



# The Bulldog Bark

The voice of Alhambra High School  
Cross —CC-> Country  
Sunday, August 5, 2018



**Miles ! Trails ! Cold Water !**

## Running Camp Hits Lake Tahoe Hills

The Bulldogs are currently in the midst of their annual running camp in the town of Tahoma, located right on the west edge of Lake Tahoe. This week-long frenzy of running features high-altitude training over rugged trails and some cold-water swimming on the side.



Sam, Carson, and Nicole zoom on the downhill portion of the Anklebreaker run.

Of course, all runs need a cooldown to help bring the metabolism back to normal gradually. At Lake Tahoe, that cooldown means getting in the 50° water.



How to really chill while at camp.

Coach Angela and parent chaperone Darren are doing a great job keeping the kids running and doing chores (!). Camp will continue until this Tuesday when the group drives back home.



Team photographer Darren dutifully slogs the uphill. Steep, eh?

## Summer Running Continues Unabated

Even with a dozen Bulldogs at camp, Coach Brewer will still be on hand to supervise summer running. We will still meet at 8:00 a.m. for the regular routine.

### Week 8

We have put in 7 weeks of summer running, with just one more to go before the regular season starts. Keeping up on the daily runs is of course the best way to keep up the improvement on our conditioning.

Two months is a very good start to what could be a very good season. Steady training allows us to get more runners into solid distance shape, the type of conditioning necessary for entering the regular season.

### Once The Regular Season Starts

Things will change. The workouts for those who have been running will be on a pace expectation. New and beginning runners will have a separate set of workouts. We will incorporate more hills, and more track work.

Workouts will no longer be optional. Workouts will last the full two hours each day.

### Steady Diet of Races

The heart of our season will see us with a sequence of Saturday Invitationals. After Labor Day, five of the next six Saturdays will be races for the entire team. This is all to prepare us for the end of the season where we want to be at our best going into the League finals, and the North Coast Section finals.

### 11/9 Schedule Change !

### HOKA 2-Mile Off The Schedule

The HOKA sponsored 2-mile challenge scheduled for November 9th has been moved by the host school to November 2nd. This forces us to drop this meet from our schedule, since now it is the day before our league finals.

### Are We Ready ?

## Season Starts Soon; Is Your Paperwork Taken Care Of ?

Once the official season starts, all of the required legal details kick in. This means all of the required paperwork has to be completed and turned in before an athlete can participate in workouts.

### It's Online

All of the requirements are posted on the Alhambra athletic website. This includes all of the necessary forms, and the instructions. Here's the link for that:

<http://ahs-martinez-ca.schoolloop.com/file/1338040742502/1454747270116/8593420199569328600.pdf>

### Physical Examination

This is most often the biggest sticking point of the paperwork process. The doctor needs to sign off on the examination form, so this requires a physical visit to see a doctor. Often there are scheduling issues, and insurance hassles, that get in the way of getting this very necessary step completed. However, after August 13, the athlete cannot participate in workouts without it.

### Recruiting !

## Friends Get Friends to Join The Team

We can always use new runners. We are a small team, and we would like to be a larger team. This means getting more students to join.

### It's really never too late

People can join the team at any point in the season. It's better if they join in the first 2-3 weeks, so they have more time to get into shape, but we'll take all newcomers.

### Especially girls

We really are low in numbers for our girls' team. Let's see what the persuasive powers of peer encouragement can do to help get more young ladies to join this fine sport !

**Tee Shirt Slogans** - - The deadline for possible slogans for this year's shirt is Friday August 10th. The selection process to choose will be Wednesday August 15. We have had many submissions already, and certainly welcome even more. Everyone is entitled to unlimited suggestions. The coaches have also chipped in a few of their own.