



The Bulldog Bark

The Voice of Alhambra Cross Country

Saturday, October 24, 2020



Hidden Valley Workout

We were off to Hidden Valley Park on Friday for an off-campus day workout. The mighty Bulldogs got in some hill work on the Hidden Valley course, which is our most used race venue.

The featured part of the workouts was getting in some practice work on dealing with the last hill on the course ("Finale Hill"). This particular hill comes right near the end on the race, and has proven to be a very tough part of the race. Being familiar with it only enhances our ability to do well in league races staged here.

Future Fridays

We hope to make Hidden Valley our every Friday workout for the foreseeable future. This lets us have some variety in our running options on a once-a-week basis. And we get more time relearning the Hidden Valley course so we can have more success there when competition resumes.

Solid Core So Far

We have finished up Week II of pre-season conditioning, and our core of runners is looking good. We have 20 names on the roster so far, and of those, about 15-16 are regular attenders. And those are the ones showing excellent workout enthusiasm and some impressive improvement.

We'd like more bodies

It's always a good thing to have lots of people in training for running. With remote learning, it's a bit more difficult to attract new people out for conditioning.

We'd like to involve all of our running families in promoting the sport, and see if we can bring more runners on board.

December 7th

Regular Season Starts Soon

We are currently in our pre-season conditioning phase. In just over a month we will be in our official season phase. At that point we will need to have official clearances (including current athletic physical) for all athletes.

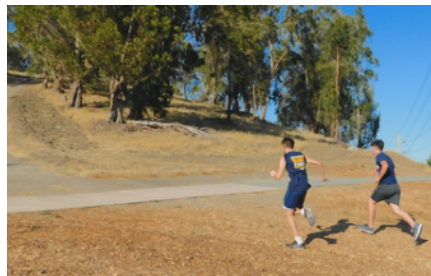
Hidden Valley Workout photos:



Kennel 1 sets off on its warm up run.



Coach Carson and Ben set off on their first of five grinding up Finale Hill.



Ethan and Caleb look strong on their last run up the challenging incline.



Kylee and Renae set out after Nolin and Colby on their last effort up this hill.



Coach Angela holds court after the cooldown run.



Mia is all determination on her hill runs.

Time Change & Fall Weather

By end of the week we will be back to regular time, which means we lose an hour of daylight at the of the school. We are also experiencing the turn of the season, which means it will be colder and wetter the further we get towards Christmas and New Year's

It's time to be prepared. Warm clothing for the warmups and cooldowns. Rain gear to run in or wet weather. Flu shots to ward off infection.