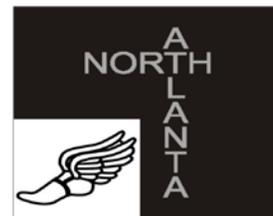




THE RUNNING WARRIOR



Volume # 3 Issue # 3 The Best In Running, Jumping, Throwing, and Walking May, June 2014

From the Editor – The track and field season wrapped up in fine form as we hosted an outstanding regional track and field meet. This meet included a first in US high school track history. We also sent the most athletes to the State meet since 2007. We even had a State Champion.

People love a legacy. That is what North has in the 800 meter run. With Taylor Samples scoring at Girls State, North has had a Warrior in a State 800 meter final in each of the last *four years!* Guess which other schools can match this record: a) Brookwood & Marist, b) St. Pius, c) Westminster & Marist, d) Brookwood, e) all of these schools? Go to the end of *The Running Warrior* for the answer.

The *Running Warriors* also had many accomplishments off the track and trail this year. Yet again, a *Running Warrior* received the Warrior Award for the most outstanding scholar athlete at North. This is a testament that good academics and running go hand in hand. Because of a successful four year career, three *Running Warriors* will move on to compete at the collegiate level.

I had the opportunity to attend the Atlanta Track Club's (ATC) All-Metro High School Track and Field awards banquet at Westminster on May 29th. *Running Warrior* Booster Club

Board Member Hawthorne Wesley initiated this high school award ceremony 50 years ago. Our hats are off to Hawthorne for a job well done for 50 consecutive years!

At the All-Metro awards ceremony I had the pleasure to meet many great coaches and athletes. One of whom (Dwight Phillips) was inducted into the ATC's metro high school Hall of Fame. The other person (Adam Nelson) gave an emotional speech about what it is to be a track and field athlete in the US these days. He said that if you are participating in track and field for the extrinsic rewards (e.g. money, Cliff bars), you are doing it for the wrong reasons. He said that you must truly love the sport, be self-motivated and do it for the intrinsic rewards (e.g. psychic gratification of a job well done).



Coach Sanderlin (center) surrounded by two of his biggest field heroes. On the left is former Lovett standout, Dartmouth NCAA champion, and Olympic Gold Medalist (Athens 2004) in the shot put, **Adam Nelson**. On the right is former Tucker standout, Arizona State All-American, Olympic Gold Medalist (2004), and six-time World Champion in the long jump, **Dwight Phillips**. Note Nelson's Athens Gold Medal and Phillips' Hall of Fame plaque.

I remember watching Adam throw the shot at the Athens Games. The shot put competition took place at the historic site of Olympia, Greece. The shot ring and throw sector were actually set up where the original ancient Olympic shot put took place some 2,700 years before (776 B.C.)! The victors in 2004 were crowned with laurel wreaths, just like their Greek Olympic brethren centuries before. This was special to me, since being a hard core track and field fan, I have traveled to Olympia and seen the hallowed grounds of the ancient Olympic Games. It is a site like no other.

There are some great meets coming up, many of which will be on TV. The NCAA Division I Outdoor Track & Field Championships are this weekend (will Oregon take both the men's and women's crown or will Florida or Texas A & M have other plans?) and the adidas Grand Prix Dream HS mile is Sat. June 14. Outdoor nationals happen in a couple of weeks. The

Georgia Junior Olympics USATF meet is June 19-21 at Carrollton. The GA Games are in July.

What makes track and field exciting is that there are only a few sports (track, swimming, track cycling, rowing, and shooting) where you can see the best performances in history before your eyes. The performance is not subjective or open to debate. It is quantifiable and definitive. It doesn't have to be a world, national, continent, age group, collegiate, high school, meet, or school record to be enjoyable. It can be as simple as the all important personal record or PR. The essence of sport is all about measuring and improving performance. Track and Field clearly reflects that simple, yet basic premise. While ball sports may be exciting to watch, from the athlete's perspective they often fall short on measuring top performances (a case could be made for baseball with its myriad of statistics).

