



# The Bulldog Bark

The Voice of Alhambra Cross Country

"The bright flame of pure running desire burns incandescently in our souls"



Friday, August 19, 2021

## The Game's Afoot !

### Regular Season Is Here

We are now fully embarked upon the 2021 cross country season. Newcomers arrive, veterans relearn consistency, summer running participants are enjoying new fitness levels, the coaches are wildly optimistic about the season. . . it's a new cross country season in the full flush of opportunity.

#### Daily Workouts

Improvement is impossible without regular workouts and a desire to push oneself. We want all of our athletes to commit to the full season. The entire team goes through all the way to November 6, and the varsities continue for at least two more weeks.

### And How About Those Otter Pops ?

Nothing like some frozen flavored sugar water at the end of a hot day's running to perk up a runner's attitude. Otter pops are a daily occurrence at Alhambra. No wonder other sports are so jealous of us.

## So, What Have The Kids Been Doing So Far?

Here's a small one-week sampling of our workouts. It's always nice to see what your child is being asked to do, just in case your friends and neighbors ask.

### Monday August 16 Workout

#### Franklin Canyon Runs

##### Group 1 -- run for duration, not distance

|        | miles | target time | actual |
|--------|-------|-------------|--------|
| Tyler  | n/a   | 75:00       | 72:00  |
| Noliin | n/a   | 75:00       | 72:00  |
| Vince  | n/a   | 70:00       | 66:40  |
| Renae  | n/a   | 70:00       | 71:00  |

##### Group 2 -- to Orange Gate

|        |     |       |       |
|--------|-----|-------|-------|
| Ethan  | 6.1 | 50-55 | 53:23 |
| Kaelyn | 6.1 | 55-62 | 67:00 |
| Alexia | 6.1 | 54-62 | 53:23 |

##### Group 3 -- to Louie Lane

|             |     |       |       |
|-------------|-----|-------|-------|
| Juan        | 4.3 | 38-43 | 47:40 |
| Ryken       | 4.3 | 38-43 | 41:45 |
| Kylee       | 4.3 | 38-43 | 54:00 |
| Ian Knutsen | 4.2 | 40-45 | 46:10 |

##### Group 4 -- Dutra Lane

|             |     |       |       |
|-------------|-----|-------|-------|
| Noura       | 3.3 | 36-40 | 43:04 |
| Dominic     | 3.3 | 32-35 | 37:45 |
| Sam Regan   | 3.3 | 30-33 | 37:00 |
| Jack Wagner | 3.3 | 35-37 | 44:39 |

##### Group 5 -- sustained running

|         |     |     |       |
|---------|-----|-----|-------|
| Nathan  | n/a | n/a | 34:39 |
| Rebecca | n/a | n.  | 35:05 |

### Tuesday August 17 Workout

#### Group 1: 1600 x 4-5

|             |      |      |      |      |      |
|-------------|------|------|------|------|------|
| Tyler Allan | 1:17 | 1:22 | 1:22 | 1:23 | 5:24 |
|             | 1:16 | 1:19 | 1:24 | 1:24 | 5:23 |
|             | 1:16 | 1:21 | 1:22 | 1:25 | 5:23 |
|             | 1:16 | 1:24 | 1:28 | 1:33 | 5:41 |
| sat out     |      |      |      |      |      |

#### Nolin Searls

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  | 1:22 | 1:25 | 1:27 | 1:22 | 5:36 |
|  | 1:23 | 1:28 | 1:29 | 1:26 | 5:46 |
|  | 1:25 | 1:30 | 1:28 | 1:25 | 5:48 |
|  | 1:27 | 1:31 | 1:31 | 1:26 | 5:55 |
|  | 1:28 | 1:30 | 1:35 | 1:28 | 6:01 |

