



THE RUNNING WARRIOR



Volume # 3 Issue # 4 The Best In Running, Jumping, Throwing, and Walking July, August 2014

From the Editor – It’s hard to believe that another school year has already started. Time flies when you are having fun. In this issue we will discuss the summer club track scene, nutrition, cross country outlook, and talk about what it takes to be a State Champion. We’ll also take a peek into the track and field schedule next spring, discuss plans for the Warrior Woods and report on the “Bring Back the Mile” Time Trial.

Some of you may be wondering what the *Running Warrior* “Nation” really is. The “Nation” consists of: North cross country and track athletes, their parents, teachers at North, fellow students, the athletes’ friends, Running Warrior alumni, and staff and administration at North. It was good to see alumni back as rabbits for the “Bring Back the Mile” Time Trial. I knew that the “Nation” had gelled when custodians at North asked me “How many folks did we get to State” this past spring. When the custodians recently asked me “How does the cross country team look,” I knew that we had made an impact on the community and had come together as the *Running Warrior* Nation.

The *Running Warrior* Nation is a culture of community. An inclusive culture based on commitment (versus mere “interest”). The Running Warrior

brand has truly become larger than any one of us.

By now everyone has noticed the new track and field equipment we got in February. For those who don’t know, the track and field equipment was not supplied by APS. The Running Warrior Booster Club secured a \$44,000 loan to purchase the equipment. We have raised \$17,000 to pay the loan back and accordingly still need to raise \$27,000 more. Coach Sanderlin will match all contributions. All contributions of \$500 or more will get a brick on Warrior Way (in the *Running Warriors* Winners Circle) in their honor. To make a tax-free contribution to the *Running Warrior* Capital Campaign contact Coach S. at georgesand@aol.com.

Both football and cross country are using the new track and field equipment (e.g. hurdle drills for developing flexibility). About the equipment, Coach Sanderlin said, “This is simply the most recent example of our ongoing mission to ensure that your students are put in the best possible position to succeed not only on the track but in the classroom and beyond.”

One thing that many coaches at North have noticed is the need to better prepare middle school athletes for high school, both academically and athletically. To that end, we have invited the

Sutton cross country team to join us for practice at North at least one day per week (Tues.).

Currently, we have no freshmen boys from Sutton running cross and only two sophomores. We have only three freshmen girls and no sophomores running cross. This does not bode well for the future. Also, this is the third year in a row that at least two girls in our top 10 have quit the team. This cannot continue and steps are being taken next year to keep the girls focused over the summer. The top five girls will spend a week at the Nike Smokey Mountain Running Camp in July in Asheville, NC at a minimal cost to them.

Some of the explanation for the lack of freshmen was that the students needed time to focus on academics. In theory, that is great. “Academics first” is what the *Running Warriors* always say. However, by “preparing the road for our children,” are we really doing them a service for later in life? It takes years to build an aerobic endurance base. So, if an athlete takes off (i.e. does not run) their freshman year, they will fall behind every other runner in the state who has gotten that critical first year of high school competition under their belt. The *Running Warrior* philosophy is different than that of some parents. We are preparing their children “for the road.” We will

not prepare “the road for their children!”

In becoming a *Running Warrior*, student athletes learn first-hand about *leadership* and *commitment*. These are two important values that need to be instilled in our youth if we are to prepare them for the road. Many students confuse interest (they “dabble” in a sport or sports) with commitment. Interest is something you do when it is convenient to you. Commitment is something you do without fail and do not make or accept excuses. Commitment takes focus which helps students manage themselves in relation to time. These attributes are critical to success in life.

It Takes a Village!

Isn't that what Hillary Clinton said? It is rare that anyone accomplishes tough, important goals solely by themselves. Many folks have an entourage or support system.

For instance, let's look at 5A State pole vault champion John Rudd.



(L to R) Coaches Sanderlin, Fairbanks, Stafford, and Grant with Rudd '14 (Center) after Rudd won the State AAAAA Pole Vault Championship in May at Jefferson.

The above picture shows some of the support cast that North used to assist John. However, two more important people are missing from this picture - DaShawn Thomas and Chandler Rudd. DaShawn worked with John on sprint dynamics and speed development.

