



THE RUNNING WARRIOR



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From the Editor – The MileSplit web site is trying to bring track and cross country to our viewing pleasure with may live high school competitions. I watched the Ice Breaker Invitational high school meet live on the internet from the CrossPlex in Birmingham (interesting to see the banked boards on the 200m oval) on Jan. 3rd.

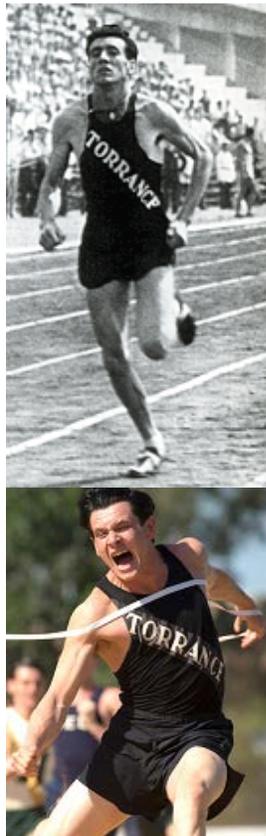
I encourage all *Running Warriors* to sign up for the MileSplit pay site. It is only about \$4 per month and allows for viewing of the stats of any high schooler in the country (college coaches' recruiting tool), as well as live streaming of many high school meets. Go to the Georgia MileSplit web site to sign up: <http://ga.milesplit.com/>. It is worth the investment.

Speaking of the excitement of viewing track and field, I just saw the movie *Unbroken* this weekend after having read the book. I really enjoyed the book and saw Louis Zamperini talk at my church in 2013. The move about him was great. It truly shows that mental and physical toughness are

important virtues.



Zamp (center) celebrates his 96th birthday in Atlanta in January of 2013 with his son (L) and Peachtree Presbyterian Church minister Vic Pence (R). Who says runners don't live a long life!



Louie Zamperini, aka "The Torrance Tornado" (top) and Jack O'Connell as "Zamp." Zamp was undefeated in

both cross country and track in his last three years at Torrance (CA) High School. In 1934, he clocked 4:21.2 (above top) to set the world high school record for the mile. He went on to run for USC and at 19 is still the youngest-ever American qualifier for the Olympic 5,000 meter run.

Ed Note: Malik Epps '12 (Harvard '16) holds the North school record in the 1600 (9 meters short of a mile) at 4:19.4 which is roughly equivalent to Zamp's 1934 mile HSR.

While watching *Unbroken*, I saw the *McFarland, USA* trailers. It will be a big hit with the running community.

It is about a high school cross country team with Latino athletes. *McFarland, USA* shows the grit and dogged determination that led to success which has been seen few times since. A similar story occurred when the Clarkston boys won the 5A State Cross Country title in 2014 (their athletes are recent immigrants from countries where there was significant turmoil and hardship). The movie also reminds me of North's Ethiopian contingent in the early 2000's (i.e., Ashenafi Arega '03, Yibeltal Arega '03, and Ashenafi Gebrehiwot '05)

This movie premieres on Feb. 20th and gives credence and relevance to the GRG (Girls Running

Group) we have started with LaAmistad.



Kevin Costner (left) stars as Coach Jim White at a predominantly Latino high school where he struggles to find common ground until he notices his students' exceptional running ability and forms a fledgling team of unlikely runners who bond to build not only a championship cross-country team but an enduring legacy as well.



Ashenafi Arega '03 (Center), who went on to become an All-American at Mississippi State, is with West Stride owner Genie Beaver (L) and manager Will Cramer (R) at the 2008 Ekiden Run.

Recently I reviewed the Mission Statement of the Running Warrior Booster Club. Our values are listed in it:

“We strive to develop values in our student athletes which will act as guiding principles. Our objective is to help develop core values, and therefore character and virtues, that are not only

important in running, jumping and throwing, but also for success in life. Our values are:

Commitment
Teamwork
Discipline
Dedication
Selflessness
Integrity
Sportsmanship”

This school year and into next, we will be stressing two of these core values: commitment and selflessness. These two values don't seem to be instilled enough in the students during the academic hours.

Selflessness is a tough value to teach and learn, because it usually involves sacrifice or doing something we may not want to for the greater good of someone or something else (e.g., society, the school, or the team). We live in a very interdependent world and when athletes don't show up it puts pressure on coaches (they have to scramble to find replacements at the last minute), teammates (teammates may have been counting on the athlete who was a “non-participant” in order to set a school record), as well as fans (teachers, friends, administrators, and alumni).

The *Running Warrior Nation* is a brand. It is a set of values, including selflessness. The *Running Warrior Nation* consists of student athletes on the track and cross country teams, their parents, siblings, relatives, classmates, North alumni, teachers, administrators and staff, as well as the coaches. Therefore, the *Running Warrior Nation* is greater than any one of us and reinforces the value of selflessness.

