



THE RUNNING WARRIOR



Volume # 3 Issue # 5 The Best In Running, Jumping, Throwing, and Walking September, October 2014

From the Editor – Many exciting things have happened in the Running Warrior Nation during the last couple of months. Cross country season wrapped up and what a wild season it was. The Running Warrior Trail deep in Warrior Woods was opened and we started a Girls Running Group (GRG) at the La Amistad after school tutoring group.

To further our bond with Sutton, we agreed to let Cougars practice with our cross country team on Tuesdays. This worked out very well and will help prepare Sutton student athletes for the transition to high school.

We'll update you on the cross country season, as well as talk about what we have planned for conditioning and the outdoor track and field season.

I had the opportunity to attend the Middle School State Cross Country Championships on October 18th in Cochran, GA. The Sutton athletes did well on the gently rolling course.

State in Cochran: (L to R) Max Muir, Alden Sweatman, and Matthew Aspinwall. Max and Matthew will be running for North next year while Alden has to wait one more year!



Cougar girls anxiously await the start of the 2 mile Middle School State Meet race: (L to R) Serena Miller, Dalen Saunders, and Aubrey Miller – all 7th graders)

During the Cross Country “Starting Gun” meeting for parents and athletes, we talked about the six things that every young person needs. This is important, in that both Cross Country and Track and Field will offer all of these six items to student athletes at North, whereas other sports and or schools may not, or cannot, do this.

6 Things Every Young Person

Needs:

1. **Time** – Coaches spend approx. 200 hrs. with your child during the season.
2. **Love** – The Coaches (save for Coach Stafford) don't have children, so we treat yours like they were ours. The tight-knit *Running Warrior Nation* is supportive of all members.
3. **Words** – We strive to develop memorable expressions that

will help your student athletes learn life's important lessons sooner, rather than later. We offer encouraging words of wisdom (e.g., “Hindsight should be better than 20/20. It should be *microscopic*.”)

4. **Stories** – Legendary stories of Running Warriors are passed down from class to class (e.g., The Arega Brothers and Malik Epps setting a PRs and SR in one afternoon – well warmed up)

5. **Tribes** – We divide up into small teams for inter-squad competition. This allows the student athletes to create and participate in tribe like interdependencies, relationships and selfless behaviors. Tribes have rituals like the hunt for “Squeaky” The Squirrel.

6. **Fun** - We always strive to make running fun (tunes, popsicles, scavenger hunt, etc.)

Cross Country Wrap Up

The cross country teams finished the season with good team times at the Region 7 meet (both the boys and girls had the fourth fastest team times in school history). However, it wasn't enough to get them to State, as both teams finished ninth in the most competitive region in the state.



Sutton boys prior to toeing the line at

Highlights of the season include the girls' win at the APS City Champs (third win in a row), as well as a third place finish at Aubrae Gunderson Invitational. The Gunderson finish ties the girls' best-ever invitational finish. The girls were led by junior Glenda Tutt, who lowered the junior class record to 20:23 (15th place at Region and 2nd at City Champs).

The boys' season was highlighted by a second place finish at the APS City Champs. The boys were led all season by sophomore Jackson Pearce who lowered the sophomore class record to 17:21. He also won the APS City Champs. This was the third year in a row that a North boy has won the individual title.



Sophomore Jackson Pearce twice lowered the class record set by Jack Tribou. He overtakes Grady senior Carter Guensler for the APS City Champs win. He was named the Northside Neighbor's Athlete of the Wk. on Oct. 30th. Photo – E. Pearce



Junior Lydia Zemmali on a cold day at Region (Boling Park – Canton). Photo – D. De Laria



Senior Captain Kendall De Laria receives her medal for a 20th place finish at Aubrae Gunderson.



Junior Hunter Riggall helped pace the boys to a JV School Record for total team time of 1:36:52 at the regional meet, eclipsing the previous record of 1:39:30 set during last year's regional meet at Druid Hills Middle School. Photo – D. De Laria

An Interview with Hawthorne Wesley

By Anna Gustafson

At most of the big Warrior cross country and track and field meets (eg. city champs, invitationals, region and state), you can see an elderly gentleman wearing the spirited silver and black cheering on our athletes. This man is Hawthorne Wesley, a veteran *Running Warrior*. He has been cheering on the Warriors since North Atlanta's formation in 1991.