John's father Chandler was obviously the critical cog in the wheel, feeding, clothing, paying for vault lessons and driving John to Pole Vault Atlanta at the Atlanta Girls School.

What is interesting is that each person who helped John had a unique and important role. Coach Fairbanks of Pole Vault Atlanta has coached many state champions. He had the critical job of teaching John how to vault and training him on the fundamentals and vault drills. Coach Sanderlin was responsible for John's overall training program. Coach Stafford acted as John's meet coach, helping him set strategy like starting height and when to pass at a height. Coach Stafford is a USATF certified official has officiated pole vault competitions at a national level. Coach Grant was John's strength and psychological coach. Whenever John needed encouragement, Coach Grant was there. Whenever John needed a push (which wasn't often) Coach Grant was there.

The team worked together for this athlete and one common goal – a state pole vault championship. It worked. What's more important is that it can be replicated. With one of the best high school pole vault set ups in the entire Southeast (North's pit, standards and runway are the envy of every high school in the state) and Pole Vault Atlanta right down the street, it doesn't get any better or easier than that. Pole Vault Atlanta is one of the top high school pole vault clubs in the Southeast.

John spent countless hours taking advantage of this great situation, and it paid off. So, the water is right in front of all North athletes. The water is cool, clear and clean.

Now all we need is for the athletes to drink.

Summer Track Finishes Strong

The summer track season finished strong with several athletes making it to the USATF Junior Olympics Nationals.

Taylor Samples' 17-18 Quicksilver team finished third in the nation in the 4 X 800m relay. Glenda Tutt, Steven Spears, Shane Conton and Ellie Hudson also made the trip to Houston. Conton upped his triple jump PR during the summer to 45-2. He will be heading to Pittsburg this summer to study and compete at Carnegie-Melon. His 45-2 would rank him second in his collegiate conference championships. Tribou ran the 3K in 9:58 which equates to a 10:39 3200. That would be the second fastest 3200 in the last 11 years at North. Only Carlos Santizo's '13 regional scoring finish of 10:38 was faster since the Arega brothers consistently ran in the nines in the early 2000's.

Both Records Fall In “Bring Back the Mile” Time Trial

The second annual Bring Back the Mile” Time Trial was unique since it was run on August 15th under the lights at the halftime of the North vs. Lovett pre-season game in front of 1,500 spectators.

This was a momentous occasion, since it also marked the 50th anniversary of the first high schooler to break the four minute barrier in the mile. In 1964, high school junior Jim Ryun (East, Wichita, KS) had just won the Kansas high school state mile championship. So, his coach took him to Los Angles to compete against the Olympians and collegiate elite (there were no pros then) at the Compton Invitational on June 6, 1964. What is

interesting is that Ryan was bumped off the track and recovered only to finish eighth and last. However, his 3:59.4 made history.



Jim Ryan makes history again. This time at the Kansas State HS Track Meet (above) in 1965 as he wins the mile his senior year in a new high school record of 3:58.3. This still stands as the fastest time in a race that only included high schoolers. Later that summer, Ryan went 3:55.3. That HS record stood for 36 years until Alan Web ran 3:53.4 to break it. He still holds five of the fastest six high school mile times in history.

Both the boys and girls records fell. Sophomore Jackson Pearce, after being paced for three laps by North alum Malik Epps (Harvard), ran a 4:49 to chop 13 seconds off of his previous meet record. Junior Jack Tribou edged under five (4:59) for second.



(L to R) Tribou (Quicksilver), Spears (Quicksilver), and Pearce (Oregon Project) are paced by alumni Epps '12.

Junior Glenda Tutt won the girls race in a meet record 5:56, slicing one second from the previous record set by this year's pacesetter Taylor Samples '14. Junior Madeline Pearce was second in 6:00.



Tutt breaks the tape in a new meet record as senior Hannah Hurowitz (L) and Sutton Harrier Matthew Aspinwall hold the tape.



Cross Country Outlook

The cross country squad should have one of its best teams in history. The Girls, who were pre-season sixth in the State and were projected, were dealt a tough blow when two of the top five scorers from last year's sixth place (State 5A) team decided not to run. Newcomer Caroline Hall (Pace Academy) and freshman Jennifer Lusk should pick up the slack. The experienced core of juniors Madeline Pearce (5K school record holder and team time SRH), Glenda Tutt (team time, 1600, DMR and 4 X 800 SRH), and Lydia Zemali (team time SRH) will be led by senior Captain Kendall DeLaria (state XC meet competitor).

