



# The Bulldog Bark

The Voice of Alhambra Cross Country  
"The bright flame of pure running desire burns incandescently in our souls"



Friday, August 6, 2021

## The Season Starts !!

### 2021 Cross Country Is Here

The official season is now here, and we have completed the 10 weeks of summer running. At this point we are within the regular season of sport, and embarked on the competitive season.

#### Clearances

All athletes by this point need to have full and complete clearances. This is a yearly process and involves completing a form, getting a physical examination from a doctor, and submitting these documents to the school on-line.

Full instructions are available on the Alhambra High athletic web site, and the pertinent link is:

<http://ahs-martinez-ca.schoolloop.com/file/1530581990245/1552634392606/3564032291831784095.pdf>

## More Bodies !!!

### Recruiting Is In Full Swing

As a team we are always looking for newcomers. This year every sport is hurting because of the pandemic interruption in the traditional school attendance and athletic participations. Cross Country is no exception.

#### Orientation Day

We had a full array on display at orientation day handing out 100's of pamphlets, a ton of free candy, and a table with pictures and promotions for the sport. 10 enthusiastic runners worked the crowd of students coming in and out of the stadium to make sure EVERYONE knew that we had the coolest sport around.

#### Talk to your friends

There are never too many runners on a cross country team. We do ask each runner to invite their buddies to join. You never know who just might decide to give running a try.

## First Week of School

### Workout Time Schedule

Monday 8/9 8:00 a.m. on the track  
Tuesday 8/10 8:00 a.m. on the track  
Wednesday 8/11 3:30 p.m. on the track

And for the rest of the season, except when otherwise posted, workouts will be each weekday at 3:30 on the track.

## Orientation Day Recruiting

The Cross Country runners showed up in force to promote the team during the freshman-sophomore Orientation Day held in the football stadium.

We handed out over 200 pamphlets, several pounds of candy, and a perpetual stream of promotional encouragement to join the team. It remains to be seen just how successful the endeavor was, but we put some serious energy into the effort.



Coach Angela oversees the final touches on the set up.



The team is more than ready for the crowd at 8:00 a.m.



An added bonus was Kaelyn, Alexia, and Vince have time at the microphone to chat up the wonders of cross country to the whole crowd.

## 10 Weeks !!

### Summer Running Comes To A Close

We had core of runners who managed to run consistently over the 10 weeks of summer from June 1 to August 6. We had daily scheduled weekday workouts for 9 of those 10 weeks, which totalled 45 days.

#### And the winner is . . .

The merry little band of stalwarts, despite vacations, illnesses, jobs, and other distractions, managed to have several runners in contention for the most made workouts.

#### The top-9 list

name	# of days made
Kaelyn Nguyen	34
Renaë Searls	33
Vince Montegrando	32
Nolin Searls	29
Alexia Hisquierdo	29
Tyler Allan	28
Kylee Phillips	21
Ethan Arnold-Muth	21
Dominic Cataldo	21



Kaelyn was the narrow winner of the daily attendance competition for summer running. All smiles, too.