \$8,200. 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 the equipment paid for.

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. **Please contribute no matter how**

small the amount. If we don't raise the funds to pay back the loan for the equipment, it could put our Home Opener and Regional meet hosting in jeopardy.

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 MLKD5K if you want one. Proceeds benefit the RWBC.



Interview with Senior Running Warriors

by Anna Gustafson

[Ed Note: Junior cross country athlete, Anna Gustafson interviewed seniors Taylor Samples and John Rudd and talked about their final track and field season at NAHS. Anna shows true promise as a journalist. She gives us a look into their running careers, as well as the coming season.]



Senior John Rudd holds off a pack of runners, including a Dunwoody Wildcat (dark blue singlet and shorts) at the finish of the State XC Meet. (Ed Pearce)

How did you initially get interested in cross country and track and field?

John: It was just something I picked up in middle school and I just kept with it.



Senior Taylor Samples completes a top 50 finish at the 5A State Cross Country Meet. (D & L De Laria)

Taylor: Well, I was pretty good at soccer. Then my coaches noticed I was also very quick. They recommended that I do track as

well. I have been doing it ever since.

What is your event for track and field?

John: My main event is actually pole vault, and from time to time I run the 400.

Taylor: My main event is the 800, but I also run the 1600/mile and 1500.

What records do either of you hold right now and what record are you after?

Taylor: I am expecting to break the 800 this year. (Ed note: NAHS State 800m Champion Jovelle Patterson's mark of 2:17.28 has stood since the regional meet of April, 2007. Taylor ran a 2:19 800 this past summer).

John: I have the boys 5K XC team time, 4 X 800m relay, and pole vault (12-6) school records now. I am definitely going to break the pole vault record this year. Hopefully, we can get the 4x8 going again, and we will see about 4x400. The 4 X 4 would be a high bar but we are hoping to get it.

What are your other projections for this season?

Taylor: I have high hopes for this season. I think a lot of records will be broken. A lot of young people will have to set up, since we lost a few key people from last year.

John: We have a lot of young talent. Actually, I think we have a lot of potential this year. Hopefully, that will pull through. We have several people who I think will place well at State.

Any comments on the coaching this year?

John: I think it is better this year because we have more coaches, so we can get more specialized. With one or two coaches running each event we will get more individualized attention.

Taylor: Yeah, that's a great point, because now, instead of having one coach who has to spread their knowledge, we have different coaches who can teach technique.

Are either of you planning on continuing track or cross country in college?

Taylor: Yeah, it's good exercise and I really enjoy it. It's also really fun and a great way to meet new people.

John: Yeah, I am going to try to walk on wherever I go.

Do you have a dream school for running?

Taylor: I might run at Davidson.

John: Rice University.

What life lessons have you learned from running at NAHS?

John: That there are absolutely "no excuses!"

Taylor: You can't control the output, but you can control the input. I apply that to all parts of my life.

What is your motivation to go to practice, break records, and keep competing?

Taylor: To get better, for sure.

John: Basically, to be able to compete in college.



Junior Gustafson taking pictures at the APS Cross Country Championships in October, 2013.



Gustafson competing in Grant Park at a 2012 APS Series cross country meet.

Photo Contest

The *Running Warrior* newsletter is having a photo contest. Please submit a photo that you think best embodies the *Running Warrior* spirit. Submit entries to the editor (see below) and include: 1) who submitted the photo, 2) who is in the photo, 3) date photo was taken [if known] and where, 4) who took the photo, and 5) why you think it embodies the *Running Warrior* spirit. All photos are due by March 1st. The winner will be highlighted in the next issue.

Calendar

1. Jan. 20 – MLK Day 5K
 2. Jan. 21 – Official track and field practice starts
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3. Feb. 20th – 1st meet Home Opener Triangular Meet

R.I.P. Randy Reed



Grady Girls Head Coach Randy Reed (Sept. 22, 1956 – Jan. 14, 2013).

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

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

Running Warrior web site:

www.narunningwarrior.com

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