The boys (18th place State finish last year) could repeat as a top 20 contender. However, with number two runner at State Jack Long opting for football and Jack Matute (City Champ at 3200m) transferring to be a Running Shark for Gulf Coast H.S. (Naples, FL), someone will have to step up for this to happen. The harriers also just lost

freshman Adrian Hernandez (19:17) who transferred to 5A rival Allatoona.

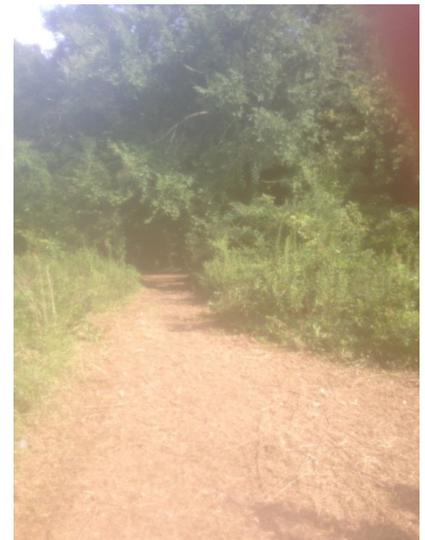
Sophomore Jackson Pearce is back and running as strong as ever, breaking both the 5K time trial record as well as the Bring Back the Mile record.

Pearce will be chased by junior Captains Jack Tribou (team time and 4 X 1600 relay SRH) and Steven Spears (team time and 4 X 1600 relay SRH).

Running Warriors Prepare to Unveil Trail in Warrior Woods

The Running Warriors have made an 800m trail in the Warrior Woods on the southeast corner of the campus (outside of perimeter road and adjacent to The Lawn).

Parent Mark Spears and athletes Steven Spears, Graham Palmer and Philip Brahana have worked hard to make this trail a reality. We'll officially open the trail on Friday, Sept. 5th with a ribbon cutting ceremony, refreshments and Warrior Run.



View from the start of the trail going into the woods.



View of the trail as it “snakes” between the bamboo!



View of the backside of the trail as it approaches The Lawn.

Nutritional Corner



The Athlete’s Kitchen (from National Masters News – July 2014 by Nancy Clark:

Runners Staying Away From Carbs: Really?

For runners who routinely train hard four to six days per week, carbs enhance performance and should be the foundation of each

meal. The International Olympic Committee (IOC) research based recommendations for an optimal sports diet include far more carbs than you might realize. So what does this recommendation look like in terms of food? For a 150 lb. runner who trains hard an hour a day and remains somewhat active the rest of the day, this comes to 375 to 450 grams of carbohydrate per day, the equivalent of 1500 to 1800 calories of carbs. This is more than a few blueberries, a spinach salad, and a pile of broccoli!

While I suspect many of you are rolling your eyes right now and thinking, “My body is different from everyone else’s. I could never eat that many carbs without getting fat”, believe it or not, this is an appropriate intake. Here’s how that 150 lb. runner might want to evenly distribute carbs throughout the day:

MEAL	CARB grams	SAMPLE
Pre-exercise snack	40	Clif Bar
Post-exercise breakfast	110	<ul style="list-style-type: none"> • 1c dry oatmeal cooked in 1c milk • Large banana • Honey • 22 almonds
Early lunch	125	<ul style="list-style-type: none"> • Turkey sandwich • Fruit yogurt • 4 fig newtons
Pre-practice snack	45	<ul style="list-style-type: none"> • Trail mix • Latte w/ low fat milk
Dinner	110	<ul style="list-style-type: none"> • A protein + 2 cups brown rice • 1.5c cooked carrots

This plan offers a hefty dose of carbs and calories throughout the

active part of the athlete’s day, when the body needs the fuel.

Run Safely

There is an article on the Running Warrior web site <http://www.narunningwarriors.com/Running%20Safety.pdf> about running safety. Please download and read this important article that will keep you safe in a race, on the trail, or on the roads.



Running Warrior web site:

www.narunningwarrior.com

NAHS Field and Track / XC

Stats Page:

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

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