



The Bulldog Bark

The Voice of Alhambra Cross Country

"The bright flame of pure running desire burns incandescently in our souls"



Tuesday, July 20, 2021

An Old Friend

Dead Cow Repeats - - A Classic Alhambra Workout

Today we visited a familiar workout in an old friend, the Dead Cow 800 loops at the top of the Knotzee Hill trail on the Huelet Hornback Ridge Trail. This has been a standard staple of the program for decades. Today was the second such workout we have had here this summer. Here are the data from today:

Tuesday July 20, 2021

	1	2	3	4	5	6
Taylor Allan	2:27	2:28	2:26	2:28	2:29	2:29
Kylee Phillips	3:21	3:33	3:22	3:38	3:43	--
Sam Dibetta	3:08	3:13	--	3:17	--	3:07
Alexia Hiaquierdos	3:30	3:22	3:20	3:22	3:23	3:29
Kaelyn Nguyen	3:18	3:18	3:34	3:32	3:32	--
Dominic Cataldo	3:11	3:11	2:56	--	3:25	3:40
Parker Gneckow	4:09	--	dnf	--	--	--

We had this workout also earlier this summer 6 weeks ago. Here are those results:

Monday, June 7, 2021

	1	2	3	4
<u>Group 1</u>				
Renae Searls	2:46	2:44	2:47	2:52
Vince Montegrando	2:38	2:32	2:38	2:45
Nolin Searls	2:38	2:32	2:37	2:40
Tyer Allan	2:38	2:32	2:34	2:25

	1	2	3
<u>Group 2</u>			
Kylee Phillips	3:04	3:02	3:07
Alexia Hisquierdo	3:21	3:18	3:19
Nora Sobhy	3:37	3:33	3:34
Kaelyn Nguyen	3:28	3:25	4:08
Ali Sobhy	3:47	3:41	thigh twinge
Ryken Adams-Barnes	3:28	3:26	3:33

	1	2	3
<u>Group 3</u>			
Tyson Long	3:40	3:36	3:47
Alaina Lipary	3:50	4:01	4:17
Corina Jones	3:51	3:46	3:50
Rey Arce	3:50	4:00	4:17
Ithalle Rangel	3:53	4:16	4:26
Reina Felson-Lamb	5:23	knee soreness	

Previous Season Dead Cow Workouts

<u>March 3, 2021</u>	1	2	3	4	5	6
Rey Arce	4:12	4:08	4:20	4:07	4:12	--
Alexia Hisquierdo	3:30	3:29	3:20	3:16	3:09	--
Renae Searls	3:17	3:25	3:18	3:55	4:02	--
Kaelyn Nguenyn	3:44	3:56	3:58	4:10	--	--
Tyler Allan	2:35	2:32	2:32	2:34	2:34	2:27
Ryan McCauley	2:52	2:46	2:45	2:53	2:49	2:46
Vince Montegrando	2:40	2:42	2:53	2:53	2:51	2:43
Nolin Searls	2:46	2:48	2:43	2:49	2:47	2:38
Ben Smyers	2:33	2:30	2:30	2:31	2:32	2:28
Ethan Muth	3:35	3:35	3:25	3:19	3:15	3:17
Sam Rogers	--	3:41	3:33	3:35	3:02	--

<u>October, 19, 2020</u>	1	2	3	4
Tyler Allan	2:30	2:23	2:29	2:29
Ben Smyers	2:31	2:30	2:43	2:42
Nolin Searls	2:31	2:37	2:43	2:45
Vince Montegrando	2:39	2:45	2:51	2:59
Renae Searls	3:00	3:18	3:30	3:40
Alexia Hisquierdo	3:36	3:47	4:00	4:08
Ethan Muth	3:31	3:28	3:20	--
Noura Sobhy	3:33	3:38	3:29	--
Kaelyn Nguyen	4:01	4:14	3:55	--

<u>July 6, 2020</u>	1	2	3	4
Nolin Searls	2:39	2:50	2:53	2:55
Ben Smyers	3:08	3:28	3:30	3:16
Vince Montegrando	2:55	2:41	2:48	2:57
Ethan Muth	4:05	4:17	4:09	--
Renae Searls	3:06	2:51	3:02	2:53
Alexia Hisquierdo	3:38	3:41	3:55	--
Kaelyn Nguyen	4:00	4:04	4:05	--
Noura Sobhy	4:25	4:44	4:45	--

What To Make Of All This?