On a sad note, we'll miss all of our graduating seniors. However, they have great futures ahead of them. This issue explains about three of their futures.

For a calendar of summer running events go to our web site: www.narunningwarriors.com

Let's keep the summer mileage up and running logs going!

North Hosts Successful Region 6 AAAAA Championships

On April 15-17, North hosted the first regional track and field championships in school history. The meet went well, as many coaches, athletes and fans said what a great meet it was, despite the cold temperatures and high winds on the first day.

The *Running Warriors* teamed up with NAHS Robotics to have the Warbotz robotic vehicle retrieve the thrown discuses back to the athletes. The Warbotz was built by the robotics team, and boy did it do its thing! This was the first time on record that a robotic vehicle has ever been used to retrieve throws implements (discus, shot put, javelin, etc.) in a regional high school competition in the U.S.!



NAHS Robotics' *Warbotz* is hard at work recovering thrown discuses at the 5A Region 6 meet at North on April 16th. *Warbotz* made history as the first robotic retriever of a discus in the United States at a high school regional competition.

Two Track and Field School Records Improved

Since the last issue of *The Running Warrior*, two more school records were broken. Junior Chloe Tillis improved her long jump school record at the Sectional meet going 17-6.5. Junior Zamir Steed improved her triple jump record to 36-2.5



Track & Field Wrap Up - Warriors Score Big at State Meets

North Atlanta sent the most athletes (5) to the state meet since 2007. Six athletes made it to Semi-State (aka Sectionals).

In the girls' State Meet at Albany, junior Zamir Steed opened the competition for the Warriors in the triple jump. She was ranked last, even after breaking her school record to go 35-0 at Semi-State. Being ranked 16th (last), she was the first athlete to jump. And jump she did, as she uncorked a powerful jump breaking the sand at 36-2.5. This upped her school record by a huge 14.5 inches. Because of that first big jump, she put intense pressure on her competition. Some of whom folded under the pressure. This big jump enabled her to score at State with a seventh place finish. The winner went 41-11 and broke the State record.



Zamir Steed attacks the triple jump runway on her step phase at the Girls' State Meet in Jefferson on May 2nd. Steed improved her triple jump record three times this year.

Next, junior Chloe Tillis competed in the long jump. She had a solid series, with her best jump being 17-2 (into a .6 headwind), only inches off of her school record for 10th place.



Chloe Tillis at take off in the Girls 5A State long jump at Jefferson on May 2nd. Tillis upped her school record twice this year in the long jump.

On Saturday May 3rd senior Taylor Samples ran in the 800 and finished eighth in the final to score for the Warriors and making it four consecutive years to have a Warrior in a State 800 final.



Taylor Samples on the scorers podium at the Girls' State Meet in Albany on May 3rd. Samples is the second fastest 800 runner in North school history.

On May 8th at the Boys' State Meet in Jefferson, senior John Rudd put 10 big points on the board for the Warriors as he won

the 5A pole vault at 13-6. John is only the third North boy to win a State Title. The last was Mario Butler '98, who won the 400 AAA title in 1997.



King of the Hill - **John Rudd** atop the victory stand as the best 5A vaulter in the state. John established the boys' pole vault record at North three years ago and has broken it multiple times each year since. Which boy will step into John's spikes next year to be the next *Vaulting Warrior*?

Senior Rickey Waddell was ranked 10th going into State in the 300 meter hurdles. In the prelims, he scored a personal record (PR) and moved up to seventh. In the final, he ran the race of his life, getting yet another PR to finish fifth and score four points. This gave the Warriors 14 points for a 14th place finish at State. This is the second best finish at State in the last 10 years, only slightly eclipsed by the 13th place (16 points) finish in 2011.



Rickey Waddell attacks the eighth and last hurdle in the State 300 meter hurdle final in Jefferson on May 10th. Rickey became the second fastest 300 hurdler in North history behind Adrian Fox '92.

