



# The Bulldog Bark

The Voice of Alhambra Cross Country

Saturday, November 28, 2020



**Week 8 already ! !**

## "Summer" Running Comes To A Close This Week

It doesn't seem like it, but we are about to finish off two months of solid training. Week 8 of this training cycle is upon us, and soon we may just be entering the "official" season of sport.

### Workout emphasis shift

With this amount of time, and given that most of our runners have been regular attenders at workouts, we are going to shift our workouts. With the solid running we have been doing, it is time to move those athletes to longer runs. We are also going to nudge up the expected pace on those runs.

### Not for everyone

Some athletes have been more erratic in attendance, or are recovering from injury, and their workout sessions will reflect those considerations.

### Very Encouraging

The runners who are in our current workout groupings have been doing quite well. In large part, everyone has seen improvement, both in conditioning levels and in confidence. Enthusiasm has remained high. This is a great way to enter the next phase to our cross country season.

## Summer Rules

To date we have been operating on "Summer Rules." These are guidelines set by the North Coast Section for high school sports outside of the school year. These rules include no need for physicals, and the ability to meet on any day, or multiple times in a day. The restrictions are no use of shared equipment, the workouts center around general conditioning, and attendance is voluntary.

### Season of Sport

With the Covid-19 crisis, the California State high school sports authority has pushed back the official seasons of sport. Cross Country and the other fall sports are slated to start December 7th.

### Official Season

At that time, the athletes need to have submitted a current physical examination, they must have a minimum 2.0 GPA, and workouts are no longer optional.



**Let's see what we got . . .**

## Time Trials to close out 2020

As tests of fitness, we are scheduling two more time trials to see just where our team is at this point. Two weeks ago we had the Hidden Valley 2.0 mile course trial, with encouraging results.

This week we will return to Hidden Valley to do 2.0 and 3.0 mile time trials. And two weeks later, right before the winter break, we will have a 2 mile and 5K time trial on the track.

### Gives us a snapshot

Hopefully these two time trials will give the coaches a fairly accurate measure of the team's fitness level.

### New Normal

## We Still Don't Know

In what has become the standard in this chaotic sports season, there is no certainty about even the near future. December 7th has been calendared for the opening of sports across the state, but . . .

### Decisions delayed

The recent spike in Covid cases caused enough alarm for the State Officials to delay the release of their long-awaited sports guidelines. This manuscript was to have extensive specifics for all sports.

However, no further word has come down the pike. The start date is still on the calendars. "Summer Rules" are still allowed.

### So?

The Covid surge continues to accelerate. Officials are distracted by other more immediate concerns. National and state wide response to restrictions is widely divergent, and often contentious.

Some coaches and teams have flouted state guidelines, and crossed state lines to find races elsewhere. Everyone else abide by the rules.

### What's next, officially?

We have no idea. Stay tuned.

## Mt. Wanda: Traditional Run Rediscovered

It's about time - - we were able to re-establish this traditional Bulldog training run after an absence of a few years. A small squabble prevented access to the whole circuit for a while, but now the entire route is open to runners.

This week Kennel 1 did the "exploration run" workout of Mt. Wanda, and evidently enjoyed the experience. At 6.0 miles, with hills, it figures right into our overall workout structure.

