



THE RUNNING WARRIOR



Volume # 4 Issue # 1 The Best In Running, Jumping, Throwing, and Walking January, February 2015

From the Editor – With all of the bad weather, the track and field season is finally starting to crank up this weekend after three canceled meets.

Given the cold we still had some pretty good performances with Toren Stafford scoring in the high jump and the 4 X 800 relay scoring on the boys’ side. For the girls, Cloe Tillis (long jump), Jamie Eason (high jump), Zamir Steed (triple jump) and Glenda Tutt scored.

Don’t forget to watch McFarland USA. It should be a doozy that is right up the alley of all *Running Warriors*.

John Rudd’s Singlet is Retired

John Rudd’s track and field singlet was officially retired during half time of the North vs. Kell basketball game on Jan. 6th. Rudd was North’s third boy to win a State Title, winning the 5A pole vault in 2014.

Rudd was a two-time field MVP for the Warriors and was the first and only boy to pole vault. He set and broke his own school record multiple times in each of his three years of vaulting. His 14-7 school record set last spring at the Golden Bear Relays was the second highest vault by a high schooler in Georgia last year. Rudd was also a two time

individual APS City Cross Country Champion. He also held school records for team time in cross country and the 4 X 800 meter relay in track.

Now, Rudd is studying architecture at Rice Univ. in Houston and is vaulting for the Owls. Under the tutelage of Assistant Coach David Butler, who is considered the best vault coach in NCAA Division I, Rudd is on track to crack the 16’ barrier. Rice has a deep and rich history in the vault culminating with two Olympic gold medalists (Fred Hanson 1964 and Dave Roberts 1976).



Rudd holds up his framed, retired singlet at the Kell basketball game in Jan. (L to R) Coach Sanderlin, Coach Stafford, Chandler Rudd, John, Coach Grant, and Coach Gilliard.



Classic photo of Rudd taken by Maegann

Stafford. This was an attempt at a new school record of 14-10 at the Golden Bear Relays on March 22, 2014. Less than a half second later his pole broke. Coach Stafford can be seen at the right watching the vault. Earlier in that meet Rudd cleared 14-7 for the school record.



Rudd with his broken pole after the Golden Bear Relays.



John Rudd now as a Rice Vaulting Owl.

MLK Day 5K

For the fourth consecutive year the *Running Warriors* tackled the MLK Day 5K as a fund raiser. \$5 of each entry fee we got signed up on the Running Warrior team went to the Running Warrior Booster Club.



The *Running Warriors* prepare for battle at Piedmont Park in the MLKD 5K.

McKenna Johnson was the Running Warrior Girls Champion with Glenda Tutt second. Sutton athlete Kate Breeden came in second in her age group. On the boys side, Steven Spears was the *Running Warriors* boys champion with Nick Nelson second.



Junior Nick Nelson approaches the finish of the MLK Day 5K on the still frozen Piedmont Park course.

New Web Site up and Running

The new school sports web site www.northatlantawarriors.org is up and running. Go to spring sports and click on Track & Field for both indoor and outdoor track and field and go to fall sports for cross country. Content is continuing to be transferred from the old Running Warrior web site <http://www.narunningwarriors.com/> to the new site.

Kilometer Kids in the North Cluster

The Running Warrior Booster Club is working to get the Atlanta

Track Club's "Kilometer Kids" running program implemented in all of the elementary schools in the North cluster. This is a unique program for both boys and girls to get involved in running and athletics at an early age. The ultimate goal is to implement the program in all of the APS elementary schools. For more information or to help get Kilometer Kids implemented in one of our elementary schools, contact Coach Sanderlin.



Here the ATC's Kilometer Kids run in Grant Park in September of 2014 prior to the varsity cross country meet – APS Series #4. The *Running Warrior* Booster Club, in conjunction with the Atlanta Track Club organized this so that the Kilometer Kids could see what the next level of running (high school competition) looks like.



The Kilometer Kids kick it in to the finish of their one mile run in Grant Park in Sept. prior to APS Series # 4. North's girls can be seen in the background (red arrow) preparing for the start of the varsity 5K cross country race.