This summer we will be trying something new with our girls'

cross country team. We will be taking our top five girls to the Nike Smokey Mountain Running Camp in July. The purpose of this trip is to help the squad bond, maintain focus, and get in their required summer mileage. It will help them gain confidence in their: athleticism, academic ability, leadership, and ability to manage themselves in relation to time.



MLK Day 5K Moves to Saturday

Just a reminder, the Martin Luther King Day 5K will be held on Saturday, Jan. 17 in Piedmont Park. In previous years it had been on the MLK Monday. This is a fund raiser for the *Running Warrior* Booster Club (cross country and track and field teams). This will be the fourth year that NAHS has participated in this event. All athletes are encouraged to participate in our fund raiser and get their family and friends to sign up too! For each entrant we sign up under the Running Warriors team the Running Warrior Booster Club receives \$5. To register to to: <http://www.active.com/atlanta-ga/running/races/mlk-day-5k-2015?int=>.

Get all of your classmates participating in a spring sport to register too (they are running now to get in shape for their spring sport). The race starts on the 10th

street side of Piedmont Park at 8:45AM. Bib numbers can be picked up at the Park Tavern. Just remember to register folks under the "Running Warriors" team name.

North Tests ElliptiGO

On December 11th the *Running Warrior* Booster Club borrowed one of the Atlanta Track Club's ElliptiGOs. The ElliptiGO is the latest innovation in training for running. It is an outdoor elliptical bicycle that combines the best of running, cycling and the elliptical training into one, and it mimics the biomechanical motion of running while eliminating the impact.

It can be used by injured runners to continue to keep their cardio fitness without stressing an injured leg. Many Olympians, universities, and professional athletes are using ElliptiGOs.



Two-time school record holder (3K and XC Total Team Time) Sophomore Jackson Pearce tests out the ElliptiGO at North. The ElliptiGO was on loan from the Atlanta Track Club.

Preliminary Track & Field Schedule Is Out

We have an exciting track and field season scheduled with three home meets, including the Buckhead Invitational on March 7th. The track and field team will open its season at home on Wed. Feb. 18th with a Quadrangular meet.

Many folks have written to *Track & Field News* lately lamenting the lack of dual, tri and quad meets at both the collegiate and high school levels.

One of our objectives at North is to *put some of the excitement back into track and field*. Accordingly, the quad meet will only be a few hours long rather than all day. Also, score will be kept. People are interested in who wins or loses. This will help to boost fan interest in our sport.

In the Quad Opener, North will go against Lovett (2014 girls 2A State Champions), Carver, and Whitefield Academy.



Lovett Wildcat Sophomore and two-time State Champion (1600 and XC) Serena Tripodi brings her wares to the North Track on Feb. 18th for the Quad Opener.



Whitefield Academy senior Robby Keough, shown here signing his National LOI with the University of Virginia, will be on hand for North's home opener on Feb. 18th. Keough is a two-time State Champion (800 and 1600).

North hosts our first major invitational in school history with the Buckhead Invitational on Sat. March 7th. Adidas and West Stride (running store on Northside Parkway) will be sponsors of the meet. The meet will feature schools from the surrounding area.



Buckhead Invitational

We will need volunteers to help with the meets, especially the Buckhead Invite. Please contact Coach S. ASAP (see end of newsletter for email) to volunteer for your committee of choice: 1) equipment; 2) officials & timing 3) hospitality, facilities, and maintenance; and 4) communications, public relations and awards. Otherwise, you may be randomly assigned to one of the committees. All *Running Warriors* will need to pitch in to make this meet a success both from a competition and financial standpoint. (Ed note – we still have \$27,000 left to pay off our \$44,000 loan for the track and field and cross country equipment!).

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.

Nutritional Corner



From Norton Healthcare's Nutrition Notes in edible Louisville (April / May 2014 issue):

Enjoy the Health Benefits of Green Exercise

New research is suggesting that "green exercising," or working out outdoors, has even more health benefits than working out in a gym or your home. Studies show

that when people exercise outdoors, they tend to work out longer, burn more calories and have a better mental outlook.

Green exercise can have a 50% greater positive effect on mental health than indoor exercise. Those who exercise outside report less tension, anger and depression.

You'll save money if you give up a gym membership and you may have more freedom to work out when you want.

Calendar

1. **Conditioning** –Jan. 6-8 & 12-15. 4:00PM – 5:30PM.
2. **MLK Day 5K** – Sat. Jan. 17
3. **T & F practice officially starts** – Tues. Jan. 20th.
4. **Running Warrior Booster Club Board meeting** – Wed. Jan. 21 @ 6:30 PM.
5. **First Outdoor T & F Meet** – Feb. 18th – Quad Opener at North.
6. **Buckhead Invitational** – March 7th at North.
7. **City Champs**- March 28th & 30th at North.



Running Warrior web site:

www.narunningwarrior.com

(Ed Note: we are in the process of migrating to the school's new web site www.northatlantawarriors.org)

NAHS Field and Track / XC

Stats Page:

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

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