



THE RUNNING WARRIOR



Volume # 6 Issue # 3 The Best In Running, Jumping, Throwing, and Walking Q3, 2017

From the Editor – As school approaches I hope everyone enjoys their final days of summer vacation. We have completed many tasks getting ready for cross country season (planted the Running Warrior Capital Campaign donor bricks, further spread wood chips on the Warpath, put the hurdles up, took athletes to the Smokey Mt. Running Camp, etc.).

We have accomplished a heck of a lot over the last eight years. It's easy to forget how far we have come. We are trying to create a legacy (that's what the best of the best do) by doing what other high school sports programs haven't done. Here are just a few of the many things that the Running Warriors have accomplished in the last eight years:

1. Defined the term "Scholar Athlete" for public high school athletic programs in the Southeastern US, since many RW alumni attend the top **colleges in the country** - Harvard (2), Sanford (2), Penn, Rice, Georgia Tech (multiple), Princeton, Carnegie Mellon, Brandeis, Oglethorpe, Bard, and Mercer.
2. Achieved a feat that no other high school sports program (any sport) in the Southeastern United States has achieved – for two consecutive years the

- girls' **cross country captain has been school valedictorian** (i.e., we ARE a cerebral team!).
3. **Highest cross country State Meet finishes** in school history (boys 11th in 2015; girls 6th in 2013).
4. Coaches (Stafford and Sanderlin) **officiate NCAA Division I & III championships** (track and cross country).
5. Worked with the University of Kentucky (Coach Floreal) to develop the first "**Pacer Light System**" of any high school in the United States.
6. First high school in the state to
7. Have a **band perform** at a championship cross country meet.
8. First high school in the state to have **cheerleaders perform** at a championship cross country meet.
9. First high school in the country to utilize the oxygen carrying capability of **beet root powder**.
10. First high school in the country to try **cooling vests**.
11. First program at North to award a scholarship (**Running Warrior Scholarship**) awarding \$4,000 to two student athletes.



Coach Sanderlin presents Lydia Zemmali with the *Running Warrior* Scholarship.

12. First sports program to invite **Sutton athletes to practice at North** (2012 cross country and track).
13. **Some of the highest APS finishes in track and field** in school history (girls 2nd in 2015) and in last 20 years (boys 2nd in 2016).
14. Created a **school record board**.
15. One of the few sports at North that **consistently sends teams / athletes to the State Championship**. We have had five hurdlers qualify for state in the last seven years with four scoring and three going on to compete in college. In 2015, two girls qualified for state in the jumps. Epps and Pearce were both multiple time scorers in both the 800 and 1600.
16. Only program at North (other than the weight room) to **fund their own equipment (\$44,000)**.
17. One of the few sports to develop a **Booster Club** with a

charter and that conducts regular meetings.

18. Instigated **Bring Back the Mile Time Trial** and **“Run the Hooch”** river raft run.
19. Instigated the **“Run with a Pooch at the Hooch”** day.
20. Had either a boy or girl make the **State Meet 800 meter final** for five out of the last seven years, a feat only surpassed by one other team.
21. Hosted the **first track and field invitational** (Adidas West Stride Buckhead Invitational) in school history.
22. Developed the most **innovative team trophies** in Georgia state high school track and field history (doe head for girls’ trophy and buck head for boys’ trophy).



Girls and boys team trophies at the Buckhead Inv.

23. One of first teams at North to regularly attend **out of state competitions** (XC – Furman).
24. Consistently finish **first or second at APS XC Champs**.
25. Developed the **Warpath** in the Warrior Woods, one of the best “shorttrack” trails in metro Atlanta (shaded with soft wood
26. Hosted the **first inter school district track and field meet in Georgia State history** with the *Border Battle* which pitted APS (City) teams of North and Carver against DeKalb (County) teams of Druid Hills and Lakeside. First program at

- North to develop a **FreshMentor program** to ease freshmen transition into the high school environment.
27. **Managed APS Track & Field Championships** for three years (hosted one year).
28. Hosted and managed **two regional track and field championships**.
29. Secured discounted rates for APS students and parents to attend the **American Track League pro meets**.
30. Worked with the Atlanta Track Club’s **Kilometer Kids** program to secure a race at Grant Park just before the high school race.
31. **Highest cross country invitational finishes** in school history (both boys and girls placed second at Run at the Rock in 2015).
32. **Six consecutive** boys individual APS Cross Country Champions.
33. The **first Three-Time APS Cross Country Champion** (Jackson Pearce) in APS history (both boys and girls).
34. Teamed with NAHS Robotics to provide the **first robotic retrieval of discus in the state**.



“Discbot” in action at the Buckhead Inv.

35. **A school record 51 School record holders** in the last eight years.
36. One of the few **financially self-sufficient** (i.e. doesn’t ask athletes to sell stuff) sports.
37. Started a Girls Running Group (GRG) at LaAmistad (group that conducts after school tutoring for Hispanic children.