North Hosts Buckhead Invitational March 7th

North hosts our first major invitational in school history with the Buckhead Invitational on Sat. March 7th. **Adidas** and **West Stride** (running store on Northside Parkway) will be sponsors of the meet. The meet will feature schools from the surrounding area.



Buckhead Invitational

The meet schedule is fluid and is posted on the GA MileSplit web site at:

<http://ga.milesplit.com/meets/189510-1st-annual-buckhead-invitational#.VPOonsyVmWg>

Field event will start at 9:00 AM with running events to start at 12:30 PM. Bring your chairs and beach blanket and get a track side view. Admission is only \$5 for adults and \$2 for children and students. Parking is in the parking deck. There will be no track side parking. Only officials will be able to park in the lot near the gym.

North is also hosting the APS City Championships on March 28th and 30th. This will be the first time in a long time that the meet is not at Lakewood.

For the latest North Track & Field meet schedule, go to the sports web site, and click on Spring Sports – Track and Field. Then go to "Program Links" and click on "Forms." You will see the schedule at the bottom of the page. The PDF schedule has a listing of the address of the meet, as well as bus pick up times. There is even a hyperlink to the meet web page on MileSplit.

We will need volunteers to help with both meets, especially the Buckhead Invite. Please contact Volunteer Coordinator Laura Tribou lauratribou@earthlink.net.

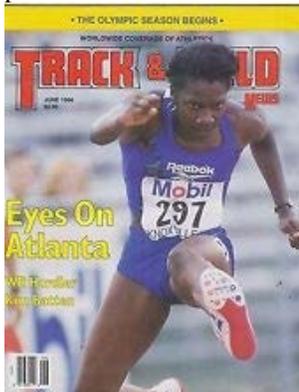
ASAP to volunteer for your committee of choice: 1) equipment; 2) officials & timing 3) hospitality, facilities, and maintenance; and 4) communications, public relations and awards. Otherwise, you may be randomly assigned to one of the committees. All *Running Warriors* will need to pitch in to make this meet a success both from a competition and financial standpoint. (Ed note – we still have \$27,000 left to pay off our \$45,000 loan for the track and field and cross country equipment!).



Batten displays her Olympic silver medal. She once held the world record in the 400m hurdles.

Olympic Medalist Comes to North

Kim Batten who won the silver medal in the 400m hurdles in Atlanta (1996) came to North on Feb. 7th to lead the Saturday practice and clinic.



Here Batten graces the cover of *Track & Field News* in a pre-Olympic edition in 1996.

Nutritional Corner



From "The Athlete's Kitchen" in the Feb. issue of *National Masters News* – by Nancy Clark:

Nutrition Update from the Academy of Nutrition & Dietetics

Beets and arugula are powerful nitrate rich foods that can enhance both athletic performance and your overall health. These vegetables are rich sources of dietary nitrate, a potent food compound that converts into nitric oxide (NO), a gas. NO easily penetrates cell tissues and, in at least 90 minutes after consumption. It signals blood vessels to dilate (relax), which improves blood flow. For you, a runner, improved blood flow enables more oxygen to get to your muscles.

Research suggests pre-exercise beets or beet juice can enhance performance. That's why commercial sports supplements such as Beetit or BeetElite are gaining in popularity among competitive runners.

The preferred food sources of nitrates include vegetables, specifically beets, arugula, celery, lettuce, kale, spinach, collards, Swiss chard, and bok choy. These offer more than 250 mg nitrates per 100g (3.5 oz) serving. Veggies low in nitrates include broccoli, green beans, tomato, sweet potato, and peas. The average American consumes 40 – 100 mg of nitrates per day, less than the 300-500 mg dose recommended to improve performance. Yet, athletes can easily consume that dose with an average spinach salad topped with a beet or two.

NO improves blood glucose uptake. This is good for runners. People with diabetes, as well as all of us, will benefit from a nitrate-rich diet. So, eat your veggies!

Calendar

1. **Running Warrior Booster Club Board meeting** – Mon. Mar. 2 @ 6:15 PM.
2. **Buckhead Inv.** – Mar. 7th – at North.
3. **Coaches Inv. (Pope HS)** – March 13 & 14 at GA Tech.
4. **City Champs-** March 28th & 30th at North.



NAHS sports web site:
www.northatlantawarriors.org

NAHS Field and Track / XC

Stats Page:

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

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