#### Vince Montegrando

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  | 1:22 | 1:26 | 1:26 | 1:29 | 5:43 |
|  | 1:23 | 1:29 | 1:31 | 1:32 | 5:55 |
|  | 1:27 | 1:31 | 1:30 | 1:25 | 5:53 |
|  | 1:28 | 1:32 | 1:32 | 1:26 | 5:58 |
|  | 1:29 | 1:34 | 1:40 | 1:28 | 6:11 |

#### Renae Searls

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  | 1:22 | 1:27 | 1:28 | 1:29 | 5:46 |
|  | 1:24 | 1:29 | 1:33 | 1:31 | 5:57 |
|  | 1:29 | 1:29 | 1:31 | 1:24 | 5:53 |
|  | 1:28 | 1:32 | 1:33 | 1:25 | 5:58 |
|  | 1:30 | 1:37 | 1:45 | 1:37 | 6:29 |

#### Juan Herrera

|         |      |      |      |      |      |
|---------|------|------|------|------|------|
|         | 1:26 | 1:37 | 1:35 | 1:35 | 6:13 |
| sat out |      |      |      |      |      |
| (800)   | 1:42 | 1:53 |      |      | 3:35 |
|         | 1:41 | 1:54 |      |      | 3:35 |
|         | 1:38 | 1:43 |      |      | 3:21 |

#### Colby Thompson

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  | 1:26 | 1:17 | 1:40 | 1:41 | 6:24 |
|  | 1:42 | 1:40 | 1:41 | 1:49 | 6:52 |
|  | 1:42 | 1:50 | 1:47 | 1:28 | 6:57 |
|  | 1:45 | 1:53 | 1:49 | 1:46 | 7:12 |

#### Ali Sobhy

|       |      |      |      |      |      |
|-------|------|------|------|------|------|
|       | 1:22 | 1:30 | 1:34 | 1:37 | 6:03 |
|       | 1:25 | 1:35 | 1:41 | 1:48 | 6:29 |
|       | 1:39 | 1:47 | 1:50 | 1:40 | 6:56 |
| (800) | 1:41 | 1:54 |      |      | 3:35 |
|       | 1:38 | 1:28 |      |      | 3:13 |

#### Group 2: 1600 x 3

|                |      |      |      |      |      |
|----------------|------|------|------|------|------|
| Kylee Phillips | 1:57 | 2:08 | 2:18 | 2:21 | 8:44 |
|                | 2:04 | 2:08 | 2:08 | 2:10 | 8:34 |
| sat out        |      |      |      |      |      |

#### Alexia Hisquierdo

|         |      |      |      |      |      |
|---------|------|------|------|------|------|
|         | 1:43 | 1:52 | 1:55 | 1:51 | 7:21 |
| sat out |      |      |      |      |      |
| sat out |      |      |      |      |      |

#### Ethan Arnold-Muth

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  | 1:36 | 1:49 | 1:48 | 1:50 | 7:03 |
|  | 1:37 | 1:43 | 1:54 | 1:47 | 7:07 |
|  | 1:47 | 1:49 | 1:52 | 1:44 | 7:12 |

#### Paolo Morales

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  | 1:26 | 1:38 | 1:28 | 1:44 | 6:16 |
|  | 1:35 | 1:46 | 1:56 | 1:45 | 7:02 |
|  | 1:47 | 1:43 | 1:50 | 1:49 | 7:09 |

#### Group 3: 800 x 3

|                   |      |      |      |      |      |
|-------------------|------|------|------|------|------|
| Rebecca Breedlove | 1:50 | 1:39 |      |      | 3:29 |
|                   | 2:15 | 1:36 |      |      | 3:51 |
| (1600)            | 2:02 | 2:02 | 2:03 | 1:41 | 7:46 |

#### Chris Breedlove

|  |      |      |  |  |      |
|--|------|------|--|--|------|
|  | 3:08 | 3:47 |  |  | 6:55 |
|  | 3:32 | 3:55 |  |  | 7:27 |
|  | 3:23 | 3:40 |  |  | 7:03 |

