



# The Bulldog Bark

The Voice of Alhambra Cross Country



Monday, October 19, 2020

## Dead Cows Already?

### The Tough Workouts Are Here

It may just be the second week of pre-season conditioning, but our veterans have been running well enough to get a crack at one of our "bread and butter" workouts. There are traditional workouts we use to assess fitness throughout the season.

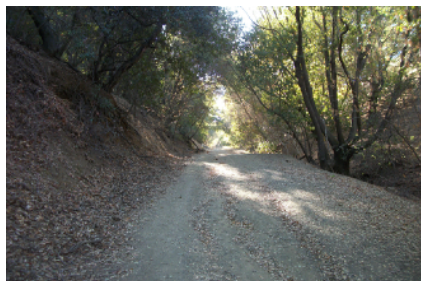
"Dead Cow" is the name we use for the 1/2 mile loop at the top of the steep trail leading from the high school to the Hulet Hornbeck ridge trail. Legend has it that years ago a dead cow was discovered there, hence the name. Today we only discover live cows.

Our troops did well in this challenging effort. Our last go here was over three months ago, and most of that time inbetween we were not allowed to meet as a team so the workouts were individualized efforts done independently. Today's times, compared to July's workout, was very encouraging.

All the athletes were able to handle the challenge . . . many of them improved their efforts, even though there was no coaching expectation to that end. Frankly, we were just hoping for some survival running and a chance to expose the runners early to future challenges.

Here are the results of today's workout, and the comparisons with the previous set.

As an aside, the young athletes scampered up the hill to the top (3/4 of a steep mile) with mild effort, while their coaches labored in pain. Coach Angela, in training for master's hurdles competition, did much better than Coach Brewer who had to haul his painfully slow bulk laboriously to the top.



The ascent up "Knotzee" hill is a hard 3/4 mile climb, despite the quaint Tolkienesque forest look.

## Dead Cow repeats (800 meter trail loop)

### October 19

Kennel 1	1	2	3	4
Tyler	2:30	2:23	2:29	2:29
Ben	2:31	2:30	2:43	2:42
Nolin	2:31	2:37	2:43	2:45
Vince	2:39	2:45	2:51	2:59
Michael	2:57	2:54	2:59	3:07
Colby	3:02	3:01	3:21	3:03
Juan	3:06	3:13	3:55	3:41
Renae	3:00	3:18	3:30	3:40
Kylee	3:10	3:25	3:25	3:50
Alexia	3:36	3:47	4:00	4:08

Kennel 2	1	2	3
Ethan	3:31	3:28	3:20
Noura	3:33	3:38	3:29
Kaelyn	4:01	4:14	3:55
Mia	4:15	4:44	4:12
Reina	5:14	--	--

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July 6	1	2	3	4
Nolin	2:39	2:50	2:53	2:55
Ben	3:08	3:28	3:30	3:16
Colby	2:58	2:53	3:11	3:06
Renae	3:06	2:51	3:02	2:53
Vince	2:55	2:41	2:48	2:57
Mike L.	3:18	3:41	3:26	
Ethan	4:05	4:17	4:09	

Renae	3:06	2:51	3:02	2:53
Alexia	3:38	3:41	3:55	
Kaelyn	4:00	4:04	4:05	
Noura	4:25	4:44	4:45	
Reina	5:59	6:15	---	



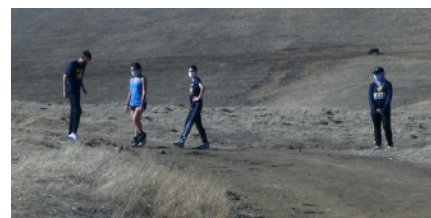
Kennel 1 sets off on its first repeat.



Downtown Martinez and the refinery are a pleasant view from atop the ridge.



Nolin, Ben, and Tyler are a tight pack at the end of the first repeat, along with graduate assistant coach Carson.



Kennel 2 arrives at the top of Knotzee Hill for their turn at this workout.

## Looking Ahead:

### Hidden Valley on Friday - -

and just about every Friday after that. We're trying to add some variety to the workouts, and Hidden Valley with its trails and lakes and close proximity is a natural choice for that.

### Expanding the Program - -

The coaches want to add a 3rd kennel in a week or two, which opens up another 12 spots to runners. Spread the word, and let's get a few more Bulldogs to join our conditioning workouts. Every weekday afternoon.

### As Always, Contact the Coach - -

Any questions of concerns, always fee free to get in touch with Coach Angela:  
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