A North Fulton High School alumnus of 1953, Wesley found his calling as a runner after trying many other sports. North Atlanta was formed when Northside and North Fulton high schools merged. He says everything has changed since his first race in 1949. He said, "There was a lot of dirty stuff back then. Sometimes I had to slug my way through a pack to win."

His success at North Fulton led him to Auburn University where he ran endurance for four more years. After graduation, he founded the Atlanta Track Club (ATC) in 1964. "It turned out far better than any of us anticipated when 24 of us met, we had no idea what it was going to become," said Wesley.

He served on the ATC's board of directors for 25 years, including a term as president. His favorite race has been the Peachtree Road Race, not only because of the "prestige, but because we make quite a lot of money off of it."

Wesley started the ATC's prestigious All-Metro (Atlanta area) High School Athlete Awards for both cross country and track

Cross Country award winners:

2014 NAHS XC AWARDS	
AWARD WINNERS	
NAME OF AWARD	ATHLETE NAME
1 Most Valuable Runner	Jackson Pearce
2 Most Valuable Runner	Glenda Tutt
3 Warrior Award	Jack Tribou
4 Warrior Award	Kendall De Laria
5 Scholastic Award	Nicholas Durham
6 Scholastic Award	Lydz Zemmali
7 Top Newcomer	Jennifer Lusk

and field. Last year marked the 50th anniversary of his management of the awards program and banquet. Last year, the ATC named a \$2,500 scholarship in honor of founding member Hawthorne Wesley, and his dedication to high school running. The scholarship is awarded to a male Metro Atlanta high school senior.

He said, "I'm pleased with how the cross country and track teams have progressed over the past few years under Coaches Grant and Sanderlin." Currently, Mr. Wesley is serving his second term as a member of the *Running Warrior* Booster Club's Board of Directors.

(Ed note: Gustafson is a Senior at North and a member of the cross country team. She shows real promise as a writer).



In May 2014, Mr. Wesley presents the first *Hawthorne Wesley Scholarship Award* to Keenan Farmer of Walton H.S. at the ATC's All-Metro Area Track and Field awards banquet.

Running Warrior Booster Club Starts Girls Running Group (GRG) at La Amistad

The Running Warrior Booster Club has been targeting the Hispanic community for runner development for some time now. That objective became a reality in October as North helped to form a GRG at the after-school tutoring program La Amistad.

Kendall De Laria, Lydia Zemmali, McKenna Johnson, Murphy Rief, and parent Carla Mabrey are leading the charge to

expose these girls to running on Tuesday evenings.

If you are interested in helping out with this important program, contact Coach S.



North girls with Tina Klein (L) and La Amistad's newly formed GRG.

Running Warrior Trail Opened on Sept. 5th

Deep in the Warrior Woods winds the 800m Running Warrior Trail. The Trail was unveiled on Sept. 5th with a ribbon cutting.

Thanks to all who worked throughout the summer and August to make the trail a reality: Parent Mark Spears and students Steven Spears, Graham Palmer, and Philip Brahana.



The Running Warrior Trail as it "snakes through the bamboo!"



The trail is a soft composite of dirt, grass, bark, wood chips, leaves, pine needles, etc.

The trail may be expanded in the future. We are also looking into

putting some wood chips on the grass section at the top end of the trail. The next work detail will include shoring up the trail as it approaches the Lawn, to make it more level.

Conditioning Started

Conditioning for track and field started on Monday, Nov. 17th. Conditioning is open to all North athletes and goes Mon. – Thurs. from 4:00 PM to 5:45 (usually done by 5:30). Meet at the south side stands at the track. If it is raining or below 40 degrees, meet in the hall in front of the gym.

Conditioning is important, because all track and field athletes are expected to be IN SHAPE when they report for the first day of official practice on Jan. 20th. The reason being that Time Trials to determine the team will be held Jan. 20th and 21st. The season is for building speed, strength and refining technique, not getting into basic shape!!! Our first outdoor meet is Feb. 18th at North. We will be running girls state champion and cross-street rival Lovett. So let's get conditioned now!

Now's the Time to Start on Technical Events

Now is the time to start on those technical events like the pole vault, horizontal jumps, throws, and hurdles. These technical events take many months to master and the short Georgia high school season makes it almost impossible to learn an event during the season. Technical events should be started now.

Pole Vault Atlanta www.pvatl.com is one of the top high school pole vault clubs and training camps in the Southeast and it is located only two miles

from North at Atlanta Girls School. North state pole vault champion John Rudd learned how to vault at PVA.

