



THE RUNNING WARRIOR



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From the Editor – The fall cross country season got off to a great start as the boys already slammed the team time school record set last year two times! More on the cross season is in the newsletter.

The *Running Warriors* were fortunate to get some good press about their academic success in the [Northside Neighbor](#) this summer.

I had the fortune to go to Eugene, OR (aka Track Town USA) to see the Olympic Trials this summer. It was a great experience. Even though I have seen two Olympic Games, this was only my second Trials and first trip to historic Hayward Field at the University of Oregon.



It did not disappoint. The great thing about the trials is that you could get close to the action. For instance I got right up on the rail to cheer former NAHS Community Coach Monica Hargrove on in her 400 heat.



A happy Yale Alum Kate Grace after making the Olympic team in the 800. She went on to set a PR in the prelims in Rio and made the 800 final.



The weather was great for the Trials in Eugene, OR at historic Hayward Field.



Former University of Akron NCAA champ Clayton Murphy signs autographs at the Trials after making the 800 team. He went on to medal in Rio.

From the trials to the Olympic Games in Rio we clearly saw the resurgence of American endurance strength. Hopefully, everyone got to see some of the exciting action from the track in Rio.



Men's 5000 prelims at the Trials.

The US clearly had one of our strongest showings ever. Many standards were set. (from the USATF web site):

Top notes

- Team USA's 32 medals is the most in a non-boycotted Olympic Games since 1932, when Americans won 35 medals
- 16 medals is the most ever for U.S. women, tying the boycotted 1984 Games
- 13 gold medals marks Team USA's highest gold-medal total since 1996 (13)
- 4 American records set, all by women
- 2 Olympic records set, both by men
- 15 U.S. Olympic records (best performances by Americans at an Olympic Games),
- Team USA dominated the team-scored placing tables, with 301 points. Kenya was second with 131 and Jamaica third with 106.
- The seven medals won by Americans in distances 800 meters and over has been exceeded only in 1984 (9), 1912 (8) and 1904 (8)

- American women won five of the six available medals in the 100- and 400-meter hurdle events
- 19 athletes set personal bests

Records Set

American

W10,000 30:13.17 Molly Huddle 8/12
 WSP 20.63/67-8.25 Michelle Carter 8/12
 WTJ 14.71/48-3.25 Keturah Orji 8/14
 W3000SC 9:07.63 Emma Coburn 8/15

Olympic

MSP 22.52m/73-10.75 Ryan Crouser 8/18
 MDecathlon 8,893 points Ashton Eaton 8/18

U.S. Olympic

W10,000 30:13.17 Molly Huddle 8/12
 WHT 71.09/233-3 Amber Campbell 8/12
 WSP 19.82/65-0.5 Michelle Carter 8/12
 W3000SC 9:18.12 Emma Coburn 8/13
 M10,000 27:08.92 Galen Rupp 8/13
 WTJ 14.71/48-3.25 Keturah Orji 8/14
 W3000SC 9:07.63 Emma Coburn 8/15
 WHT 72.74/238-8 Amber Campbell 8/15
 WJT 61.02/200-2 Kara Winger 8/16
 M3000SC 8:04.28 Evan Jager 8/17
 MSP 22.52/73-10.25 Ryan Crouser 8/18
 MDec 8,893 Ashton Eaton 8/18
 WPV 4.85/15-11 Sandi Morris 8/19
 M5000 13:03.90 Paul Chelimo 8/20
 MMarathon 2:10:05 Galen Rupp 8/21

One of the highlights for me was getting to run on Pre’s Trail. (American distance legend and Univ. of Oregon multiple time All-American Steve Prefontaine). We have tried to model our Warpath in the Warrior Woods after this trail in Eugene, OR.



Signage at Pre’s Trail.



Pre’s Trail at Alton Baker Park in Eugene, OR.



The Warpath in the Warrior Woods.

The movie *McFarland USA* is out on TV now. It a great true story about McFarland (CA) coach Jim White who recruits Hispanic runners to win a state cross country title.



This is a must see movie, especially before Region. McFarland went on to win 9 state titles and made it to the California State Meet an unprecedented 24 years in a row. For more on how the movie compares to the true story, go to: <http://www.historyvshollywood.com/reelfaces/mcfarland-usa/>

After watching the movie for the second time, I am convinced that if it had not been for Ms. Diaz’s

enchiladas, McFarland would not have been a State champion in 1987! (Ed Note: Ms. Diaz was the mother of three of Coach White’s runners and invited Coach to “break bread” with the Diaz’s one night)

Cross Country Off to Strong Start

The cross country team got off to a strong start this fall with top finishes at both the Aubrae Gunderson Invitational and Darlington Cross Country Festivals.