38. In **three out of the last six years** a *Running Warrior* has won the prestigious Warrior Award (Epps in 2012, Rudd in 2014, and Pearce) for the top student athlete in the school.
39. Annually took athletes to the **Nike Smokey Mountain Running Camp** and Coach S. participated as a camp coach.
40. Retired the **longest running mascot** in North history – “Squeaky” The Squirrel. Squeaky has seen more championship level (region and state) action than any mascot in history. He will reside in an already crowded cross country trophy case.



“Squeaky” enjoying his new home at NAHS in the Cross Country trophy case.

Some tangible examples of the output of the *Running Warrior* program are Malik Epps (NAHS ’12 and Harvard ’16) who was a member of an Ivy League relay championship and Rafael Salis (NAHS ’13 and Clayton State ’17) who broke the Peach Belt Conference 800 record.

The hurdles are put up, the Warpath is clear, the bricks recognizing donors to the Running Warrior Capital Fund are laid, the school record board is updated, and “Squeaky” is retired. Now, it is time to say that this will be the last issue of the *Running Warrior*.

I am leaving North to take a job that was too good to refuse. I have taken a position in Shelbyville, KY that was too good to refuse. I will be the Director of Track and Cross

Country (and head coach of both) for both Collins High School and West Middle School. This position puts me back home to help care for an aging mother and is in right down the street from one of my farms.

It has been great fun over the last eight years working with all of you to help develop and build the Running Warrior brand. Thanks to the parents, student athletes, other coaches, and administration that helped make this happen. I will miss you all. We have built a legacy over the last eight years. Now, it is up to you to **continue the legacy.** **Go Running Warriors!**

NIKE Smokey Mountain Running Camp

We had a great time at the Smokey Mountain Running Camp in Asheville July 9-14. The following athletes attended the camp: Jennifer Lusk, Hadley Hurowitz, Matthew Aspinwall, Sarah Hetzel, Ellie Hankin, and Serena and Aubrey Miller.



Hankin (L) and Hetzel after the pacing contest at SMRC.



Hankin (L), Hetzel, A. Miller & S. Miller pose in front of the Nike swoosh at the Nike Smokey Mountain Running Camp.



Picturesque Smokey Mts. after the "Buzzard Bait" run.



Nike SMRC crew (L to R): A. Miller, Hetzel, Hurowitz, Aspinwall, Coach Sandy, Hankin, Lusk, and S. Miller.

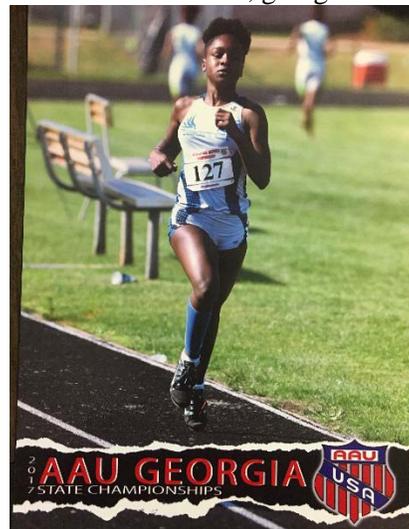
Summer Track

Sophomore Sydney Tribou raised her own school record in the pole vault as she sailed 8-4 in Jacksonville at the USATF Junior Olympic (JOs) meet.



Tribou prepares for an attempt at the 6A Region 7 meet where she last broke her school record before JOs.

Sophomore Dalen Saunders-Carter got under the one minute mark in the 400 this summer, going: 59.



Saunders-Carter at the GA AAU meet going "Sub 60!" in the 400. She competed for the Boys and Girls Track Club this summer.

Running Warrior Capital Fund Closes Out Leaving a Legacy

The Running Warrior Capital Campaign to pay back the \$45,000 loan for the track and field equipment came to a close in May of 2016. However, the donor bricks for large contributors finally arrived. They were placed at the end of Warrior Way at the start of what will be the "Winners' Circle"

when a stadium gets built at the track.



Donor bricks were placed at the end of Warrior Way by the finish line. This will be the future Winners' Circle where bricks will be placed to commemorate all Running Warrior State Scorers (XC and T & F).

Warpath Update

The final touches were put on the Warpath to get it ready for cross. Logs were cut, the pile of wood chips was spread on the trail and the hedges and weeds on the Warpath have been trimmed.



The short, steep hill in the back was made less steep with the wood chips. This is the view from the bottom, looking up the short hill.



This is the view at the bottom of the hill looking in the direction of The Lawn.

Calendar

1. **First day of official Cross Country practice** – Aug. 1.
Meet with all of your paperwork at the restroom on the grass field next to the parking deck.
2. **Vinings Downhill Run 5K** -- Aug. 12



NAHS sports web site:

www.northatlantawarriors.org

Running Warrior web site:

www.narunningwarriors.com

(Note: this site will go dormant 8-25-17)

NAHS Field and Track / XC

Stats Page:

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

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