



THE RUNNING WARRIOR



Volume # 4 Issue # 2 The Best In Running, Jumping, Throwing, and Walking March, April 2015

From the Editor – The track season is off and running and at this point winding down with the State meets approaching. I was fortunate to be chosen to help officiate the horizontal jumps at the ACC – Big 10 Challenge in Louisville over spring break. The University of Louisville has one of the best tracks in the country with four PV pits and 6 horizontal jump pits (wind dependent). U of L has hosted the NCAA Div. I East Regional and many other fine meets including the KY State HS Championships.

Being a staunch ACC fan , I had to be objective. The meet was great as the Univ. of Louisville and Notre Dame (ACC) teamed up to take on Indiana (IU) and Michigan State (MSU) of the Big 10.

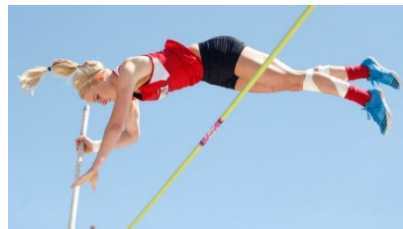
The competition was keen. One of the highlights was the women’s pole vault as three cleared 13-5.

For meet results:

<http://www.gocards.com/sports/c-track/stats/2014-2015/15accbig10.html>



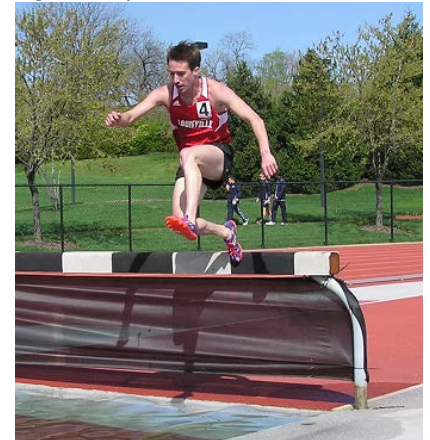
Louisville Cardinal Sophomore Chanel Kraus on her 2nd place vault in Louisville for the ACC.



Kraus went on to win the GA Tech Inv. (above at a PR 13-6.25) after placing second in the ACC-Big 10 Challenge. She is the Alabama state high school record holder (St. Paul’s Episcopal - Mobile).



The scoreboard says it all as the ACC and Big 10 ready for battle!



Cardinal Stacy Eden of Louisville takes the water jump in the 3K steeplechase at the ACC – Big 10 Challenge. Eden was a two-time Kentucky state high school champion (Shelby County – Shelbyville) who transferred from the University of KY.



A Notre Dame athlete uncorks the javelin for the ACC.



Calvin Arsenault (UL and Canada) wins the 110 hurdles for the ACC.



(L to R) UL, ND, IN, UL and IN 4 X 400 anchor legs await the baton.



(Notre Dame "A" couldn't quite catch the Michigan State "A" in the women's 4 X 400 at the ACC – Big 10 Challenge.

As I reflect on the current track and field season, I remember a few instances where athletes did not complete a part or all of their workout. Obviously, there are

legitimate reasons for this (eg., athlete is sick or injured). However, in several instances the athletes were not even breathing hard. Therefore, it wasn't a physical factor, it was a mental factor that caused the athlete not to want to finish their workout.

Hopefully, parents have thrown a few curve balls to their student athletes to prepare them for the pitfalls that they will face in life. If doing a track workout is the most difficult challenge that a student has faced, then we are not doing a good job of preparing them for the road of life. Sometimes athletes are afraid to take on a new challenge, for example running a new event or trying to pole vault. It seems that we may be reinforcing an "afraid to fail" mentality. If you don't ever fail, how can you learn? No one is ever 110% prepared in life for anything important they do. Life is about doing your best when you aren't totally prepared.

I remembered what we put in the July / August 2014 issue of *The Running Warrior*: "The *Running Warrior* philosophy is different than that of some parents. We are preparing their children "for the road." We will not prepare "the road for their children!" In becoming a *Running Warrior*, student athletes learn first-hand about leadership and commitment. These are two important values that need to be instilled in our youth if we are to prepare them for the road. Many students confuse interest (they "dabble" in a sport or sports) with commitment. Interest is something you do when it is convenient to you. Commitment is something you do without fail and do not make or accept excuses. Commitment takes focus which helps students manage themselves in relation to time.

These attributes are critical to success in life."

I remember reading *With No Fear of Failure* by Tom Fatjo. At one time I was a corporate division manager for waste giant BFI (Browning-Ferris Industries – you may remember their blue garbage trucks). Fatjo was an accountant who got frustrated with his waste collection contractor. So, he rented a truck and started to collect in his neighborhood before he went to his accounting job. One thing led to another and he used his financial knowledge and savvy to buy out other waste collection businesses. He, along with Wayne Huizenga (founder of Waste Management), started to consolidate the waste business by gobbling up companies. This would not have happened if Fatjo was afraid to either take a risk or fail.

At the Girls' State Meet in Albany one of the competitors, Zykeria Williams of 4A Baldwin High (Milledgeville) sat next to me with her grandparents. She was obviously distraught after running the 200. I asked her what was wrong. She told me that someone had stolen her spikes just before the 200 final. I figured this had mentally thrown her off and she probably finished 7th or 8th. Boy, was I wrong. She won, wearing FLATS, running a MileSplit national silver standard of 24.21. She was just upset about her missing spikes. Just a sophomore, Zykeria also scored for Baldwin in the 4 X 100 and 4 X 400. Winning the 200 in FLATS!! Now how's that for mental toughness!!!!