How To Cypher Out Running Data

We are in the tail end of summer running, so it is far too early to make any definitive conclusions about the season yet. And with previous times on a regular workout site available, it is easy to assume both good and bad and in between consequences further down the line.

What coaches look at during summer:

- Consistency - - can an athlete run the near the same time for all of the repeats?
- volume - - some of these workouts only asked for 3 or 4 repeats - - today we asked for 6 repeats
- context of the sequence of workouts -- who has been attending regularly? Who has been on family outings or vacations ? - - who has a summer job? who has been sick? et cetera.
- Effort - - regardless of time or volume, who is clearly trying as hard as possible right now?
- Improvement - - running these faster than ever before? Well, that's downright a real bonus.

By virtue of all these metrics, the coaches are glad to see the few but mighty Bulldogs athletes who have made the summer workouts so far, and those that have been able to handle this workout.

You May Have Noticed:

Summer Running Attendance Droops

This is not necessarily a bad thing, but it is not the feverish enthusiasm the coaches are looking for. Yes, the days are warm. Yes, there are family vacations and visits that happen. Yes, 8:00 a.m comes too early for lots of teenagers.

Running success takes time

Unlike many other sports, cross country operates in isolation during the summer. There are no summer leagues, there are no 7-on-7 football scrimmages, there are no baseball or softball travel teams, there are no age-group soccer leagues . . . there is just lonely distance running at ungodly hours in the morning every weekday a.m.

Improvement is gradual

It takes a year of running just to be competent, and another one or two past that to start climbing the rungs towards true excellence. And in the interim the athlete is often mired in the middle of the pack and not generally aware of that progress. It takes a special type of athlete to grind for a year

or two to see any real progress. And that's precisely the athlete distance coaches want to see.

So, let's see you.

Day 1 !

Official Workouts Start Monday August 9th !

We start yet another banner season for Alhambra Cross Country in early August. Please be ready to show up with all the completed paperwork and eager to start yet another championship season.

On-line

All the pertinent information is on-line (and what today is ever not on-line?) on the Alhambra High Athletics page:

Clearance information:

<http://ahs-martinez-ca.schoolloop.com/file/1530581990245/1552634392606/3564032291831784095.pdf>

Doctor's examination form:

<https://ahs-martinez-ca.schoolloop.com/file/1530581990245/1500707823667/4119482445839249631.pdf>

Dead Cow ? Live Cow?



On March 3rd, Ethan runs past a very live cow on the Dead Cow workout.



Tyler crushed today's workout with a remarkable set of consistent 800's over terrain and under duress.



Sam had a good day on a hard set of repeats.



Dominic surprised everyone with a strong rookie performance.

And Looking Ahead - -

Scrimmage Thursday At Hidden Valley

We are doing another friendly scrimmage/workout with Campolindo this Thursday at Hidden Valley Park. Last time was a 2.0 mile race. This time it will feature a 3.0 mile race, even though not all of our group will be doing that full distance.

The idea is to run for time on a common course, run against a familiar league foe, and learn to race on a course we will be competing on multiple times this coming season.

8:00 AM

As always, we meet at 8:00 a.m., but this time at Hidden Valley. Very little changes during summer workouts as regards start time.

Season Starts August 9th

Our 2021 Campaign of Success !!!

How about that? The season starts already? Yes it does. And we have to now insist on the rules.

Clearances

Please go to the Alhambra HS athletic website, and follow the directions for the on-line athletic registration process. The most important part is the physician's form, which needs to be filled out each year for athletic participation. There is no "wobble room" on this on the part of the coaches, so please take care of this as soon as possible so there is no last-minute rush.

Tentative 2021 Cross Country Schedule:

8/9	1st day of workouts	10/9	Castro Valley Invite
9/3	Little Ed Scrimmage	10/20	DAL # 2
9/11	Ed Sias Invite	10/22	Mt. SAC Invite
9/25	Ram Invite	11/6	DAL Finals
9/29	DAL # 1	11/20	NCS
10/2	Artichoke Invite	11/27	State