Mac Bloodworth (L) and Matthew Aspinwall lead the Warriors at Aubrae Gunderson.

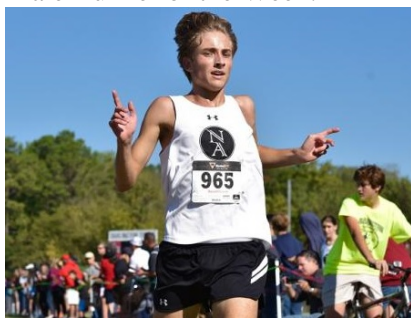
The boys finished third at the Aubrae Gunderson Invitational on Sept. 24th and broke the school record for the total team time. The team of Jackson Pearce, Matthew Self, Matthew Aspinwall, Mac Bloodworth, and Alden Sweatman combined to run 1:26:59 taking 37 seconds off of the record that the first four of the five had set last year at the Warpath Inv.

Then, just a week later on Oct. 1st, the same five cut their own school record down by another 32 seconds to 1:26:27 (avg. of 17:17 per top five scorer) to tie our best invitational finish in school history by coming in second out of 30 teams.



Boys team time school record setters (L to R): Self, Bloodworth, Sweatman, Aspinwall, and Pearce.

The Warriors were led by senior Jackson Pearce who took over in the last mile and won in a PR 16:16. Because of this, Pearce was named the GA Milesplit Week 7 Male Runner of the Week.



Pearce winning the Darlington Cross Country Festival to become the # 3 performer in North history.

The girls had a good run clocking the fourth fastest time in history 1:49:52 to place 7th out of 21. Sophomore Ellie Hankin led the way with a ninth place finish.



Sarah Hetzel (L) and Kate Breeden work together at the Darlington Cross Country Festival in Rome, GA.

In the next issue, we will wrap-up the cross country season with info

on the APS Championship, Region and State.

A Strong Base for Injury Free Running (from the Atlanta Track Club's Wingfoot magazine – Sept. 2016)

When it comes to staying injury – free, it all starts at the bottom. The feet beat the pavement and take a lot of shock on the run. The first thing you want to do is make sure you are in the proper shoes. Specialty running stores can fit you for the right shoe for your foot and stride.

After that, it is up to you to keep your feet strong and healthy. Just like putting in mileage to build a base, you need to build up the strength in your feet to go the miles. Here are a few exercises and stretches to keep the feet healthy:

Towel scrunches: Sitting in a chair on a hard surface, use your toes to scrunch up a towel. Flip it over and repeat five times. You can also just scrunch your toes up while sitting at your desk or in bed before you sleep.

Marble or pebble pick-ups: Sitting in a chair, use your toes to move marbles, pebbles or pencils from one location to the other; then switch feet.

Roll the foot on a tennis ball, therapy ball or frozen bottle: (Tennis ball can also be put into the freezer to keep it cold.) Start at the heel and roll forward to the ball of the foot. Put enough pressure on the foot to stretch it out but not bruise it.

Calf raises: Strengthening the calves will help take pressure off the feet. Start standing and rise up onto your forefoot or toes. Do two

sets of 15-20. You can also do this with the feet pointed in or out.

Calf stretches: Loose calves can also take pressure of the feet by absorbing more impact. Make sure to stretch your calves with the back leg straight and front leg bent.

Ed note: Many *Running Warriors* are familiar with our “foot drills.” These help accomplish the same thing by making the feet stronger and more nimble, thus minimizing the chance of lower leg issues. The foot drills can be found on the *Running Warrior* web site at <http://www.narunningwarriors.com/Cool%20Down%20&%20Foot%20Drills.pdf>

Calendar

1. **Oct. 26** – Regional Cross Country Meet
2. **Nov. 5** – State Cross Country Meet at Carrollton
3. **Trail Day** – TBA work on the trail in Warrior Woods.
4. **Official Start of Track & Field Practice** – Jan. 17.



NAHS sports web site:

www.northatlantawarriors.org

Running Warrior web site:

www.narunningwarriors.com

NAHS Field and Track / XC

Stats Page:

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

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