



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Wednesday, July 11, 2018



Half Way Done !

Summer Running Reaches Half Way Point; Official Season Starts in 5 Weeks

We have had a steady stream of runners make the 8:00 a.m. workouts so far. Some athletes are more regular than others, but overall we have seen over 30 athletes make at least a few of the runs.

Season Comes Soon

Even though it feels as if summer can last forever (and we often wish it could), school shows up on the calendar really quickly. Many of our runners are also involved in a number of other summer activities - family outings, extended travel vacations, summer camps, jobs, et cetera. However, with our season start just looming on the horizon, we all do need to make sure we are getting our running in regularly.

On Your Own

Even with all these other summer activities, there should be no less running done. It merely means that each athlete needs to do it OYO (On Your Own). Running really only takes personal initiative. Put on the shoes and get going. This can happen anywhere and at any time of day.

OYO Guidelines

The general rule of thumb for high school summer running is 5 days a week. Varsity candidates should be doing 6 days a week. On any given day, runners should try to get to 35 minutes running without stopping. As runners get into shape, that minimum should move up to 45 - 60 minutes per run.

As well, over time, the intensity of the run should increase. This means that the runs should be faster.

The Summer Goal

The whole idea of summer running is not just social gatherings, a few splashes in the pool, and listening politely to the coaches' jokes. It is to seriously push the body into a zone of cardiovascular improvement so that the athlete can be a competitive athlete in the fall. Exercise physiologists (running scientists) say that 70% of all success during a fall season of running is achieved during the summer preparatory months.

Contact the Coaches Anytime:

(We don't bite -- really)

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Rules of the Road

Caution: Road Running Can Be Dangerous

The cross country team often runs on the roads to make sure our athletes get in the sufficient mileage to improve and be competitive at a high level. However, we have to often share the roads with cars and trucks. Here are some simple guidelines to make sure we can ensure safety at all times.

1. Stay on the sidewalk when there is a sidewalk.
2. Stay to the side of the road when there is no sidewalk.
3. Run single file when on the road. Running 2 or 3 or 4 abreast is a recipe for disaster.
4. Do not cross in the middle of the street. Use cross walks when there are cross walks.
5. Always make contact with drivers when you can when you cross anywhere on a street.

Safety Tip:

Running With A Phone

The modern phone can be a wonderful tool, as well as a serious distraction. In the running world when out on the road, it falls squarely in the great tool category.

Location

The phones allows us to find runners who might be lost or disoriented or injured and shorten the time necessary to provide assistance. Direct communication via voice-to-voice will help with emergencies, and the GPS features are excellent for more dire circumstances.

Carrying the Phone

This is always a concern, since serious runners want as little baggage as possible while running. However, there are several ways to take a phone along for a run.

1. The standard forearm strap is the tried-and-true method, and really is a proven method for runners to have the phone without undue inconvenience on the actual training run.
2. Specialized running shorts - the running market now has a number of varieties of shorts with a zippered phone pocket on the base of the spine. This is also a proven method of carrying a phone without intruding on the running training.
3. Phone belts - the internet is filled with ads for fitness running belts to carry car keys and phones along on a run. This is a lower-cost option to the specialized running shorts.

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/>

Just To Make Sure . . .

Again, the Season Schedule

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 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

Coming Soon !

School Records! Top-10 Lists!

Coach Brewer is busy trying to exhume the Alhambra running records from the dustbin of history. The Bulldog Record Book is almost complete.