



# The Bulldog Bark

The voice of Alhambra High School  
Cross —CC-> Country  
Monday, June 25, 2018



## Summer Running In Full Swing !!

The 2018 season is off to a good start as two dozen athletes have made it to the first week of summer running, with a daily average near 15 dedicated souls. This is an excellent beginning to our fall season.

### Weekday Mornings 8:00 a.m.

We gather each weekday morning at 8:00 in the upper parking lot (just past the swimming pool). Mondays, Wednesdays, & Fridays we have a pool workout as well as the run.

### Lots of Newcomers !

We have seen many freshmen (and freshwomen) show up already this summer to augment the returning veterans. We welcome these new faces as they get into shape over the summer to help with the Alhambra success this fall.



## Fourth of July Races; Find a 5K to Run !

Even though Independence Day is a holiday, it doesn't have to be a holiday from running. The coaches encourage all runners to sign up for a 4th of July race.

By that time most of our summer runners will have some miles already piled up, and a 5K race is a good way to find out just what sort of shape you are in.

### Pleasant Hill Firecracker 5K

This is a nice community event. And the course is easy, too. Registration information can be found here: <https://raceroster.com/events/2018/17612/2018-firecracker-5k>

### Concord Stars and Stripes 5K

Concord also offers a community holiday 5K, starting at Todos Santos Square. Registration information can be found here: <http://www.concordjuly4th.com/5k-run-8-am.html>

## Know Your Captains !

Your captains are the ones who help direct the workouts, set the tone for hard work and intensity by their own example, and encourage you all to give your best in all workouts and races. This year we are privileged to have three veterans take on this challenging responsibility: Seniors Nicole Tria and Graham Manning, and junior Carson Edwards.



### And Your Coaches - -

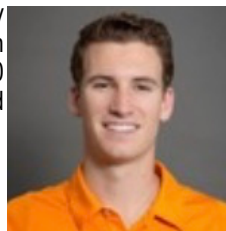
#### Angela Paradise - Head Coach

Coach Paradise has been in charge of the Alhambra cross country program for 10 seasons now, after serving as an assistant with previous coach Tim Bruder.



#### Evan Quigley - Assistant Coach

Coach Quigley comes back as an assistant. He is a 2010 Alhambra alumnus and a former Bulldog runner.



#### Peter Brewer - Assistant Coach



Coach Brewer comes to Alhambra after previous coaching stints at Northgate HS and Castro Valley HS.

### Looking ahead:

## Eliminating Meet Schedule Conflicts With Standardized College Test Dates

The fall is a busy season for juniors and seniors who are looking ahead to college. The most popular test dates are in the fall, and these do conflict with our race schedule.

However, these tests are administered year-round, and it is possible with enough lead time to schedule other dates to work around the cross country schedule so that the athlete does not have to make a choice but can fully participate both in the sport of choice and college preparation.

### Pending Conflicts:

Sept 8 - - ACT and Ed Sias Invitational

Oct 6 - - SAT and Artichoke Invitational

The alternate test dates are listed below. There is still plenty of time to register (or transfer registration) for these tests.

### ACT 2018 Test Dates:

Sept 8, Oct 27, Nov 20

### SAT 2018 Test Dates:

Aug 25, Oct 6, Nov 3, Dec 1

### ACT registration site:

<https://www.act.org/content/act/en/register.html>

### SAC registration site:

<https://collegereadiness.collegeboard.org/sat-subject-tests/register/online-registration>

### 2018 Cross Country Schedule

8/13	M	First day of official workouts	
8/25	Sat	Course cleanup	Hidden Valley
8/31	Sat	Scrim: Little Ed	Hidden Valley
9/8	Sat	Ed Sias Invite	Hidden Valley
9/15	Sat	Viking Opener	Santa Rosa
9/26	W	DAL # 1	Hidden Valley
9/29	Sat	Ram Invite	Westmoor HS
10/6	Sat	Artichoke Invite	Half Moon Bay HS
10/3	Sat	Castro Valley Invite	Canyon MS
10/19	F	Mt. SAC Invite	Mt. San Antonio JC
10/24	W	DAL # 2	Newhall Park
11/3	Sat	DAL Finals	Hidden Valley
11/9	Fri	HOKA Postal Meet	Santa Rosa JC
11/17	Sat	NCS Championships	Hayward HS
11/24	Sat	State Championships	Fresno