



# The Bulldog Bark

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

Vol. 7: Wednesday, July 15, 2020



## Covid-19 Reminders

### Protocols, Procedures, Guidelines, Requirements, Restrictions, Rules, Recommendations, Edicts; We Need To Be Exceptionally On Top Of Our Game

## Masks !



As a summer workout group, we are under some very tight restrictions. And we need to observe those restrictions scrupulously. These are not negotiable items.

Masks are to be worn at all times, except when actually running. The runner may lower the mask until he or she comes relatively close to someone else, and then the mask need to be pulled up over the nose. This includes all drills, sitting in the bleachers, arriving at the workouts, and waiting to be picked up after the workouts.

If we are to be found in noncompliance with this, we are in jeopardy of losing the summer running, if not the season (if there is to be one).



This also is a strict requirement. This is why we have the bleacher seating segmented and seating positions clearly marked in blue tape. Furthermore, we have created small groups ("kennels") of no more than 12 runners who do drills and runs and cooldowns and core

work together. This is to minimize wider contact within the whole group

When running, runners are instructed to stay apart, either to the side or single file.

When arriving or while waiting to be picked up after the workout, runners are still to maintain distance and be masked.

## Contact With the Public

Even our community visitors come under these guidelines. The coaches have to patrol the track to remind members of the public (who are welcome to be there) to avoid contact with us, stay on the other side of the track when possible, and if they do come close, to have a mask and maintain a double distance. (Some of the have been less than gracious. Oh, well.)

## Team Lapses

Now that the summer program has been in progress, some of our athletes are not being vigilant about our guidelines. They do not always have their masks on, or on their face. They sometimes get into small clusters to chat and crowd up against each other. Some of them do not regard the arrival and pickup times as being under the requirements.

## Coaches' Ire

Reminders do not always seem to work. Scolding seems to be falling on deaf ears at times. At this point, if an athlete cannot remember to follow these two simple guidelines and needs repeated admonishments, that athlete may well be asked to leave the summer session.

## Care in Everyday Contacts

We also ask that athletes and families observe the masking and distance protocols as much as they can, so we do not run the risk of inadvertently having the virus join our group. We thank you in advance for your thoughtfulness in this regard.

## Quiz and Answers:

Here are the answers to the last quiz. Check out how well you did, since it was open book.

1. At which 2019 invitational did Kylee Phillips break Coach Nicole's school record?

*The GFS team record at the Ram Invitational.*

2. The DAL Finals saw Alhambra do very well in the Valley division standings. How many Bulldogs did not get a medal in that championship race?

*Zero runners did not get a medal. Since our varsity teams finished 1st or 2nd, and our JV and BFS teams were all 1st or tied for 1st, every Alhambra runner got a medal.*

3. In 2019 the Boys' Varsity was DAL-Valley champions. How had it been since the BV won a league title before that?

*1988*

4. At which 2019 invitational did the Bulldogs have winners in three separate races only 24 minutes apart?

*In an electrifying 1/2 hour span, we had individual champions in the BFrish, BSoph, and GSoph races at Mt. SAC.*

Bonus: name those three Bulldogs  
*Tyler Allan, Colby Thompson, Kylee Phillips*

5. Match the name of the Invitational with the city it is held in:

- |                   |                  |
|-------------------|------------------|
| d ___Ram          | a. Walnut        |
| c ___Peter Brewer | b. Hayward       |
| a ___Mt. SAC      | c. Castro Valley |
| e ___Artichoke    | d. Westmoor      |
| b ___Farmer       | e. Half Moon Bay |

6. Which one of these Bulldog teams did not finish 1st or 2nd at the 2019 DAL Finals?

- |        |        |
|--------|--------|
| a. BFS | d. GFS |
| b. BJV | e. GJV |
| c. BV  | f. GV  |

*GFS - - we did not run anyone in that race*

7. Which is the best running shoe?

- |                                         |
|-----------------------------------------|
| a. Nike                                 |
| b. New Balance                          |
| c. Asics                                |
| d. Adidas                               |
| e. Hoka                                 |
| f. the one that fits your foot the best |

*f - - of course*

8. Deep history - - what year did Alhambra have two All-State (top 10) runners, and who were those two runners?

*1998 - Amy Loper-Riley (3rd) Jessica Neu (10th)*

9. Close, so close - - By how many points did the BV miss the State Meet in 2019?

*9 measly little points*

10. On our 2019 NCS GV squad, who was the only girl with previous Alhambra cross country experience?

*Skye McKinsey*