



# The Bulldog Bark

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

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## *Bulldogs Hit the Road - Good Set of Runs by Team Today*

Hard to miss Louie Lane with this candy cane post jutting out of the roadside.



The first wave of runners stride past Louie Lane on their way to Orange Gate and beyond.



The second wave scurries by as they head off to Orange Gate



Reyna and Kaelyn pushed each other as they make Louie Lane look a little too easy.



Noura strides confidently at a distance that would have been difficult for her last year.

### *Nice Day For A Workout*

## **Franklin Canyon Runs**

The mighty Bulldogs extended their range today with a team effort on Franklin Canyon Road. With just about three weeks under their collective belts, the squad showed some very good overall team improvement this early in the summer training program.

This is one of our "bread and butter" runs, where we run it several times in a season so that runners can track their progress over the course of the season. All of the Bulldogs today reported that the run was easier than before, they better while running it, and were confident about running it again later every faster.

### **Franklin Canyon Road**

As a secluded rural road winding west through the shaded area between the freeway and the railroad tracks, this road is a perfect venue for some of our longer runs. Scenic, relatively flat, and cool in the shade, Franklin Canyon is also immediately accessible from the high school. All this makes it an excellent training venue for Alhambra High.

### **Louie Lane**

This 4.3 mile route is the first stage on our standard out-and-back checkpoints. This is a private road, and is hard to miss with that candy-cane post. Rookies and veterans alike find this a comfortable run. As runners progress in training and fitness, this run eventually becomes an easy day.

### **Orange Gate**

A 6.0 mile round trip from school, this destination is a benchmark run to test fitness. Called Orange Gate because of the painted fence where Franklin Canyon veers towards the train tracks, this run marks a point in testing just how in shape a runner is. Today we asked several runners to "step up" and see how tackling this distance felt. Positive reactions all the way around.

### **McEwan Road**

The intersection with the road to Port Costa is an 8.7 round trip effort from the high school. This has been a standard for varsity runners, and indicates a high level of conditioning if the runner can handle a good pace throughout. Normally a later season workout, the coaches are pleasantly surprised to see that we have several runners already handling this distance.

### **There's more, of course . . .**

Running down McEwan road towards Port Costa adds more miles. Running past McEwan Road towards Franklin Canyon golf course also increases distance. These are runs for those athletes who have become comfortable with the shorter runs. Every once in a while we dust off the workout book and assign these runs too.