



The Bulldog Bark

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



Vol. 6: Saturday, July 10, 2020

Another Time Trial

Friday July 10, 2020
Hidden Valley Park
2.0 mile time trial over course

Coach Carson	12:08
Nolin Searls	12:25
Colby Thompson	13:25
Ben Smyers	13:25
Sam Dibetta	13:47
Renae Searls	14:15
Coach Nicole	15:33
Ali Sobhy	16:08
Kylee Phillips	16:19
Michael Lano	16:43
Jonas Knopf	17:15
Aaron Manning	17:38
Sam Rogers	18:23
Kaelyn Nguyen	19:10
Reyna Arce	19:30
Jenny Duncan	19:34
Coach Erica	20:13
Rebecca Breedlove	21:38
Pearla Lopez-Cardinale	21:53
Skye McKinsey	22:12
Noura Sobhy	22:32
Chris Breedlove	27:17
Laila Flahiff	27:47

This time trail was a bit different, since it was on an actual course and not on a track. This means that the time is not exactly transferable to any other course given the difference in terrain, footing, temperature, et cetera. Still, this is a course we used frequently and so we need to get acclimated to it early and often.

We were also able to see the first indications of improvement in the runners after two weeks of steady training. There were strong efforts all around, some nice hill work, some internal rivalries, and stirring sprint finishes. Everyone felt pretty good about their effort afterwards as well.

Looking ahead

We will continue to work out and continue to improve. We've just started summer conditioning, and it has been an excellent beginning so far. With this type of dedication and consistent application of effort, improvement and excellence are inevitable.

Workout paces have been adjusted

By and large today's times indicate improvement over last week's time trial. The coaches have adjusted the expected workout paces up a notch to reflect that readiness for the next level. This is not a huge leap in expectations, but rather a mild bump up.

Workouts to come

We are continuing on our twin threads of education and improvement. We still have some standard runs we have not yet gone over as a team, so we need to get the troops out over those routes to learn them. Also, we will now be cycling through some routes at regular intervals so runners can see their improvement themselves.

Hills are our friends

One of the best natural assets we have as a campus is how close we are to some really excellent hill runs and open space trails. This is another area we will be exploring regularly.

Also, the single most challenging aspect of any course is how hilly it is. Many coaches (and many athletes) are afraid of hills, and avoid them in workouts and complain about them in races. Our workouts allow our athletes to condition themselves to hills, learn to appreciate them, and use them to our advantage.

Shoes . Shoes . Shoes .

So, who wants to get injured first? Running in worn shoes is a sure recipe for injury. The cushioning become hard, the fabric stretches so the shoe is no longer snug, and the running impact goes directly into the leg muscles and joints.

Yes, new shoes are expensive. So are doctors. So is time lost for injury recovery. Now is the perfect time, at the early part of the summer training, to get that new pair of shoes.

And you'll need another new pair later

Most runners and families don't want to hear this. However, if an athlete runs regularly in a pair of shoes for two months, those shoes are kaput. This means that just about the end of September, when the bulk of the competitive season is upon us and the workouts are entering their most intense period, the shoes are on the tail end of efficiency and need to be replaced.

And Another Quiz:

It's always nice to know the history of the program, and also a good thing to see the names one recognizes in the records.

This quiz is open-book. **The 2019 Cross country season** can be found at:

<http://www.alhambtrack.org/bulldog-bark-newsletter.php>

The **record book through 2018** can be found at:

<http://www.alhambtrack.org/resources/2018%20AHS%20XC%20Record%20Book.pdf>

- At which 2019 invitational did Kylee Phillips break Coach Nicole's school record?
- The DAL Finals saw Alhambra do very well in the Valley division standings. How many Bulldogs did not get a medal in that championship race?
- In 2019 the Boys' Varsity was DAL-Valley champions. How had it been since the BV won a league title before that?
- At which 2019 invitational did the Bulldogs have winners in three separate races only 24 minutes apart?

Bonus: name those three Bulldogs

- Match the name of the Invitational with the city it is held in:

- | | |
|------------------|------------------|
| ___ Ram | a. Walnut |
| ___ Peter Brewer | b. Hayward |
| ___ Mt. SAC | c. Castro Valley |
| ___ Artichoke | d. Westmoor |
| ___ Farmer | e. Half Moon Bay |

- Which one of these Bulldog teams did not finish 1st or 2nd at the 2019 DAL Championships?

- | | |
|--------|--------|
| a. BFS | d. GFS |
| b. BJV | e. GJV |
| c. BV | f. GV |

- Which is the best running shoe?

- | |
|---|
| a. Nike |
| b. New Balance |
| c. Asics |
| d. Adidas |
| e. Hoka |
| f. the one that fits your foot the best |

- Deep history - - what year did Alhambra have two All-State (top 10) runners, and who were those two runners?

- Close, so close - - By how many points did the BV miss the State Meet in 2019?

- On our 2019 NCS GV squad, who was the only girl with previous Alhambra cross country experience?