



The Bulldog Bark

The Voice of Alhambra Cross Country

Wednesday, February 10, 2021



Every Day, On The Track!

3:45 daily on the track . . . has a nice sound, doesn't it? A routine of athletic preparation, and a competitive season, to boot! A short season, but a season nonetheless.

Next up

YV & Concord This Sat

We're off to Ygnacio Valley this coming Saturday for a race. This will essentially be a time trial for us. We will be missing a few bodies, but the whole group should be intact for the next two races.

Our race is at 10:00. We need you there by 8:30 to get settled into our team area, jog the course, and get in a proper warmup for your best effort.

Parent volunteers

There is always the need for course monitors, finish line personnel, and medical assistant folks. Otherwise, parents are then spectators, and spectators are not allowed.

However, Ygnacio Valley is a school bounded on two sides by canal trails, so the course is clearly visible through a fence for considerable portions of the course loops.

First workouts

Looking Good !

After two extended delays in our team workouts, this third startup was initially a blank slate. How many kids would run on their own? How many families would keep a flexible schedule "just in case" we would start up? How many runners would just drift away? How could we attract new runners when the veterans had a hard time maintaining enthusiasm?

And even with all these questions, our first two days answered a lot of them. We have a pretty good percentage of our veterans who are still able to do some good workouts. The ones who took perhaps too much time off are willing to do the hard work to regain fitness.

These are very positive indicators in our shortened season.

Proof !

We Have Runners !!

Here are some photos of yesterday's workouts, just to show that we are going full steam with our workouts, and the athletes are responding well.



Masked and distanced - - ready for the warmup.



Mia is the very picture of attitude.



Ben and Tyler tore up the workout today to lead the varsity boys.



Nolin, Ryan, & Vince stay close to fill out our varsity boys' picture.



Renae and Alexia form a nice tandem for the girls.



Ethan, Noura, and Caleb in full flight.