



The Bulldog Bark

The Voice of Alhambra Cross Country
"The bright flame of pure running desire burns incandescently in our souls"



Tuesday, June 8, 2021

Dead Cows !

Bulldogs Brave First Summer Effort on Traditional Ridge Workout

We're not fooling around, apparently. The classic Dead Cow Loop workout came up early this summer, and the troops handled the challenge well.

This workout features an 800 meter loop on the top of the Hulet Hornbeck ridge trail, accessed by the steep Knotzee trail from the school. Rookies and veterans alike took on this challenge to establish times which we can use as comparisons when we repeat the workout later down the line.

Group 1

Renae Searls	2:46	2:44	2:47	2:52
Vince Montegrando	2:38	2:32	2:38	2:45
Nolin Searls	2:38	2:32	2:37	2:40
Tyer Allan	2:38	2:32	2:34	2:25

Group 2

Kylee Phillips	3:04	3:02	3:07	
Alexia Hisquierdo	3:21	3:18	3:19	
Nora Sobhy	3:37	3:33	3:34	
Kaelyn Nguyen	3:28	3:25	4:08	
Ali Sobhy	3:47	3:41	thigh twinge	
Ryken Adams-Barnes	3:28	3:26	3:33	

Group 3

Tyson Long	3:40	3:36	3:47	
Alaina Lipary	3:50	4:01	4:17	
Corina Jones	3:51	3:46	3:50	
Rey Arce	3:50	4:00	4:17	
Ithalle Rangel	3:53	4:16	4:26	
Reina Felson-Lamb	5:23	knee soreness		



Nolin, Tyler, and Vince tussled the entire workout.



Group 3 heads out on the loop against the backdrop of the ridge trail skyline.



Tyson shows some serious chops as a freshman on a tough workout



Pearla was our statistician today. Here she takes a break between repeats with Mt. Diablo in the background.

Shoes !

Shoes !

Soes !

New Shoes Necessary For Summer

There is no more single important component to injury prevention than new shoes. The amount of impact that running places on adolescent bodies needs to be buffered by appropriate footwear.

And the very definition of "new" need to be revisited. An athlete who runs regularly (5-7 days a week) will need new shoes about every 10-12 weeks, if not sooner.

The cushioning becomes compressed and less resilient, and as such does not absorb the impact but rather passes that impact on to the muscles and skeletal structure.

So, by all means, please make sure the athlete has new shoes for summer running. This is not always cheap, but it is necessary.

What is the best shoe?

The best shoe is the one that fits best. Good shoe stores will work with the athlete to find the best fit at the best price, and will not pressure the runner to buy inserts or special socks, or other add-ons.

As a program, we recommend the Forward Motion store in Danville as a premier example of high school friendly service.

And for the veterans

If you already know your shoe preference and needs, a bulk outlet like Sports Basement is a good place to get a good price on shoes.

Always Looking For More Runners

It's early in the summer, but we can always use more runners on the squad to start getting in the miles the workouts. This way we can storm into the regular season in mid-March in shape, eager, and ready to rampage.

So - - tell all you friends about all the fun and all the other pops. Leave out the parts about workouts, sweat, challenges, overcoming doubts, embracing discomfort, and celebrating achievement. We'll get to all that later.