



The Bulldog Bark

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



Saturday, August 28, 2021

Air Quality An Issue Workouts Altered to Accommodate Wild Fire Smoke



Wildfire smoke blankets the Tahoe area, and spreads across Northern California.

Friday saw the encroaching smoke from the Tahoe area fires creep into the East Bay, and as a result we had to modify our Friday workout.

Health Issues

Unfortunately, this is not a new thing for us. Two of the past three years have seen us blanketed in fire smoke at times during the season. One season saw us finish up our last two weeks working out on treadmills in a local gym.

The threshold at which we cannot have outside sports is an AQI (Air Quality Index) of 150 or over.

Workouts Seldom Cancelled

However, we do have alternative workout sites. The "J" building is available to us, with air conditioning and the latest hi-quality air filters installed. With 100 yard hallways, nice staircases, and two stories, we have a great alternative site to get in quality workouts. This is our "go-to" workout spot, so no, we don't cancel workouts.

1st Three Weeks In the Books ! Season Progresses Well; Races Just Around the Corner

We have just completed the first three weeks of our season. With three continuous weeks of regular daily workouts, we have seen quite a bit of progress in the fitness levels of our runners. We have gone through the whole menu of training - long distance, hills, repeats and intervals, and sprint work. We also have an involved warmup procedure, and a fairly rigorous cooldown protocol with hurdle flexibility, medicine balls, and core drills.

And yes, we still have 10 more weeks of the season to go, so there will be a lot more training and hopefully a lot more improvement to come.

Team Pictures 9/9

We are scheduled to have our team pictures on Thursday September 9. Coach Angela will be issuing uniforms prior to that. And yes, Gordo the Bulldog is still with us to join in the team shoot.

Aches and Pains . . . and Shoes

These are the norms of training. Running is a strenuous activity, and is painful just at that. And over time, the lungs, legs, muscles, sinews, tendons, and confidence all get used and taken to new limits. Aches and pains are generally signs that the athlete is getting better.

The body adjusts to imposed stress - that's the concept of "getting into shape." Sharp pains, and aggravated sorenesses are taken seriously, and we have a professional trainer on duty, and the coaches are always ready to modify a workout if needed.

The myth of "taking it easy"

Aches and pains, if the athlete just sits around and waits for the discomfort to subside, is often a matter of days. If, however, the athlete comes to the workout, eases into the warmup, does the extended active drills and stretches, more often than not that athlete will find that those aches and pains will recede in a single day, and not miss any workouts.

Shoes

The single best barrier against running injuries, and even those aforementioned aches and pains, is a new pair of running shoes that fit well.

Don't Skimp

Yes, running shoes do cost money. And yes, runners need new shoes every 8-12 weeks. But injuries are not cheap either, and shoes prevent the bulk of common running injuries.

Looking Ahead - -

We have a full slate of races for the next two months. Here's what September has in store for us.

Upcoming Races:			
Friday 9/3	Little Ed Scrimmage	Hidden Valley Park	Martinez
Saturday 9/11	Ed Sias Invitational	Hidden Valley Park	Martinez
Saturday 9/18	Viking Opener Invite	Spring Lake	Santa Rosa
Saturday 9/25	Ram Invitational	Westmoor HS	Daly City
Wednesday 9/28	Diablo Athletic League #1	Hidden Valley Park	Martinez

Just So You Know

What Have the Runners Been Doing?

Here is the full week of running we just had. Distances, times, locations. We have had some very nice improvement from our rookies and younger runners. And we have had some very serious veterans putting in excellent efforts.

Upcoming workouts

The coaches put together the workout chart for the runners a month at a time. These are available to them at the start of each month.

Running Groups

Since runners have different levels of ability and conditioning, we group them so they can work out with other runners of similar abilities. We started out naming these groups by letters - "A," "B," et cetera.

We have changed those designations to reflect the Alhambra Bulldog theme. Our groups are now Puppies, Dogs, Hounds, Wolves, & Direwolves.

And what are these "target times" ?

By this time the coaches have enough background on each runner to be able to set appropriate paces for each individual for each workout, so that each runner is running at the most beneficial pace.

And as with all things, sometimes the targets are spot on, and sometimes they are not.

WEEK THREE

Mon 8/23 Vine Hill Variations

	miles	time
Renae Searls	7.5	53:54
Vince Montegrando	7.5	62:12
Nolin Searls	7.5	53:20
Tyler Allan	7.5	53:55
Colby Thompson	7.5	75:00
Ryken Adams-Barnes	5.3	44:53
Paolo Morales	5.3	49:00
Juan Herrera	5.3	42:24
Ali Sobhy	5.3	42:20
Ian Knutsen	5.3	44:00
Kaelyn Nguyen	5.3	48:40
Kylee Phillips	5.3	49:00
Alexia Hisquierdo	5.3	44:50
Naj Asad	5.3	48:00
Noura Sobhy	4.0	36:57
Dominic Cataldo	4.0	40:41
Sam Regan	4.0	41:00
Jack Wagner	4.0	42:53
Parker Gneckow	3.3	38:33
Rebecca Breedlove	3.3	?
Nathan Jameson	2.0	?
Verose Deslonde	2.0	?
Jared Lipman	2.0	37:00