#### Nathan Jameson

|  |      |      |  |  |      |
|--|------|------|--|--|------|
|  | 2:50 | 2:30 |  |  | 5:20 |
|  | 2:07 | 2:40 |  |  | 4:47 |
|  | 1:50 | 1:55 |  |  | 3:54 |

#### Group 4: 1600 x 3

|             |      |      |      |      |      |
|-------------|------|------|------|------|------|
| Ian Knutsen | 1:50 | 1:41 | 1:49 | 1:40 | 6:50 |
|             | 1:46 | 1:39 | 1:48 | 1:38 | 6:51 |
|             | 1:35 | 1:48 | 1:50 | 1:41 | 6:54 |

#### Dominic Cataldo

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  | 1:48 | 1:42 | 1:50 | 1:42 | 7:02 |
|  | 2:02 | 2:26 | 2:26 | 2:22 | 9:16 |
|  | 1:36 | 1:49 | 2:00 | 1:45 | 7:10 |

#### Sam Regan

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  | 1:46 | 1:47 | 1:44 | 1:42 | 6:59 |
|  | 1:55 | 2:02 | 2:02 | 1:49 | 7:38 |
|  | 1:41 | 1:55 | 1:59 | 2:00 | 7:35 |

#### Jack Wagner

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  | 1:57 | 1:57 | 2:00 | 1:53 | 7:47 |
|  | 1:56 | 2:01 | 2:02 | 1:48 | 7:37 |
|  | 1:47 | 2:00 | 2:00 | 1:53 | 7:40 |

#### Jared Lipman

|       |      |      |   |   |      |
|-------|------|------|---|---|------|
|       | ?    | 4:25 | ? | ? | 9:08 |
| (800) | ?    | ?    |   |   | 4:51 |
|       | 2:18 | 2:27 |   |   | 4:45 |

### Wednesday August 18 Workout

The air quality index rose dramatically, so out of health concerns we called the workout off and sent the athletes home . . . but they still got the otter pops.

## Thursday August 19 Workout

Air quality improved, but we still did an slightly abbreviated workout o various distances towards Nancy Boyd Park, and beyond. These runs were at "feel" pace, where the individual athlete was to run at the pace they felt comfortable with.

Athletes all responded with positive assessments, and a realization of the relative ease of a previously difficult effort. Even those with just a few workouts felt the improvement.

## Notes on the runs:

### General Workout Structure

The coaches in the very early season try to set up a routine of daily workouts, with Monday being the long run, Tuesday being the long intervals, Wednesday being gthe easy distance day, Thursday being the track speed work, and Friday being the hill distance day.

### OYO Weekends

Weekends are still the optional On Your Own (OYO) days where we ask our veteran runners to lace 'em up for extra work.

### Target Times

As the season progresses, the coaches can zero in on workout performances and dial in on the optimal workout targets to insure running improvement without straying into going too easy or too hard on any individual athlete at any given time during the season.

Of course, often the coaches' assessment are off, but as the season moves along, we hope to hone in as accurately as possible.

## Attendance !!!

### Still an issue

Missing workouts means missing out on the best chance to improve. We have had our team size grow as classes have started, but we have also had sustained cases of "occasional" attendance.

There are still a number of senior veterans who have yet to be consisitent to workouts. The season has started, and team improvement depends on regular daily effort.

