



The Bulldog Bark

The Voice of Alhambra Cross Country

"The bright flame of pure running desire burns incandescently in our souls"



Friday, July 9, 2021



Coach Angela keeps an eye on the workout.

Doldrums - - "low spirits; a feeling of inactivity; lack of interest"

This is an interesting term, and it really does seem to reflect these long long days of summer. And cross country workouts are not exactly the cheerful pick-me-up solution to that long lazy summer feeling.

And still, we persevere. Despite vacations, jobs, gumpy mornings, aches, twinges, and all the rest, cross country workouts are still every weekday morning at 8:00 a.m. And athletes leave the workouts feeling better for having done them. Coaches Angela and Brewer are there every morning with their infectious and possibly deranged cheerfulness and joy to administer the daily runs. And distribute otter pops.

Every weekday - - 8:00 a.m. - - looking forward to seeing you all there as much as possible.



Nolin leads Renae and Colby to the finish on one of the repeat miles.

Mile Repeats? Already?

We are in the business of training, and that means that periodically we have to assess just where we are along the path of our training. Therefore, we have assessment workouts to check precisely where we are on that path

Tuesday saw only a handful of runners, but we were able to still see some bright spots so far in our summer running. (Silly coaches missed the splits on the first mile.)

Laps	1	2	3	4	time
Renae	--	--	--	--	6:04
	92	96	94	87	6:09
	95	94	96	91	6:16
	94	102	105	94	6:35
	88	96	98	90	6:12
Nolin	--	--	--	--	5:50
	87	88	91	82	5:48
	87	87	87	85	5:46
	87	88	89	88	5:52
	85	88	92	78	5:43
Colby	--	--	--	--	6:04
	93	98	90	86	6:07
	96	99	97	84	6:16
	87	105	105	99	6:46
	93	97	97	103	6:50
Ethan	--	--	--	--	6:59
	99	113	112	106	7:10
	97	113	115	104	7:09
	96	113	114	99	7:02
Kaelyn	--	--	--	--	7:27
	103	119	122	119	7:43
	98	121	122	112	7:33
	97	121	122	115	7:35

Halfway Through Summer Running:

- Monday, August 9: Official workouts start
- Friday, September 3: Little Ed Scrimmage @ Hidden Valley

It may be hard to wrap one's mind around the notion that summer is half over, but by the classic definition of how long it is that school is out, well, we are half way there. As far as training for cross country goes, we still have an additional month after that before we get into our racing schedule.

It takes time

So we still have lots of time to run . . . not lots of time to avoid running. Improvement in running and racing is not an easy road. The skill set demands not only the running to develop fitness, but even more importantly the development of the willingness to show up every day. The mental difficulty of the sport often is harder to deal with than the physical difficulty of actually running every day.

The simple but difficult truths

1. The more days an athlete runs, the better that athlete gets.
2. The longer an athlete runs, the better that athlete gets.

3. The harder an athlete runs, the better that athlete gets.

4. None of this happens overnight, and may take months. Sometimes years.

Which is why we are so darn tough

Sticking with it makes all the difference. Those of you who are already on that path this summer, you are writing your ticket to a great fall season. Those of you who are just starting, you are going to see strong improvement. And everyone who jumps in at any time and sticks with it from there . . . well, you too are going to have a great time getting faster.

And That's Why We Pump Up Summer Running

Get your miles and hills and miles and core and miles and otter pops and miles in over the summer, and the season takes care of itself. Guaranteed.

School Starts Early

August 12 is a very early start for public schools, and as such may catch a few people unawares. So, it is imperative that as athletes, the runners need to be aware that we are going to go full time, full on, as of our official start date of Monday August 9.

Clearances !! The full permission form is on line (.). And each athlete will need a physical examination form signed by a physician as well. Those forms need to be turned in BEFORE the athlete can be allowed to compete with the team after August 9. Them's the rules.



Pearla is coming along nicely on her rehab program.