



# The Bulldog Bark

The Voice of Alhambra Cross Country

Wednesday, March 3, 2021



**An Added Meet for 3/10!**

## **Bulldogs to Vie Against Campolindo, Miramonte, Acalanes**

We have put another race onto our abbreviated season. Next Wednesday afternoon we will be running at Hidden Valley Park against some of our DAL Foothill Division opponents. Campolindo will be hosting this event, and we will be running the traditional DAL course.

This is an unexpected boon to the program, as all these teams are traditionally very strong running programs, and will offer us an excellent chance to see some excellent competition as we head into our own Valley Division championship race next Saturday.

Additionally, our veteran athletes will have a chance to run on a common course and compare their times from last season.

The races are slated to start off at 3:30. The order of the races and the exact race protocols are still being worked out, but it is to be assumed that all the distancing and masking and spectating requirements that we have had in place in our meets so far will still be in effect.

We ask that the athletes be dropped off at Hidden Valley by 2:00 p.m., an hour before the first race, to adequately get prepared. Each athlete is of course asked to bring his or her own water and snacks. Sweats are a must, and a jacket is recommended as the weather does get chilly in the late afternoon.

**Season Finale!**

## **We Host the DAL Valley Championships Next Saturday**

The culminating race of our shortened 2020-21 cross country season will be here at Alhambra High Saturday March 13. With Benicia, Concord, Mt. Diablo, and Ygnacio all in attendance, this is essentially the DAL Valley championships.

We have carved out a nifty course to take advantage of our hills and trails, so that this race will be more challenging than the flat courses we've run on at Ygnacio Valley and Concord. Already we have heard from the opposing schools about how they are not looking forward to that.

As the host school, we will be needing volunteers to be course monitors, finish line workers, photographers, meet equipment takedown and course cleanup squad, et cetera. We will have a list of personnel needs soon.

### **Team Recognition**

After the meet, we will be having a small team recognition function. Details to follow.

## **Race # 2 Pictures**

One of the Concord parents took lots of pictures of last Saturday's races.

Check out this link:  
<https://photos.app.goo.gl/VrGo1Zu9vsYHjebd6>

*It's been a whole year . . .*

## **Off-And-On-Again Cross Country Season Comes To A Close**

It's hard to fathom that sports (and lots of other parts of society) were closed down a year ago. When we finish our cross country season next Saturday, it will have been a full year since track got shut down March 10, 2020.

Since then, there were pieces of official workouts allowed, interspersed with extended periods of no team workouts allowed. These periods of time varied from county to county, and school district to school district, but the overall upshot was long chunks of time of no organized training, coupled with decreasing interest and enthusiasm.

### **A brief calendar:**

Shut:	3/13/20 - 6/30/20	15.5 weeks
Open:	7/1/20 - 7/17/20	2.5 weeks
Shut:		12 weeks
Open:	10/12/20 - 12/4/20	7 weeks
Shut:		9 weeks
Open:	2/8/21 - 3/13/21	5 weeks

That comes to 15.5 weeks of training out of the last 52, with months-long gaps in between.

And about the enthusiasm part - - we started last year with about 3 dozen participants. As of now we have 12 runners in uniform.

Everyone else, in California at least, has had similar erratic training, so this is not uncommon. The runners who are still at it all have strong work ethics, so the efforts are being done diligently and the race efforts are strong.