If you haven't seen *Unbroken* or *McFarland USA*, you need to. They are great running movies that reinforce the value of mental toughness.

Next issue will feature the track and field wrap up.

Alumni and North Foes Tear Up the Track

It was the season for alumni and former North foes this spring. At the Georgia Tech Invitational, former North competitors were out in force. Grady nemesis and multiple time GHSA State Champion Zane Coeburn ran the 1500 on April 17th as did Chris Burnett (Woodward). Both run for Alan Drosky at GA Tech now.



Former North foe Chris Burnett (Woodward Academy) of GA Tech (L) outleaves a Duke opponent in the GA Tech Inv. 1500. Tech has 8 (yes eight!) 800 men under 1:53.0. This depth is the reason Tech won the men's 4 X 800 relay at the Penn Relays.

I even saw North's 800 foe Rahim Aponte (Miller Grove H.S. - one of the few 400/800 doublers) of Jackson State in the 800 (1:56.16).

Speaking of alumni, John Rudd ('14) scored for Rice in the pole vault at the Conference USA indoor champs, getting an eighth place finish.

Rafael Salis ('13) lowered his PR in the 800 (1:52.23 for second in the Peach Belt Conference Championships), just missing the conference record by .04. He also ran the 1500 as Coach Mead said to "build strength." The 1:52 was

an NCAA Div. II "provisional qualifier."

Coach Stafford got me an invitation to officiate at the UAA (University Athletics Association) championships at Emory. This was a unique meet as the UAA is the conference of some of the best academic schools (NCAA Div. III) in the country, including Carnegie Mellon (Pittsburgh). Shane Conton ('14) triple jumps for the Tartans of Carnegie Mellon.



Tartan "Terrier" Shane Conton.



Carnegie Mellon University



A Case Western runner (R) leads over the barrier in the women's 3K steeplechase

at Emory at the UAA conference championship in April.



North Community Coach **Monica Hargrove** waits for the "Set" command at the Georgia Tech Invitational 400m in April. Hargrove is training to make the US Pan-Am Games team.

Nike Smokey Mt. Running Camp July 12-17

For the first time in *Running Warrior* history the girls top five cross country runners will be attending the Nike Smokey Mountain Running Camp at the University of North Carolina at Asheville. The session they will be attending is the July 12-17 session.

All cross country runners are welcome to attend the camp during these dates (several have committed). Coach Sanderlin will be attending the coaches' clinic at the same time. Legendary founder of this camp, Coach Roy Benson, will also be on hand for the first few days of the camp. For more info, go to [Smokey Mt. Running Camp](#).

Summer Racing Schedule

Every Tuesday at 5:30 (until mid-June), there are all-comers meets at Emory. Emory has a great track. For more information go to the Atlanta Track Club's web site: [ATC All-Comers](#).

- USATF JOs– **Metro North** @ Marietta HS, June 6th
- USATF JOs– **GA** @ Mill Creek HS, June 18-21
- USATF JOs – **Southeast** @ Mill Creek HS, July 9-12
- USATF JOs – **Nationals** @ Univ. of N FL (Jacksonville), July 27-2

Summer Running Camps

- [Nike Smokey Mountain Running Camp](#)
- [Maximum Velocity Track & Field Academy \(Centre College\)](#) Note: many Olympians will be coaching at this camp
- [Duke Nike T & F Camp](#)
- [Duke Running Camp](#)
- [Univ. of GA Track Camp](#)
- [Florida St. Track Camp](#)

Nutritional Corner



From “Foodnotes” in the March 2015 *Wingfoot* – by Carrie Mueller:

Let Nutrition Fuel Your Training

Hydration is key for any runner in training, so drink lots of water. Typically, I don’t consume sports drinks during runs unless they are longer than an hour. However, they can be beneficial post run to re-hydrate and replenish lost electrolytes. While commercial sports drinks will work, you can try unsweetened coconut water as a natural source of potassium and magnesium, and add a quarter teaspoon of salt to replenish sodium stores.

If muscle cramps are getting your way, proper stretching and rest is important. Try adding a banana smoothie with a splash of milk as a delicious way to stay hydrated

and help restore electrolytes. Other potassium-rich foods include oranges, potatoes, spinach, tomatoes, and avocados. Also feel free to enjoy a cup of coffee before your run. Caffeine has been linked to improved athletic performance but it can also stimulate your digestive tract. Make sure you know its effect on you before trying something on race day.

“When” we eat is just as important as “what” we eat. For longer training runs, include a carbohydrate replacement to keep your energy up. A refreshing way to get sugar while running is keeping a bag of frozen grapes handy. Within an hour of finishing your run, you need to refuel with a snack that contains both carbohydrates and protein. Try eating half of a whole grain bagel with peanut butter or fruit with a half cup of yogurt. Even 2% chocolate milk will work if eating is difficult after a run. You may not feel hungry, but it is important to consume something to start stabilizing blood sugar levels and aid in recovery.

What works for one person may not be optimal for another. So, learn what works best for you and avoid trying something new the day of the race. Good nutrition should be part of your ongoing training, not something you start in the days leading up to the big race.

Calendar

1. **Cross Country Meeting** – Thurs, May 14 @ 4P in the Media Center.
2. **Track & Field Awards Banquet Pot Luck Dinner** – Fri., May 15th at 6 P in the cafeteria.



NAHS sports web site:

www.northatlantawarriors.org

NAHS Field and Track / XC

Stats Page:

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

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