



# The Bulldog Bark

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

Sunday, June 16, 2019



## Off and Running !

### The Summer Has Begun

We have just finished week 1 of 9 weeks of summer running. The season is already underway, and all the indications are in place that promise a good competitive season in the fall.

#### Quite a few runners

A good number of athletes have already turned up, and turned up regularly. There are many of our veterans and a healthy influx of new runners, all ready to get into shape.

Running is not everyone's idea of a chosen sport. Summer is not always considered as the time for regular vigorous activity. And mornings for some teenagers are reasons to burrow further under the covers. And despite this, we are still seeing two dozen athletes show up each morning.

#### Bring out your friends

Of course, we are always on the lookout for more runners. Word of mouth is often a strong tool in recruiting. Be sure to tell your friends of the challenges and rewards of your own experience running, and see just how many we can get out for this season.

## July 21-26 !

### Humboldt Running Camp

This year the Alhambra team will be attending the Humboldt Running Camp. This is a top-notch running camp held amongst the redwoods of Humboldt, with athletes housed and fed at Humboldt State University.

Our very own Kevin Searls, father of current runner Nolin Searls and running coach at Martinez Junior High, is the camp director.

#### Great Opportunity

We encourage as many athletes as possible to take advantage of this opportunity. Several area teams (Dublin and Campolindo, for example) attend this camp regularly and have glowing reviews of the experience.

#### Camp Information

The camp information is available from Coach Angela or Coach Brewer during the summer workouts, or you can go on-line and download the registration forms yourself:

<https://www.hsudistancecamp.com>

#### Return forms to Coach Angela

Regardless of what the form says, return the forms to Coach Angela and do not mail them to the indicated address. Mr. Searls will be able to process them for us right here in Martinez.

#### Transportation

The camp is a bit of a drive, so we will be relying on parent volunteers to help us with the conveyance of athletes. Stay tuned for that.

## Watches !

### Essential Tool of Running

Aside from shoes, a wristwatch is the most important training aide a runner can have. Distance and time are the two components of pace, and serious runners need to know elapsed time on their runs.

We want all of our runners to show up to workouts with a watch. That way they can tell how long they've been running, and knowing the distance, how fast they are going.

#### What sort of watch should I get?

Great question. A sports watch with basic start and stop functions is always a good choice. Some athletes prefer the smart watches, which include a multitude of other functions - GPS, heart rate, running speed, et cetera. However, they are commensurately more expensive. Pictured here is the classic Timex Ironman watch, which has been a standard for years now, and comes in on the more economical side of cost.



#### When should I get my watch?

Another great question. "Now" would be good. "Soon" is, well, okay. "Later" does not really indicate running seriousness.

## Health Watch -- hydration

### Yes, It Is Hot

There is no getting around the fact that summer running is during the warmest part of the year. And the summers have been getting hotter. And we still have to train if we want to be any good in the fall. So . . .

#### Bring a water bottle

This is yet another important basic of running. Having water with you each and every day is a crucial part of being a runner. And yes, we do have water available at the school, and there are those delightful Otter Pops at the end of workouts, but your own water bottle makes a huge difference.

It is also important to drink water before a workout, so that you are already hydrated for the workout.

#### A good reason to run in the morning

About the only time we can guarantee any degree of temperature relief is in the morning. And even then, there are days when the temperature soars quickly into the very uncomfortable zones.

## Looking Ahead this Summer

### What Are Those Coaches Up To, Anyway?

Summer running is not just all warmups and running. It's as much about learning how to run as it is to just run. Here is what we look at in terms of expectations for our summer runners.

#### Geography

Sounds more like a social studies class, but runners do need to know the trails and routes that we use to train on. Alhambra, like most running teams, has a large number of standard runs and we need to get all of our runners familiar with them. So we run in different directions to different destinations over different terrains and expect our runners to learn them all.

#### Psychology

Again, this does sound like a class, but it's the notion that there is a mental aspect to running besides the physical. The main attribute we want to focus on is perseverance. Running takes time to get used to. Getting better at it takes even more time. And during that time, motivation rises and dips. Confidence wavers. Goals change. However, at the end of the summer, the athlete will be in better shape, be able to run much better, and in general enjoy better health.

#### Goals

Beginner runners have simpler goals, like just surviving each day. Veteran runners, who have some experience under their belts, can be more specific about improving times and places. And the more ambitious veterans can pinpoint speed, distance, level of effort, and other elements as part of their aims. We hope to have our runners be able to sharpen the focus of their goals as the summer progresses.

## Contact the coaches anytime

### And Your Loving Coaches For 2019 Are:



#### Head Coach Angela Paradise

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