



# THE RUNNING WARRIOR



*Volume # 6 Issue # 2 The Best In Running, Jumping, Throwing, and Walking Q2, 2017*

**From the Editor** – I hope everyone is enjoying their summer vacation. We have a full plate getting ready for cross country season (Smokey Mt. Running Camp, clean up the Warpath trail, etc.).

The Univ. of NC at Asheville is the site of the Nike Smokey Mountain Running Camp. This is one of the top endurance running camps in the country. Alan Drosky, the Head Women’s coach at GA Tech, took over managing the camp from legendary Coach Roy Benson. Last year we paid for the top five boys to go to camp. This year we are paying for our top girls cross country runners to attend the July 9-14 camp session.



4 X 800 after running an 8:08 at the Coaches Inv. at Lakewood to break the school record (8:14) they set earlier in the season in winning the Milton Showcase (L to R) Pearce, Bloodworth, Coach S., Aspinwall, and Self.

Senior Majeste Hansberry broke the four year old school record (44-2 Amon-Ray Clay ’13) in the shot put with a 44-8 heave.



Hansberry at Lakewood showing the shot release.

### Track and Field Wrap-Up

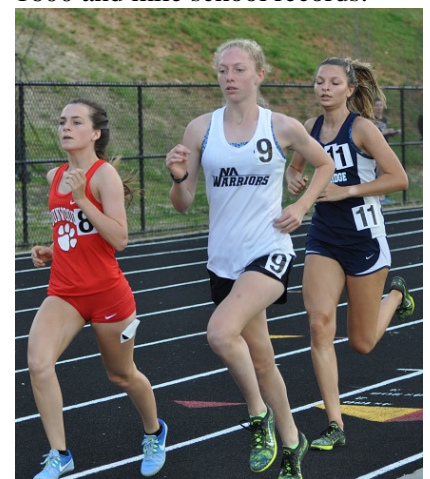
The track and field team had a great season with eight school records and two athletes making it to State.

The boys 4 X 800 relay team sped 8:08 for the US National Elite Standard to finish third at the Coaches Inv. to score the # 4 time in Georgia and # 35 on the US charts at the time. The 4 X 800 boys relay also defended as Milton Showcase champs.



Pearce finishing second at the Rumble in the Jungle meet at Parkview in a new school 1600 record of 4:19.35.

On the girls’ side, Ellie Hankin chopped big hunks off of both the 1600 and mile school records.



Hankin (9) in route to her final 1600 school record of 5:23 to finish fifth at the 6A Region 7 Championships at North. Here she battles with Kelly May Sheehan (8) of

Senior Jackson Pearce broke both the 1600 (4:19 at Parkview) and the mile (4:26 indoors at Vandy) school records.

Dunwoody and Clarissa Beck (11) of Cambridge. (Photo by MillerMachine)

Freshman Sydney Tribou broke Maegann Stafford's ('15) pole vault school record of 7-0, going 7-6 at the Patriot Early Bird. She later broke her own school record going 7-8 at NAHS at the 6A Region 6 meet.



Tribou makes an attempt at the 6A Region 7 meet where she broke her school record.

The girls established the 4 X 1600 school record by going 24:30 to finish fourth at the Wheeler Relays.



Senior Rebekah Hetzel anchored the girls' 4 X 16 at Wheeler which established the school record.

At the State meet junior Kyla Lestagez qualified in the 100 and Jackson Pearce finished fifth in the 1600 with his second best time ever.



Lestagez (white singlet) at the Sectional meet.

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### **The boys' track and field award winners are:**

- MVTrack – Jackson Pearce
- MVField – Majeste Hansberry
- Warrior – Deondre Ezzard & Matthew Self
- Scholastic – Toren Stafford

### **Girls' awards:**

- MVTrack – Kyla Lestagez
- MVField – Sydney Tribou
- Warrior – Ellie Hankin
- Scholastic – Rebekah Hetzel

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### **Alumni Corner**

*Ed Note: We got this email from former Running Warrior (XC) Philip Brahana ('15) after the completion of his first marathon. Congratulations!!!*

Hey Coach Sanderlin,

It's Philip from your XC class of 2015. I thought I'd contact you because I thought you might be interested to know that I ran my first ever marathon this past week! I trained for many months and was incredibly satisfied that I was able to finish. After 2 years of being removed from North Atlanta XC and playing collegiate baseball, I had decided to go back to running! NAHS XC was definitely an amazing experience and partially why I decided to do this marathon!

