



The Bulldog Bark

The Voice of Alhambra Cross Country
"Where Lunacy Has Permanent Residence"

Tuesday, June 25, 2019



Tomorrow !

Wednesday 6/26 Workout at Hidden Valley Park

We will be changing up our workout location next week. We're asking the athletes to convene at Hidden Valley Park at 8:00 am.

This is the site of 4 of our races this year, including our league championships, so we need to take advantage of its proximity to Martinez to get familiar with the place prior to our competitions.

Location

We will be meeting in the parking lot on the Center Street side of the park.

Other "remote" workouts

We have also tentatively penciled in a workout at Canyon Middle School in Castro Valley, since that site also shows up on our schedule later in the year.

4th of July Races

We'd like all of our athletes to sign up for a holiday race this 4th of July. Not only is it a good workout, it also give the coaches a chance to see just what level of fitness our athletes have achieved.

• 2019 Firecracker 5K Pleasant Hill

8:00 a.m. Downton Pleasant Hill Crescent Drive
<https://raceroster.com/events/2019/22911/2019-firecracker-5k-in-pleasant-hill>

• Stars & Stripes 5K Run Concord

8:15. Todos Santos Plaza, Concord
<https://brazenracing.com/starsandstripesrun/>

• Moraga 4th of July Fun Run

Canyon Club Brewery 1558 Canyon Rd
<https://localraces.com/events/moraga-ca/2019-moraga-4th-of-july-fun-run>

And Our Network

Team Communications: Stay Connected

A strong component of any team success is communication. Alhambra Cross Country is no exception to this, and we try to keep open as many channels as possible to get information and news flowing back and forth between coaches, athletes, and families. Here are our avenues of information flow.

Verbal

This is every day at every workout. Lots of details get broadcast and mentioned by the coaches each day. And athletes need to inform coaches about conflicts and issues as they arise. Likewise, there are a number of casual and informal chats with parents at the start and end of workouts as athletes are dropped off and picked up.

E-mail and text

We do ask that all athletes that have made verbal requests of coaches follow up with an e-mail to that coach. This is to ensure that we have fully established a communication link on any particular issue.

Website

We have the luxury of having an excellent web master who has constructed a very informative website that stays up-to-date (as much as possible) with the team doings, as well as archiving the history and records and photos of the team, present and past.

Team App Remind

This application is a text blast to the entire team for specific and time-sensitive information. It's an excellent way to communicate immediately items that require a short notice.

The Bark

Our newsletter is a combination of general information, extended commentary, race data and analysis, and philosophical musings. This is available on our website and on our Facebook page.

Facebook page

Of course, no institution can shake off the influence of Facebook. We have our own page, and it provides an alternative venue to all of the above to stay in touch with our program.

Contact specifics:

Coaches:

Head Coach Angela
925-963-8127
coachangela88@yahoo.com

Assistant Coach Brewer

510-919-4769
pcbrcrosscountry@yahoo.com

Website:

alhambtrack.org

Remind:

Text @alhambtrack to 81010

Facebook:

Alhambra Cross Country Team

Coach Paradise Sez:

For the Lady Runners: Sports Bra Advice

Just as male runners have to deal with chafing as a perhaps a gender specific running concern, the lady runners also have to deal with their own gender specific running concerns. In their case, this often involves choosing the right sports bra.

Advice and Recommendation

Clearly, as our young lady runners cover the range in age, in development, in heredity, et cetera, there are lots of considerations that go into choosing the right running garments for the serious female runner. The fashion industry and the running industry are often at odds in supplying the proper garments. The general rule involved here is that an effective garment is more important than a cute garment.

Here is the link to the article that Coach Paradise feels is a good start for our lady runners to look at. Hopefully this will give some guidance to the girls in choosing the garments most suited for their individual needs, so they can they focus on the primary goal of our sport which is to run faster and beat other runners.

<https://www.kinkycurlycoilyme.com/5-tips-for-picking-the-perfect-sports-bra-for-you/>