



# The Bulldog Bark

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

Vol. 3: Friday, July 3, 2020



## An Abundance of Caution

### Staying Careful in the Age of Corona Virus

And folks want to know if we are exhibiting the necessary amount of abundance of caution as we start our summer running program. Well, judge for yourselves:



We gather in the bleachers not only social distanced, but in three separate "pods" (or "kennels" as Coach Angela is fond of saying). Masked and distanced.



Our active warmups are conducted in alternate lanes, with lateral distancing determined by the sideline cones. Masked, of course.



Active warmup drills on the return . . . each "wave" is separated by alternating lanes and sideline cones distancing. Still masked.



Medicine ball strength drills - - distanced, masked, and gloved.



Mobility drills over hurdles - - definitely distanced.



Core drills - - distanced and masked.

## Still Running !

### It's All About Distance

Despite all the cautionary protocols we have had to adopt this summer, we are still in the business of getting young people in shape to run longer and faster.

And to fulfill this aim, we are still asking our runners to put in time on the trails and roads to get their hearts, lungs, and muscles to improve function and therefore also race performance.

Run run run . . . we're still in that business.

## Of course we are all uncertain

### No Real Answers For The Season Of Sport

This is all uncharted territory for everyone. Health officials; politicians national, state, county, and local; school districts; . . . no one really has any answers, and high school sports ranks down the line as far as important things to worry about.

#### Still have to be prepared

We are always optimistic (albeit sometimes without real evidence) that there will be a cross country season. The state officials are still trying to make a decision even with constantly shifting data making all choices difficult.

If, and this is a very big if, we do get some breathing room to actually have a competitive season, there is still no consensus on how that might look like. But being prepared is paramount. If and when we come into a competitive season, let's at least be ready for it.

## Did You Know?

### Master's World Track Championships

Your very own coach Angela Paradise has undertaken to train for Masters competition in the hurdle races, and is now highly ranked in her age group in the US.

She has also reached the qualifier mark for the World Championships next scheduled for 2021 in Finland.

Great job, Coach Angela !

## More Bodies !

We always looking to add more people to our team. Be sure to enthusiastically promote cross country to all you acquaintances. Have them stop by, or contact Coach Angela:

925-963-8127

coachangela88@yahoo.com

**Reminder** - - Next Friday, July 10, we will be meeting at Hidden Valley Park on the Center Street Side. 8:00 a.m. with all of our normal array of masks, gloves, hand sanitizer, water, sweat pants, running shoes, et cetera.