### Bonus Feature:

### Here's What We Did Last Week

#### 8/13/2021 Dead Cow repeats

| name               | 1    | 2    | 3    | 4    | 5    |
|--------------------|------|------|------|------|------|
| Tyler Allan        | 2:27 | 2:25 | 2:24 | 2:23 | 2:15 |
| Nolin Searls       | 2:43 | 2:39 | 2:40 | 2:44 | 2:37 |
| Vince Montegrande  | 2:44 | 2:43 | 2:45 | 2:40 | 2:33 |
| Renae Searls       | 2:48 | 2:47 | 2:48 | 2:51 | 2:48 |
| Alexia Hisquierdos | 3:35 | 3:33 | --   | 3:21 | 3:17 |
| Kaelyn Nguyen      | 3:17 | 3:21 | 3:37 | 3:25 | 3:38 |
| Juan Herrera       | 3:09 | 3:15 | 3:47 | --   | 2:48 |
| Ryken Adams-Barnes | 3:22 | 3:20 | --   | 3:22 | --   |
| Kylee Phillips     | 3:26 | 3:14 | 3:15 | 3:15 | --   |
| Ethan Arnold-Muth  | 3:12 | 3:08 | 3:11 | 3:13 | --   |
| Sam Dibetta        | 3:22 | 3:02 | 3:11 | --   | 3:03 |
| Ali Sobhy          | 3:06 | 3:01 | 3:02 | --   | 2:51 |
| Dominic Cataldo    | 3:40 | 3:28 | 3:35 | 3:59 | --   |
| Paolo Morales      | 2:53 | 3:05 | 3:16 | --   | 2:56 |
| Ian Knutsen        | 3:14 | 3:20 | 3:33 | --   | 3:11 |
| Noura Sobhy        | 3:14 | 3:32 | 3:44 | --   | 3:35 |
| Sam Regan          | 3:57 | --   | 3:21 | --   | 3:15 |
| Parker Gneckow     | 4:26 | --   | 4:28 | --   | 5:02 |
| Jack Wagner        | 4:14 | --   | 3:54 | --   | 3:22 |
| Nathan Jameson     | n.t. | --   | 5:22 | --   | --   |

Dead Cow repeats are 800 trail loops at the top of the Hulet Hornbeck ridge trail above the Alhambra High campus.



Coach Angela handles the clipboard, with the view of Martinez and the river behind her.



Group 2 is poised and ready for another repeat.

## Know your coaches

### Angela Paradise - - head coach



Angela has been the head coach for 13 years now, after several years as an assistant for Hall of Fame coach Tim Bruder.

### Peter Brewer - - assistant coach



Coach Brewer is in his 4th year at Alhambra. He was coaxed out of retirement after 35 years at Castro Valley and Northgate high schools.

## Alhambra 2021 --CC-> Schedule

|         |     |                         |                    |         |
|---------|-----|-------------------------|--------------------|---------|
| 8/9     | Mon | Day 1 official workouts | Alhambra Track     | 3:30 pm |
| 8/28    | Sat | Course cleanup          | Hidden Valley      | 8:00 am |
| 9/3     | Fri | Little Ed Scrimmage     | Hidden Valley      | 2:30 pm |
| 9/11    | Sat | Ed Sias Invite          | Hidden Valley      | 8:00 am |
| 9/18    | Sat | Viking Opener           | Santa Rosa         | 8:00 am |
| 9/28    | Wed | DAL # 1                 | HiddenValley       | 3:30 am |
| 9/25    | Sat | Ram Invite              | Westmoor HS        | 9:00 pm |
| 10/2    | Sat | Artichoke Invite        | Half Moon Bay HS   | 8:00 am |
| 10/9    | Sat | Castro Valley Invite    | Canyon MS          | 8:30 am |
| * 10/15 | Fri | Rough Rider Invite      | Fresno             | TBD     |
| * 10/16 | Sat | Mariner Invite          | Hayward HS         | TBD     |
| * 10/22 | Fri | Mt. SAC Invite          | Mt. San Antonio JC | TBD     |
| 10/27   | Wed | DAL # 2                 | Newhall Park       | 3:30 pm |
| 11/6    | Sat | DAL Finals              | Hidden Valley      | 1:00 pm |
| 11/11   | Th  | NCS course preview      | Hayward HS         | 9:00 am |
| 11/20   | Sat | NCS Championships       | Hayward HS         | TBD     |
| 11/27   | Sat | State Championships     | Fresno             | TBD     |