



# The Bulldog Bark

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



Wednesday, July 13, 2021

## 12 x 150 meters? What type of summer workout is that? A fast one.



Training for distance is not just training for distance. Sometimes it is training for speed. Today we combined the sprint work with hills, and did 12 repeats up the service road.

The kids exhibited very good consistency, and only a few fell off the pace as the workout progressed. This is always good during the summer to see a substantial amount of talent and conditioning already in the kids' repertoire.

## And we had a birthday ! Vince turns 17 !



Vince Montegrando breaks out the birthday doughnuts after the workout to share his moment with the team.

## 3 1/2 Weeks Away !

### Official Season Starts August 9 !

Can this be? Already? Yes, it's true . . . we're that close to opening up our 2021 campaign for reals.

#### Paperwork

Each and every one of you all needs to have taken care of all the necessary clearance papers and signatures and doctor's examinations. All of this paperwork is clearly available on the school website under "athletics."

#### Every day

Once the season starts (and classes start two days later) workouts are not a "whatever" proposition. We go each day and often on Saturdays too.

### Mark Your Calendar

## Tentative 2021 Schedule

We have a pretty good idea of where we are competing this year, but as with all things this is subject of change. Still, this is our best bet to date for this year:

9/3	Fri	Little Ed Scrimmage	HiddenValley	4:00 pm
9/11	Sat	Ed Sias Invite	Hidden Valley	8:00 am
9/25	Sat	RAM Invite	Westmoor HS	8:00 am
9?29	Wed	DAL #1 Center Meet	HiddenValley	3:30 pm
10/2	Sat	Artichoke Invite	Half Moon Bay HS	8:00 am
10/9	Sat	Castro Valley Invite	Canyon MS	8:00 am
10/15	Fri	Rough Rider Invite	Woodward Park	1:00 pm
10/20	Wed	DAL # 2	Newhall Park	3:30 pm
10/21	Th-Sa	tMt.SAC Invite	Mt. SAC	TBA
11/6	Sat	DAL Finals	Hidden Valley	1:00 pm
11/20	Sat	NCS-MOC Finals	Hayward HS	TBA
11/27	Sat	State Meet	Woodward Park	TBA
12/2-4	Th-Sat	Nike National Champs	Portland, OR	TBA