ATC All-Comers Wrap Up Tues June 17th

You never know who you will see at the Atlanta Track Club's All-Comer meets at Emory. They are all there from Olympians to your high school nemesis. Anyone can participate at the All-Comers meets at Emory. The last one is at 5:30 PM Tues., June 17th. In the past there have been such notables as Olympic Gold medalist (400 hurdles and 4 X 400) Angelo Taylor who was captain of the US Track & Field team in London for the 2012 Olympics. The meet only costs \$1 and is a great way to have fun and get a good competitive time.



Long time North running fans may remember former North nemesis from Grady, **Zane Coburn** (2nd from R with Phidippides singlet). He was caught winning the 800 in 1:51 at an ATC All-Comers in May. Coburn was a multiple time State Champion (800 & 1600) at

Grady. He went on to run at UGA and is rumored to have transferred to GA Tech.

Three Warriors Continue on to Compete at the Next Level

Following in the footsteps of Rafael Salis and Malik Epps, three graduating seniors will go on to compete at the collegiate level:

1. John Rudd will vault for Rice University
2. Rickey Waddell will hurdle and sprint (and maybe even throw in an occasional 800 or steeple) for Bard College (Div. III). Waddell won a prestigious Posse Scholarship.
3. Shane Canton who became the second longest triple jumper in North history at 42-0 (an improvement of four feet over his junior year's mark), will jump and sprint at Div. III Carnegie-Melon in Pittsburg.

This makes the fifth consecutive year that from only a handful of graduating *Running Warriors* each year, we have had at least one compete at the collegiate level. All three will attend highly rated academic institutions.

Three Bard College men track and field athletes made their conference (Liberty League) All-Academic team. That represents a whopping 20% of their team. Waddell has the potential to win up to three conference titles for Bard as a freshman. If you look at the Liberty League [outdoor conference results](#), his 59.86 400 hurdle time (summer 2013 – so he should improve on that this summer) would rank him third (only returners counted). Waddell's 400 PR of 50.54 (2nd City Champs in 2014) would rank him second in the Liberty League. If you add in the triple jump, where he has 40+ foot potential, well you can see he would be in scoring position there too!

The Carnegie Melon men finished second in their University Athletic Association (NYU, Washington, Emory, Chicago, et al) outdoor conference championship.



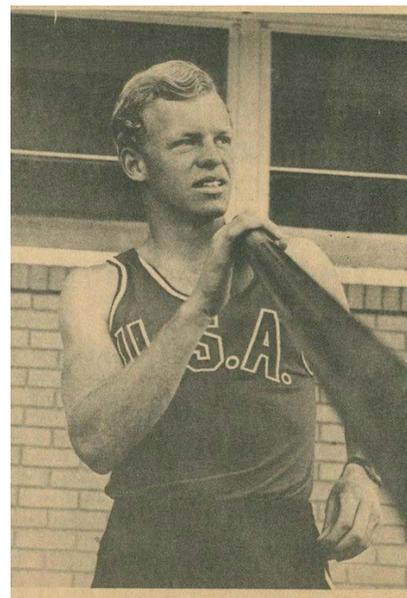
Click on CMU's Tartan "Pup" above to go to the Carnegie-Melon Men's Track & Field web site.

Rice University has a deep and rich history in the pole vault. Fred Hanson, a 1963 Rice graduate, won the pole vault gold medal at the Tokyo Olympics in 1964.

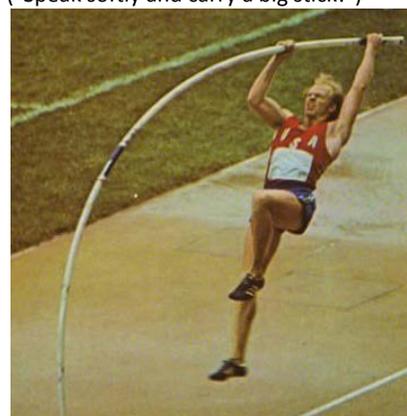


Former Vaulting Owl **Fred Hansen** at the Tokyo Olympics.

