



The Bulldog Bark

The Voice of Alhambra Cross Country
"Where Lunacy Has Permanent Residence"

Wednesday, June 11, 2019



We're At It Again !

Summer Running Starts

And when the sun creeps over the horizon, and the morning mists burn off early, and the morning heat already starts to bake into the pavement, that's when the Alhambra Cross Country team starts its morning summer workouts.

8:00 a.m. !

Sure, this is early in the teenage world. After all, this is summer. School's out, and aren't all decent American teenagers burrowed deep under the covers until about noon?

Not the Bulldog cross country runners. These mornings are the core and the backbone of any success we wish to have when the competitive season rolls around in August. And that's when you'll find the stalwarts showing up to get in the essential conditioning that augurs the best possible chance for improvement.

Every Day

There is no real magic to having a good or great cross country racing season. Running during the summer, according to the exercise physiologists, accounts for about 70% of the overall improvement gained for a single season. This is not to say that runners who join up later or have limited summer running, do not enjoy their own level of success. It is to emphasize that the best potential lies in these upcoming nine weeks before we embark on regular season workouts.

See You All There !!

Coach Angela and Coach Brewer will be in attendance at almost all the workouts. Our team veterans will be there consistently. And we have two graduate assistants in Graham Manning and Nicole Tria to also administer workouts. And of course, all of our marvelous runners, veterans and rookies alike.



After the warmup and the run, the squad does some weights and core for overall strength.



Shoes ! Shoes ! Shoes !

So Who Wants To Get Injured First?

Decent running shoes are the first barricade to running injury. Running is a high-impact aerobic activity, and coupled with developing adolescent physiologies, is a rife with possible injuries. Shoes are the single biggest way to avoid those possible running setbacks.

Lots of Myths

There are many notions about running and shoes, it turns out that lots of those ideas are not at all friends with the truth. Here is a short list of do's and don'ts about running shoes.

"But I bought these only last year"

As soon as you put on a pair of shoes and run around, you have initiated the life cycle of a pair of shoes' effectiveness. Once the cushioning starts to be impacted, it is good for about three months. Maybe less.

"But they still look new"

Sure. But they can still run old. Stiff cushioning is no cushioning, and will get you injured rather nicely.

"My (insert some running authority here) tells me that (insert a brand name) is the best shoe ever"

Your authority is either a salesman or someone with a narrow view. All feet are different, and different brands offer different accommodations. Find one that works for you, and ignore the hype and sales pitches. If it feels good on your feet, and you can run comfortably, you have your brand.

"So why do I need new shoes so often?"

Depends. If you are running almost every day (which as Alhambra runners you will be) you will be at about 50% of the cushioning level of every running shoe available within 10-12 weeks. Our recommendation is new shoes every three months, year-round. Just to make sure.

"But shoes cost money !"

So do co-payments. So do fees for all other sports. So does just about everything that anyone feels strongly about. And if it really is a hardship, please contact the coaches and we can work out an accommodation.

Looking Ahead A Bit

4th of July 5K Run - Have You Scheduled Yours?

One of the best ways to assess running condition is to run a race, and during the summer, that means a 4th of July 5K.

We encourage our runners to participate in one of the many local races. Most of these are community fund-raisers, it's a great start to Independence Day, and it gives your coaches a preview of your running conditioning early in the summer so we can tailor workouts to each runner more appropriately.

Here is a short list of the local runs:

2019 Firecracker 5K Pleasant Hill

8:00 a.m. Downton Pleasant Hill

Crescent Drive

<https://raceroster.com/events/2019/22911/2019-firecracker-5k-in-pleasant-hill>

STARS & STRIPES 5K RUN Concord

8:15. Todos Santos Plaza, Concord

<https://brazenracing.com/starsandstripesrun/>

Moraga 4th of July Fun Run Moraga

Canyon Club Brewery at 1558 Canyon Road, Moraga

2 Mile & 5 Mile Runs

<https://localraces.com/events/moraga-ca/2019-moraga-4th-of-july-fun-run>