Hope all is well with you and North Atlanta XC and Track!



Philip Brahana ('15) in South Dakota after his first marathon.

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### **North Retires Legacy Baton**

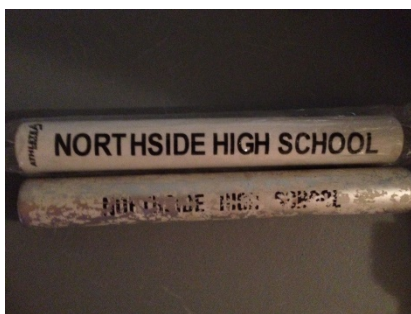
The Northside High School (NAHS predecessor school) baton has been retired after multiple decades of service. This baton (aka "Legacy Baton", "Ole Blue", or the "Legend Stick") has been singularly involved in more school records than any other piece of NAHS athletic equipment or coach in history - including Coach Sanderlin's record string of 51 school record holders. It was retired on April 21, 2017 at the conclusion of the Boys' 4 X 400 relay at the 6A Region 7 meet at North. The ceremony consisted of alumni (predecessor school North Fulton) and Running Warrior Booster Club board member and founding member of the Atlanta Track Club Hawthorne Wesley passing it to NAHS Registrar Albert Thomas who ran at Northside H.S. Thomas then passed the baton to North seniors

and 4 X 400 meter relay members Jackson Pearce, Matthew Self, and Toren Stafford for the official retirement of “Ole Blue.”

The Legacy Baton will reside in the track trophy case at NAHS. Coach Sanderlin had a new baton custom made to replace it.

The Legacy Baton has been carried by such storied alumni as University of Tennessee All-American, Olympic gold medalist, and world record holder (4 X 100 relay) Sam Graddy, Stanley Blaylock (multiple time All-American at UGA), Ashenafi Arega (All-American at Mississippi State), Kyana Elder (State champion and former state record holder and All-ACC at Clemson), Porche Byrd (multiple time All-American at South Carolina), Malik Epps (Ivy League Champ at Harvard), and John Rudd (state champion). But perhaps more important is the fact that this baton was also carried by hundreds of NAHS and Northside H.S. student athletes who set countless school records with it!

To see the retirement ceremony, click [here](#).



The new Northside replica baton (top) and the retired Legacy Baton (bottom).

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### Warrior Award

Senior Jackson Pearce won the prestigious Warrior Award at the NAHS graduation ceremony on May 26<sup>th</sup>. The Warrior Award is given annually to the senior boy or girl who is the top scholar athlete

at NAHS. Over the last six years, three Running Warriors have won this award (Malik Epps, '12 and John Rudd, '14 were the other two).

Pearce was a high honor student in a tough IB program. His two-sport athletic achievements include:

- Multiple time State Meet scorer in both XC & T & F
- Multiple school record holder
- Three consecutive APS XC titles (only athlete boy or girl in APS history – any school – to do this)
- Multiple time region champion in XC and Track.

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### Calendar

1. **NCAA T & F** June 7-10  
ESPNU & ESPN2
2. **SMRC** – July 9-14
3. **First day of official Cross Country practice** – Aug. 1.
4. **Vinings Downhill Run 5K** --  
Aug. 12  
<http://viningsdownhill5k.com/>



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**NAHS sports web site:**

[www.northatlantawarriors.org](http://www.northatlantawarriors.org)

**Running Warrior web site:**

[www.narunningwarriors.com](http://www.narunningwarriors.com)

**NAHS Field and Track / XC**

**Stats Page:**

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

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