



# The Bulldog Bark

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



**Volume 2: Thursday, July 2, 2020**

## Rust-Buster Wednesday

### Day 1 Summer Running !

23 eager runners showed up for the first day of our long-delayed summer running. Almost to a person they showed up early, or on time, and with all the necessary documents in hand. And to top it off, they all brought their masks, their water, and their watches.

#### It took several weeks

Our remarkable administrative staff worked hard to get us the permission to hold our summer running at all, with a three week delay from our normal summer starting date. And evidently there was quite a bit of pent-up energy in our veterans, as we started out our summer with as many runners as we have usually ended our summer with.

#### New routines

Day 1 is always an exercise in getting used to the workout requirements and the various parts of that workout. Regardless of experience, it always takes a while to get into the rhythm of things.

This year is doubly difficult as the Covid crisis has forced coaches to come up with routines that are safe and compliant with health dictates, and still incorporate those elements that will challenge and develop runners.

#### Masks and Social Distancing

This is the newest and most influential change in the workout procedures. Every aspect of the workout has to be considered to reflect mask use, distancing, and actual running. As time goes on, we will all learn how to effectively train while being responsible



The team listens to the orientation while distanced and masked in the bleachers.

## Are We Ready For Glory ?

### Well, Not Right Now

We, as a team, are bursting with enthusiasm. Excellent Day 1 turnout, willingness to learn how to accommodate to new routines, and strong efforts on the drills and the actual run are all good signs for the future.

#### Covid setback

We are not alone in high school running in having to deal with several months of layoff. Spring sports got yanked back in the beginning of March, school got discombobulated and remotod, towns and counties got sheltered in place, and running was relegated to the least of concerns.



Sam R., Colby, and Sam D. are part of our core returning boy veterans.

No wonder lots of running programs at high schools (as well as all other sports) are worried about the setbacks in training and progression. The time off took a toll, and not all our veterans were able to keep up an independent program to stay in shape.

So, today was, as expected, a nice showing of effort and a welcome release from months of confinement. It was also an honest assessment that we've got a ways to go.

#### That's what summers are for

We are blessed to have a bulk of our team be veterans. They know what it is like to have to struggle to get into shape; they are not afraid of the work necessary; and they can see that we still have 6-8 weeks to put in a consistent supervised effort before the anticipated start of the fall season.

## Coming Up --

### 7/3 Friday Time Trial

As with anything related to education and achievement, an early assessment allows us to find out where we are so we can better steer our charges to where we want to be.

Friday we will be running a mile trial for the team. This will give us a benchmark from which the coaches can dial in workouts specific to each runner to maximize improvement. We will be doing periodic assessments like this, as each runner improves at different rates, and we want to be as efficient as possible.



Kylee and Aero practice social distancing even in the cooldown.

### 7/10 Workout @ Hidden Valley Park, Center Street side

We want to use our summer time to get acclimated to the Hidden Valley course, which in a regular season is host to 4 of the meets on our schedule.

We will gather at 8:00 am as usual at Hidden Valley Park. The coaches will have established the necessary social distance parameters at the park. The workout should end by 10:00 am.

#### Will There Be A Season ?

The State CIF Board will meet on July 20 to hash out the future of championship fall sports. All of their concerns will center around the current and projected status of the Covid-19 rates.

At this point, it the abundance of caution that is the driving concern of officials. We await their pronouncements. Still, training is good, and if there is a season to come, we will be better than our opponents for having trained seriously in the interim.