Tue 8/24/2021 Course loop repeats (hills around the track)

(approximately 1000 meters)

	grade	target	1	2	3	4	5
Renae Sears	10	(3:30)	3:23	3:13	3:18	3:23	3:18
Vince Montegrando	12	(3:20)	3:26	3:24	3:28	3:34	3:28
Nolin Searls	12	(3:20)	3:20	3:11	3:12	3:20	3:16
Tyler Allan	11	(3:05)	3:10	3:02	3:03	3:07	2:56
Sam DiBetta	12	(4:20)	3:38	4:04	--	4:05	4:26
Juan Herrera	12	(3:45)	3:39	3:37	3:37	3:43	3:37
Ali Sobhy	12	(4:00)	3:27	3:31	3:36	--	3:36
Colby Thompson	12	(4:00)	3:44	4:04	--	4:05	4:25
Ian Knutsen	10	(4:00)	3:26	3:24	3:35	3:38	3:31
Kaelyn Nguyen	12	(4:00)	4:13	4:11	4:10	4:15	--
Kylee Phillips	12	(4:00)	4:12	--	4:07	4:02	4:00
Alexia Hisquierdo	11	(4:15)	4:13	4:06	4:04	4:10	4:08
Noura Sobhy	10	(5:00)	4:22	4:26	4:46	--	4:35
Ryken Adams-Barnes	12	(4:00)	4:03	4:00	4:03	4:07	4:09
Paolo Morales	10	(3:55)	3:47	3:53	3:57	3:56	3:57
Sam Regan	9	(4:35)	4:04	4:17	4:04	4:00	4:07
Jared Lipman	12	(5:00)	6:25	6:42	--	6:03	6:21
Jack Wagner	9	(4:35)	4:52	4:46	5:05	5:13	5:21
Parker Gneckow	10	(7:45)	5:17	5:25	--	5:34	--
Nathan Jameson	9	(9:10)	6:18	6:31	--	--	6:18

Wed 8/26/2021 Duck Pond Repeats (at the Marina)

(approximately 800 meters)

athlete	target	1	2	3	4
Tyler Allan	(2:24)	2:35	2:31	2:28	2:28
Naj Asad	(3:20)	3:07	3:09	3:10	3:17
Ryken Adams-Barnes	(3:05)	3:08	3:06	--	--
Paolo Morales	(3:05)	2:59	3:17	3:06	3:04
Nolin Searls	(2:33)	2:46	2:52	2:54	2:47
Juan Herrera	(3:00)	2:51	3:01	3:01	3:00
Kaelyn Nguyen	(3:30)	3:14	3:36	3:30	3:32
Sam Rogers	(3:05)	2:55	3:24	3:12	3:00
Renae Searls	(2:38)	2:48	2:54	3:11	3:26
Ali Sobhy	(3:00)	2:48	2:58	3:04	3:10
Sam Dibetta	(3:15)	3:00	2:54	3:25	3:38
Alexia Hisquierdo	(3:25)	3:28	3:26	3:20	3:19
Colby Thompson	(3:05)	3:09	3:21	3:26	3:05
Ian Knuteson	(2:55)	3:02	3:01	2:59	3:01
Ethan Arnold-Muth	(3:35)	3:10	3:19	3:17	3:25
Kylee Phillips	(3:20)	3:01	3:33	3:20	3:34
Sam Regan	(4:00)	3:51	3:52	3:59	
Noura Sobhy	(3:50)	3:38	3:45	3:42	
Jack Wagner	(3:55)	3:45	4:00	4:00	
Jared Lipman	(4:00)	4:15	4:37	4:17	
Rebecca Breedloce	(?)	3:27	3:33	3:35	
Parker Gneckow	(4:00)	4:19	4:30	4:21	
Vince Montegrando	(2:40)	3:02	2:52	2:54	
Nathan Jameson	(?)	5:02	--	--	
Dominic Cataldo	(4:00)	4:28	--	--	

Thur 8/27/2021 Snake Road Variations

	miles	time
Tyler Allan	7.3	54:35
Nolin Searls	7.3	54:34
Renae Searls	7.3	54:36
Vince Montegrando	6.3	50:20
Ian Knutsen	6.3	55:39
Juan Herrera	6.3	50:20
Paolo Morales	6.3	50:20
Kylee Phillips	6.3	60:00
Alexia Hisquierdo	6.3	56:55
Kaelyn Nguyen	6.3	64:20
Ryken Adams-Barnes	4.0	33:17
Sam Regan	4.0	39:00
Ethan Arnold-Muth	4.0	33:17
Naj Asad	4.0	33:17
Jack Wagner	2.0	33:04
Parker Gneckow	2.0	40:03
Jared Lipman	2.0	39:30
Nathan Jameson	--	20:00

8/28/2021 Indoor Workout - - poor air quality

Indoors in J building

continuous circuit for 35 minutes

- sprint form drills quick feet up stairs
- Acceleration drills in hallway
- "5 quick steps" around corners