Dave Roberts, a 1974 Rice graduate, won the bronze medal in the pole vault at the 1976 Olympics in Montreal.



Yet another Olympic Vaulting Owl, a young **Dave Roberts** for team USA ("Speak softly and carry a big stick!")



Dave Roberts in the 1976 Olympic Games at Montreal.

David Butler, a Rice assistant coach, is widely regarded as one of the top pole vault coaches in the country. He has coached an NCAA champion and several Conference USA champions.

Running Warrior Receives Awards

Senior John Rudd was named the *Northside Neighbor's Athlete of the Week*. He also received the prestigious Coca-Cola Warrior Award as the outstanding scholar (10th in his class) athlete (state champion) at North. This is the second time in only three years that a *Running Warrior* has won the coveted Warrior Award!



Running Warrior sophomore **Glenda Tutt** shares a proud moment with **John Rudd** at graduation as he holds his diploma and Warrior Award.

New Web Site Coming

North will have a new *Running Warrior* web site next fall, as will all of the sports. The NAHS Athletic Department is consolidating all of the different sports' web sites under one consolidated banner. The site will look uniform and be similar to collegiate sites for consistency. All college sites have a standard site that lists: news, roster, schedule / results, coaches and recruiting. For example, go to UGA's [Bulldog Track and Field](#) web site to see for yourself.

Our objective is to leave the *Running Warrior* brand (XC and T & F) intact and simply add to consistency and ease of use.

"Bring Back the Mile" Time Trial Scheduled for August 15th

By working with our Athletic Director Doug Britten, we are cross promoting and showcasing both our "Bring Back the Mile" Time Trial for cross country, as well as the excitement of Warrior Football. The "Bring Back the Mile" event will be on August 15th at the halftime of the North versus Lovett (2A State Football Champions) pre-season football

game. This will surely boost the crowd, as sport fans can view two of their favorite fall sports (running and football) at once! To see the excitement generated by "Bring Back the Mile" click here for highlights of [last year's time trial](#).

There is even a web site to help promote the mile distance (versus the less meaningful 1600) www.bringbackthemile.com.

What makes this event even more special this year is that it is the 60th anniversary of Sir Roger Bannister's breaking of the four minute mile.



Roger Bannister breaking the 4:00 barrier on May 6, 1954 at the Iffley Road Track (note the cinder surface) in Oxford, England. Note the hand on the face (in disbelief) of the man kneeling with the clipboard. Bannister broke the barrier and world record as a medical student running for the British Amateur Athletic Association (AAA) in their dual meet against Oxford University.



Last year's Girls "Bring Back the Mile" Time Trial featured school record holders (L to R) **Abigail Ships**, **Taylor Samples**, and **McKenna Johnson** as *Running Warrior* Dad and Open Mile winner **Chris Nelson** looks on. On the far right is *Running Warrior* alum **Malik Epps**. Ships and Johnson will duke it out on

August 15th, as Samples if off to the University of Georgia.

Nutritional Corner



The Athlete's Kitchen (from National Masters News – March 2014 by Nancy Clark:

Once upon a time warriors (the original athletes!) ate lions' hearts. Today, athletes seek out energy drinks and protein shakes. Times have changed! Here is an updated list to help resolve confusion.

OLD: The lighter you are the better you will perform.

NEW: Research with elite female swimmers indicates those who restricted calories in the pursuit of thinness lost speed (but not body fat) during a 12-week training cycle, while those who ate adequately swam faster.

OLD: If you want to lose weight, go on a diet.

NEW: Diets do not work. If diets did work, then everyone who has ever been on a diet would be lean. Rather than going on a diet, try to make just a few basic changes, such as 1) choose fewer processed snacks in wrappers and instead enjoy more fruit (fresh or dried) and nuts, and 2) get more sleep. Lack of sleep can contribute to not only weight gain but also reduced performance.

OLD: Slabs of roast beef help build bigger muscles.

NEW: Because the body can only utilize about 20 to 25 grams of protein at one dose, you won't build bigger muscles by eating jumbo portions of beef / meat in one setting. A better bet is to cut that slab of meat into four pieces.