Throw 1 Deep www.throw1deep.com is one of the top high school throws camps in the Southeast and is located only 15 minutes up the road in Marietta. North track and field athletes should take advantage of this unique opportunity and attend weekend sessions at these clubs from now until March.

A jumper (horizontal or vertical) who gets 500 jumps in prior to the official start of practice on Jan. 20 will have a tremendous advantage over competitors and teammates who have less than 100 attempts prior to season start. The same goes for hurdles and throws.

Sutton Harriers Work Out With North

For the first time in history, several Sutton athletes came to North one day a week to work out with the cross country team. In fact three runners ran JV for North at the Region: Max Muir, Matthew Aspinwall and Kate Breeden. Endurance running is a year round sport. It takes years to build a strong aerobic base. So, the more practice days and the more miles the better.



"Suttonite" Kate Breeden who ran JV for the Warriors in the Regional Meet, receives her fourth place medal in the Middle School Division of Aubrae Gunderson.



Sutton eighth-grader Matthew Aspinwall (L) at the mile mark of the State Middle School Meet in Cochran. He later ran a PR 19:18 (5K) at the Region JV meet as the number three runner for North and helped the team break the JV total time school record.

Booster Club Elects Board

The *Running Warrior* Booster Club held their annual meeting on Sept. 9th. At that meeting they set their agenda for 2014-15 and elected a new Board. The board members are:

- o George Sanderlin - President
- o Laure Tribou - Vice President
- o Allyson Hill – Sec. /Treasurer
- o Carl Mabrey
- o Hawthorn Wesley
- o Patrick Stafford
- o Mark Spears
- o Susan Aspinwall
- o Steven Spears - Athlete Rep
- o Glenda Tutt - Athlete Rep
- o Jack Tribou - Athlete Rep

If you would like to become active on a committee of the Board, please contact Coach S.

Nutritional Corner



The Athlete's Kitchen (from National Masters News –Oct. Nov. 2014) by Nancy Clark:

To Eat or Not to Eat: The Pre-Run Question

Does what you eat within 30 minutes of run offer performance benefits?

Your body can actually digest and use the food you eat before you run, as long as you are exercising at a pace you can maintain for more than 30 minutes.

Research suggests that eating a snack just five minutes before moderate exercise can improve performance compared to exercising on empty. Yet, if you will be doing intense exercise – a track workout, hill repeats, or a heavy lifting session, you should experiment to determine the best time to eat. You will likely feel more comfortable allowing two or three hours for your pre-exercise food to digest and empty from the stomach.

Can running on an empty stomach enhance endurance?

Some recent research suggests that highly competitive athletes might be able to enhance their performance if they train under-fueled a few times a week. These depletion workouts can alter muscle metabolism so that the muscles are able to compete better when fully fueled. If you want to "train low," be sure to do your important high intensity workouts when you are well fueled. You cannot exercise hard when you are running on fumes. Your performance will suffer unless you do some high quality hard runs when you are well fueled.

Will pre-run food cause heartburn or nausea?

While many runners can comfortably tolerate pre-exercise food, others experience stomach distress. If the food you eat within the hour pre-run "talks back to you," figure out:

1. Does the discomfort happen if you allow two or more hours

- for the pre-exercise food to be digested?
2. Does the type of food cause the problem? That is, do a few pretzels settle well but a cup of yogurt feels acidic?
 3. Did you eat too much? Would half a bagel with a skimming of peanut butter digest better than the whole one?
 4. Are you doing very high intensity work? If so, your stomach will shut down and your body will want to get rid of the contents (blood will go from your stomach to your lungs and legs where it is needed for running).
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Important Dates

1. **Conditioning** – Nov. 17-20, Dec. 1-4 & 8-11, Jan. 6-8 & 12-15.
 2. **Running Warrior Booster Club Board meeting** – Dec. 10 (6P).
 3. **MLK Day 5K** – Sat. Jan. 17
 4. **T & F Practice officially starts** – Tues. Jan. 20th.
 5. **First Outdoor T & F Meet** – Feb. 18th – Quad Opener at North.
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Running Warrior web site:

www.narunningwarrior.com

(Ed Note: we will be migrating to the school's new web site over the holidays:

www.northatlantawarriors.org)

NAHS Field and Track / XC

Stats Page:

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

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