



THE RUNNING WARRIOR



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From the Editor – The track and field season is winding down and the boys have had much success. We will review that in the next issue.

We are resurrecting the Running Warrior Scholarship this year. This is a \$2,000 scholarship which will be awarded to an outstanding senior letter winner in cross country and / or track. The award will be presented at the year-end sports awards on May 11th.

On an academic note, I talk with college coaches frequently. During these conversations, there is one recurring theme. The first thing they ask me about an athlete is, “what are their grades?” Obviously as student athletes get ready for finals, making time to study is critical. The last coach to ask me this was from Millsaps College. Millsaps is an NCAA Division III college in Jackson, Mississippi with a good academic reputation. They are looking for good student athletes. All of the colleges in its conference (SAA) have excellent academic reputations: Rhodes, Sewanee, Centre, Oglethorpe and Berry.

I made a pledge to myself when I started coaching at North in September of 2009. That pledge was that I would try my darndest to see each of our athletes who are competing in college. This weekend I had the pleasure of

realizing that pledge. I traveled to Princeton Univ. to attend my first Ivy League Track & Field Championships (I have been to many other conference championships but not this one). My objective was to see multiple-time Georgia State Track scorer (800 and 1600) Malik Epps (NAHS '12) run in his last Ivy Champs (aka “Heps” or Heptagonals).

Malik, who is a senior at Harvard, ran one of the best 800s of his collegiate career. Running second leg on the 4 X 800 meter relay, Malik sped a 1:52.4 (PR).

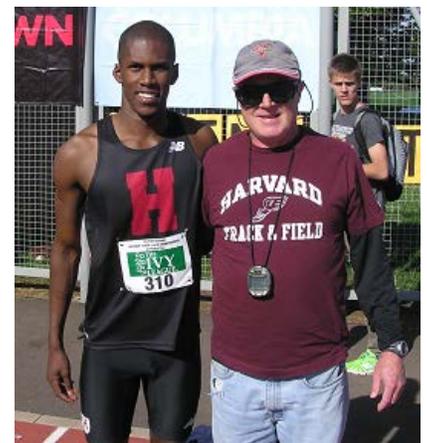


Epps (#8) makes up ground for Harvard in the Ivy 4 X 800 meter relay.

It was nip and tuck the whole way in a very exciting race. Then Harvard anchor, freshman Myles Marshall nailed a 1:49 to bring the Crimson home in 7:28.04 (an average of 1:52.01 per leg) for the win. What a great way to end a collegiate career with a PR and a conference title!



Ivy League 4 X 800m Champions – The Harvard Crimson (L to R): T. Negron, M. Epps, and M. Marshall. Their 7:28 was the third best performance in Harvard history.



Coach Sanderlin reuniting with former athlete Epps at the Ivy Champs in Princeton, NJ.

Foot Locker South

We previously did not report that North had more athletes at the Foot Locker South Cross Country race at Mc Alpine Creek Park in Charlotte on Nov.28, 2015 than in all other years combined.



Running Warriors (L to R) Pearce, Tribou, Tutt, and Aspinwall test the McAlpine course prior to the Footlocker 5K cross country race last year.

Smokey Mt. Running Camp

We will be going to the Nike Smokey Mountain Running Camp during the July 10-15 session. We are taking a van up early Sunday (July 10th) morning. We have one space left on the van for a Running Warrior. Let Coach Sanderlin know ASAP if you want this last space. There is now a wait list for this week of the camp.

Attending this camp is a great way to hone your running skills and get ready for the fall racing scene:

<http://www.ussportscamps.com/running/nike/nike-smoky-mountain-running-camp/>



Cross Country Interest Meeting

There will be an interest meeting for anyone thinking about joining our championship cross country team on Tues., May 10th at 3:55 PM in the Media Center.

Calendar

1. **Cross Country Interest Meeting** – May 10 at 3:55 PM in the Media Center
2. **Cross Country Interest Meeting @ Sutton for 8th graders** – May 11
3. **Track & Field Awards Dinner** – May 15 at the Riggalls (go to www.narunningwarriors.com for details)
4. **SMRC** – July 10-15
5. **First day of official Cross Country practice** – Aug. 1.



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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