Enjoy those deck-of-cards size pieces at least every four hours, so you get 20-25 grams of protein at each meal and afternoon or evening snack.

OLD: Don't eat before you run (versus compete). The food just sits in the stomach and doesn't get digested.

NEW: You can digest food during a run as long as you are exercising at a pace you can maintain for more than 30 minutes (e.g. long run or easy run over 30 minutes). Fitness runners can benefit from a small pre-exercise snack as tolerated (e.g. banana or granola bar) to get their blood sugar on the upswing.

Cross Country Conditioning

Cross country conditioning has started with practice twice a week through July. We'll be off the week of July 4th. Check our web site for details. Remember mileage logs (can be downloaded from our web site) are due on June 25th and July 15th. Official practice starts on Aug 1st. We will most likely have our 5K time trial on Aug. 9th (Memorial Park????).

High School Runs at Phidippies Running Store Wed. Nights

Sloan Ware of Phidippies will conduct weekly runs for high school runners at 6:00 PM on Wednesday evenings this summer. Phidippies is located at 1544 Piedmont Ave. in the Ainsley Mall. So, if you work during the day and can't make our conditioning practices, Sloan will be expecting you!

Track & Field TV Schedule

1. **June 13** - NCAA Outdoor Champs on ESPNU - 7:30 PM
2. **June 14** - NCAA Outdoor Champs on ESPNU - 5:00 PM



University of Oregon freshman **Edward Cheserek** wins the NCAA Div. I 10,000 meters in **28:30** in front of his hometown crowd at Hayward Field in Tracktown USA (Eugene, OR) on June 11th.



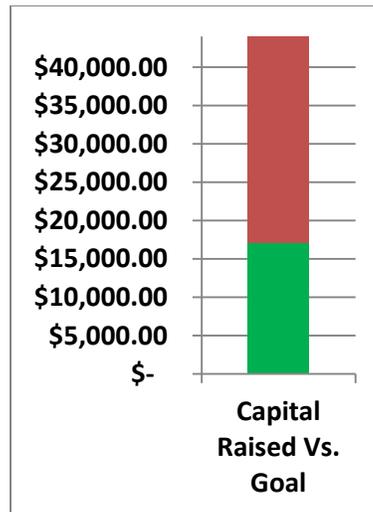
It is interesting to note that the high school 10K record is **28:32** set by **Rudy Chapa** of Hammond, IN HS on April 24, 1976 at the Drake Relays (above). Chapa (L) battles eventual '76 Drake Relays 10K winner Ed Mendoza of Arizona (37) who was a US Olympian in 1976. This race qualified Chapa for the US Olympic Trials. Chapa's national high school record still stands over 38 years later! His 5K splits for this record race were **14:13 and 14:19**.

June 28th and 29th – USATF US Outdoor Championships on NBC - 4:00 PM

Answer to Question on Pg. 1:
Answer is D. Brookwood is the only other school besides North to have an athlete in an 800 state final in each of the last 4yrs.

Capital Campaign Update

The *Running Warrior* Booster Club (RWBC) Capital Campaign continues to move ahead. So far we are at 40% of our goal of paying off our loan on the track and field equipment.



We will have memorialized bricks for donations of \$500 or more. Your name will go on the brick which will help pave the **Running Warrior Winners Circle** being planned for the new stadium expansion. **So, please make your tax deductible contribution today!** Make your check out to: NAHS Athletic Booster Club and put on the memo line "*Running Warrior Capital Fund.*" You can give your checks to [Coach Sanderlin](#). All individual gifts up to \$5,000 for a total of \$15,000 will be matched. **Please contribute no matter how small the amount.** Many parents are getting their athletes' grandparents to contribute with a gift in the name of their *Running Warrior* grandchild. This is a smart way to help them manage their estate planning in a tax advantageous manner.



Running Warrior web site:
www.narunningwarrior.com
NAHS Field and Track / XC Stats Page:
<http://ga.milesplit.com/teams/NAT1>
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