



The Bulldog Bark

The Voice of Alhambra Cross Country
"The bright flame of pure running desire burns incandescently in our souls"



Wednesday, June 23, 2021

Coaches In Oregon Angela, Brewer, and Searls Family at the Olympic Trials



The allure of the Olympic spirit was too much for some of our Bulldogs. Coach Angela is a credentialed volunteer at the warmup track, and Brewer and the Searls are strictly spectators.

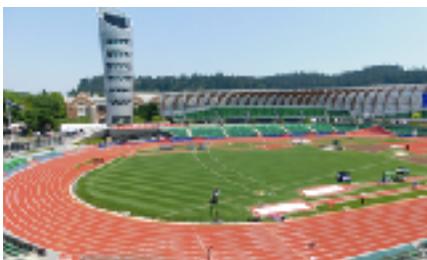
The whole Olympic Trials takes 8 days, which is why all of our traveling Bulldogs are gone for an extended period of time. But in this time frame so far we have seen the best of the Americans, and often the world, in competition. And it is not unusual to bump into our Olympians in the everyday Eugene city environment.



Crowd favorite Allison Felix (400 meter Olympian) chats with Mr. Searls at a local restaurant.



Coach Angela and Coach Chuck (Campolindo) hanging out in Eugene.



The new track stadium is as remarkable as folks have claimed.



The Searls family is an early arrival at the stadium.



The event is never without drama and excitement. Here Ryan Crouser celebrates his new world record in the shot put.

We're Back At It Workouts Ramp Up Again Monday 6/28

Coach Angela returns to Martinez this week, and we will have the regular workouts resume at that time. You know, 8:00 a.m., warmups, drills, runs, core, otter pops and all that stuff.

6 more weeks of summer running

We have gotten off to a pretty good start so far, and we have 6 more weeks of summer to get into better shape for the upcoming season. The more days we run, the more fit we become, and the greater chance we have of being better racers.

Lace 'em up

All it takes is running. The workouts are every weekday morning at 8:00 a.m., and your loving coaches will be there each day. See you all there, ready to go.

Monday, August 9 Official Season Starts Early

Once we enter the official season, we have to become official. Attendance is crucial, athletes need physical clearance, we introduce more rigorous training, and we start preparing for a challenging schedule of races.

Clearances

At the start of the season, all athletes need to have completed all the clearance paperwork. All the pertinent information can be found on the Alhambra High athletics web page.

This paperwork is necessary before the athlete can participate in the official season. It is a good idea to get this essential business taken care of BEFORE the seasons starts.