



THE RUNNING WARRIOR



Volume # 4 Issue # 5 The Best In Running, Jumping, Throwing, and Walking Oct., Nov., Dec., 2015

From the Editor – The cross country season ended on a high note as the boys had their best season in history and the girls had probably the second best season in history.

Next year we will have a true City Cross Country Championship on Saturday October 16, 2016 when the private schools (Pace, Westminster, Lovett, Galloway, AGS, and AIS) join the APS schools.

Don't forget if you want to do a technical event (throws, jumps, hurdles) in track, get started now. Athletes who have 400 throws, jumps, or clearances prior to the first meet will always win out over those who have less than 200. Check out www.throw1deep.com and www.pvatl.com.

I was fortunate to be chosen as a USATF official (Course Marshall) for the NCAA Division I Cross Country Championships in Louisville on Nov. 21. In 2012 I was a Marshall at the same spot on the course (400m to go). So, I was reminiscing about what I wrote in this newsletter about the meet three years ago. Here is an excerpt from the Dec. Jan. 2012/13 edition of The Running Warrior:

*I was fortunate to talk to three collegiate coaches (Priscilla Bailey of Harvard, Norm Ogilvie of Duke, and **Joe Franklin of New***

***Mexico**). I asked them what they were looking for in a high school athlete to compete in their programs. The first word out of all of them was “grades!” It doesn't matter how good an athlete you are if you don't study and make the grade.*



Here is view the runners had of the finish line at the NCAA Division I Championships (note the double chute).



L to R: Lane Werley (UCLA), Grant Fisher (Stanford), Jerrell Mock (Colorado State), and Earnest Kibet (Louisville).

Back in 2012 I sensed that New Mexico Coach Joe Franklin was going to take his women's team places. And that he did, as this year the 'Lady Lobos' tore up Tom Sawyer Park with the second lowest score in history (49) to out

distance Colorado by a huge 80 points.



Rhona Auckland of New Mexico (R) leads freshmen Ednah Kurgat (Center) of Liberty and Sharon Lokedi of Kansas with 400m to go.

What's interesting is that at the 2-3K mark the Lobos were in the 70's, place-wise. Then, in the last of kilometer of the 6K race, their top five were in the top 25.

This year I congratulated Coach Franklin on the win and asked him if academics were still just as important. He emphatically replied, "Of course!"



2015 NCAA Champions New Mexico "Lady Lobos" make the Lobo symbol with their fingers after the race (above) and after awards (below).



The NCAA logo truly made the Kentucky grass blue at Tom Sawyer Park.



NCAA host school University of Louisville had the course marked well as evinced by the 6 mile marker complete with Louisville Cardinal, Atlantic Coast Conference and NCAA logos.

On another note, taking the top five cross country girls to the Smokey Mountain Running Camp really paid off on several counts. It gave the girls confidence, helped them bond as a team, and kept them focused. This sort of thing will help stem the attrition problems we have had in the past with the girls cross country team.

Next summer we will be taking the boys top five cross country runners to the Smokey Mt. Camp. They will attend the July 10-15 session.

Track will be starting soon and we have a great schedule lined up including two home meets.



Cross Country Review

The cross country season wrapped up one of the most successful years in history. Highlights include:

- Boys highest finish ever at the State Meet (11th)
- Boys broke team time school record twice and recorded the top three team times in history
- Boys won APS Championships with girls finishing second
- A North boy won the APS individual title for the fifth consecutive year as Jackson Pearce won for the second year in a row
- Girls recorded third and fourth fastest team times in history
- Both boys and girls recorded highest combined invitational finish in history as both came in second at the “Run at the Rock”
- Glenda Tutt broke the senior class record and Kate Breeden broke the freshman class record
- Jackson Pearce broke the junior class record and Matthew Aspinwall broke Pearce’s freshman class record
- Girls led by Murphy Rief, broke the JV team time school record
- Largest Farm Team (Sutton) in history
- Tiana Miller (Sutton) got the fastest 5K time in the state for a 7th grader

- Scored nine girls performances in the top 30 All-Time



MLK Day 5K Jan. 16th

Just a reminder, the Martin Luther King Day 5K will be held on Saturday, Jan. 16 in Piedmont Park. This is a *fund raiser* for the *Running Warrior* Booster Club (cross country and track and field teams). This will be the fifth 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 go to: <http://mlkday5k.com/registrationvalarias-challenge>

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.** Note: there will be a prize for the student getting the most team sign-ups (minimum of 10) – just let Coach S. know who you sign up.

Preliminary Track & Field Schedule Is Out

We have an exciting track and field season scheduled with two home meets. The track and field team will open its season at home with the Buckhead Inv. on Feb. 27th.



Buckhead Invitational

We will also be hosting the Border Battle on Wed. March 16th. This is a “City” versus “County” meet whereby North will team with Carver to do battle with DeKalb County schools Lakeside and Dunwoody.

Invitationals include the Jefferson Relays, Milton Showcase, and the Coaches Inv. at Georgia Tech.



6A Endurance stand-out Davis Stockwell of Lakeside Dekalb (1245) will be on hand at the Border Battle running for the “County” team.

Nutritional Corner



From Master’s News – The Athlete’s Kitchen (Oct / Nov 2015 issue) by Nancy Clark:

Fruits & Veggies – Do You Eat Too Few?

When hunger strikes, a piece of fruit is unlikely to be your snack of first choice because it is not very hearty. That is, calorie-dense apple pie with ice cream can easily be far more appealing than just an apple. One solution: plan to make the snack heartier by paring fruit with protein. For example, enjoy an apple (or grapes) with cheese, smear a banana with peanut butter, or combine raisins with nuts.

Ideally, you should eat a fruit or vegetable at each meal. If you don’t/won’t/can’t do that, at least eat a pile of veggies with dinner to compensate for no produce at the other meals. You could also create a loaded smoothie at breakfast that has enough fruit for the whole day. Other suggestions include:

Breakfast: large banana on cereal; lots of berries in yogurt; tall glass of orange juice.

Lunch: extra tomato and spinach in a wrap; big bowl of fruit salad; large apple (with cheese) for desert.

Snacks: tart cherry, grape, or blueberry juice; banana (with peanut butter); dates; dried pineapple; V-8 juice.

Dinner: Pre-dinner, munchies: baby carrots (with humus), cherry tomatoes; at dinner: big pile of cooked veggies, extra-large side salad.

Eight ounces of orange juice offers all of the vitamin C you need for the day. So does one stalk of cooked broccoli and half a green pepper.

Because fruits and vegetables offer

similar nutrients, you can swap one for the other. That is, if you don’t enjoy red tomatoes, at least try to have red strawberries, red apples or red peppers. In general, you want to consume a variety of colors of fruits and / or vegetables – and enjoy a rainbow of health.

Calendar

1. **Conditioning for track & field and spring sports** – Jan 11-14 (meet at the south side of the stands)
2. **MLK Day 5K** – Jan. 16
3. **First day of official Track & Field practice** – Jan. 19 (all paper work must be turned in by 4:30 PM)
4. **Running Warrior Booster Club Board Meeting** – Jan. 19
5. **Track & Field Time Trials** – Jan. 21-22
6. **Track Starting Gun Mtg.** for athletes/parents Jan. 26
7. **2nd Annual Adidas / West Stride Buckhead Inv.** – Feb. 27



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Running Warrior web site:

www.narunningwarriors.com

NAHS sports web site:

www.northatlantawarriors.org

NAHS Field and Track / XC

Stats Page:

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

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