



The Bulldog Bark

The Voice of Alhambra High Track & Field
Where Intensity is Not a Crime



Monday, May 24, 2021

Bulldogs On A Roll ! Ahambra Extends Track Success Deeper Into the Post Season

We Love PR's !

Dublin Social Distance Fiesta

We all like to see our athletes improve. Freshwoman Renae Searls, now apparently fully recovered from her bout with iron ferritin deficiency, dropped even more time in the 1600 to climb into the top-10 of our very strong Varsity list. Running in one of the fastest heats at the jocularly re-named Dublin Social Distance Fiesta, Renae took off nearly 10 seconds from her previous PR and looked good doing it. Her time of 5:26.85 popped her into the GV top-10 list for us at # 8.



Renae makes a move on the outside in her PR race.

Over at the pole vault . . .

Brian Radke and Corina Jones represented Alhambra at San Ramon Valley High as over 75 vaulters assembled for a vaulting love-fest. Brian, despite getting out of sorts on his last vaults, had by that time sailed over 12-00 with no misses and grabbed 4th in a strong field.

Corina muscled her way over 7-00 which had been an elusive PR for some time now. As much as we would like to add that to the Girls' Frosh-Soph Top-10 list, this was a varsity competition so we can't do that.



Corina slithers over 7-0 to establish a new PR.



Brian sails over 12-0.

And We're Not Done Yet More Meets On The Horizon This Year

Del Campo Multi-Events

This coming Friday and Saturday will see us taking Brian and Corina to Del Campo High (just a bit north of Sacramento) for multi-events - - the boys' decathlon and the girls' pentathlon.

Clash of the Titans

And the following weekend will have Brian and Corina at Skyline High for more vaulting, along with Desie Armstrong who will be sprinting and jumping.

Looking for a fall sport? Cross Country Summer Running Starts In June

The Bulldog runners fire up their summer conditioning in June in preparation for the upcoming fall season. We have a strong core of veterans returning, and are looking to add even more runners to our squad.

All welcome !

Regardless of experience, cross country welcomes all participants. Anyone and everyone can improve and contribute, and since there is no bench, everyone competes in all the events.

Summer conditioning builds stamina

Running, although the simplest of all sports, is sometimes the hardest. Getting started is always uncomfortable, and it takes time to build up running stamina for racing.

That is why summer running is so helpful. The athlete can gradually work into a level of fitness over a bit of time, and be ready for competition with confidence once the racing season starts.

Also, summer running is free.

Question: What are the three most important parts of cross country?

Answer: June, July, and August.

Starts Soon

We are getting our summer calendar together right now, and will have firm dates within a week. Be sure to contact [Coach Paradise - coachangela88@yahoo.com](mailto:coachangela88@yahoo.com) or [Coach Brewer - pcbrcrosscountry@yahoo.com](mailto:pcbrcrosscountry@yahoo.com)