



# The Bulldog Bark

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



Saturday, July 6, 2019



Smiling runners pose in the afterglow of the race.

### Holiday Race

## Carson & Ben Run In Firecracker 5K

The Dawgs had a presence in the 4th of July 5K in Pleasant Hill. Carson and Ben entered for the workout, and even though neither really "went after it," they both finished well in the race and and in their age group.

Team webmaster and Bulldog alum Joel Timbrell was also a top finisher.

Coach Brewer also competed in the event, and tried not to be too much of an embarrassment to the cause.

### Running Camp July 21-27

## Bulldogs Off To Humboldt For Week of Redwood Runs

The glorious giant redwood trails of Humboldt State University await us for our summer running camp. We have seven of our runners signed up for this event.

### New For Us

This is a change in the landscape for Alhambra, as previous camps have been in a rental next to Lake Tahoe. However, logistics and timing took away that option this year, and the Humboldt Camp entered the picture.

### Camp features

Twice daily runs. Running from drills. Classroom and clinic presentations by nationally recognized experts. Camp staff stocked with All-Americans, Hall of Famers, national champions. Dorm rooms and college cafeteria services. And some of the most challenging and picturesque trails in Northern California.

### Camp Transportation

We have reached an agreement with our neighboring school Campolindo to use their extra seats in their rental vans for transportation. This will be an extra cost of \$60.00. The alternative is to recruit parent drivers, and that's a 10-12 hour round trip drive.

### Necessary Paperwork

## Registration and Clearances

### Season Starts August 12

Even though we have about 5 weeks left before the season starts, we need to emphasize getting the clearance process taken care of. This is a yearly procedure, and without it, no athlete can be on a school team after August 12. So:

### Let's Get It Done

This process is almost entirely on-line. Go to: <http://ahs-martinez-ca.schoolloop.com/file/1530581990245/1500707823667/6576613431550379097.pdf>

and follow the instructions.

### The Choke Point

Getting the physical examination form completed and signed by a physician is crucial. Make your doctor's appointment now and avoid the rush later.

### Money

The instructions ask you to make your contribution on-line. Please wait until the Parent Night and bring your check book or cash then.

## Stay In Touch

- Questions Answered !
- Enigmas Unraveled !
- Conundrums Unconfounded !

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Happy runners do hurdle drills as part of their cooldown after summer runs. Then there are other pops.

## Team Talk: Stay Connected

A strong component of any team success is communication. Alhambra Cross Country is no exception to this, and we try to keep open as many channels as possible to get information and news flowing back and forth between coaches, athletes, and families. Here are our avenues of information flow.

### Verbal

This is every day at every workout. Lots of details get broadcast and mentioned by the coaches each day. And athletes need to inform coaches about conflicts and issues as they arise. Likewise, there are a number of casual chats with parents at the start and end of workouts as athletes are dropped off and picked up.

### E-mail and text

We do ask that all athletes that have made verbal requests of coaches follow up with an e-mail to that coach. This is to ensure that we have fully established a communication link on any particular issue.

### Website

We have the luxury of having an excellent web master who has constructed a very informative website that stays up-to-date (as much as possible) with the team doings, as well as archiving the history and records and photos of the team, present and past.

### Team App Remind

This application is a text blast to the entire team for specific and time-sensitive information. It's an excellent way to communicate immediately items that require a short notice.

### The Bark

Our newsletter is a combination of general information, extended commentary, race data and analysis, and philosophical musings. This is available on our website and on our Facebook page.

### Facebook page

Of course, no institution can shake off the influence of Facebook. We have our own page, and it provides an alternative venue to all of the above to stay in touch with our program.

### Team Trivia:

1. Who are our 4-year runners?
2. Coach Angela ran track in college. Name her event, and the two colleges.
3. What are the two least favorite otter pop colors?
4. Why did Alhambra not run in last year's NCS finals?

### Answers:

(1) Carson Edwards & Deen Sobhy (2) 100 & 400 hurdles; Cabrillo JC & Hayward State (3) purple & orange (4) race cancelled due to poor air quality

### And Our Network

### Turning the corner

## Summer Is Half Over; Time To Get Serious

As relaxed as summer tends to be, and as busy as folks get with vacations and camps and weekends and all the other summer activities that crop up, we are already entering the run-up to school and the start of the official cross country season.

### Summer Miles

A good summer of running guarantees a good fall season of racing. That's why we, along with most high schools, offer a summer running program to get our athletes ready for a competitive season. And that means miles. The more, the better. This is why, as the summer progresses, so should the length of your daily runs.

### Consistency

This is also why summer runners should run as many days a week as possible. 4-5 days a week is not bad, but 5-6 days a week is optimum for improvement. Your loving coaches do offer the 5 days a week, each and every morning, so there is your daily opportunity to get in those miles.

### Saturday OYO

On Your Own runs are a great way to add those miles. Saturdays are good for this, as the runner can take extra time to get in 45 minutes to 90 minutes of steady running.

### Where do you stand now?

If you have been attending summer running (or even doing daily running on your own) chances are that you can now handle a daily run of 3 miles. Many are now progressing to a 4 mile run. And our veterans can now more easily absorb a 5 or 6 mile run. The goal is to get all runners to be comfortable running longer distances on a daily basis before the official season starts.

### The experts agree

Exercise physiologists and college coaches are very explicit in emphasizing that summer running accounts for as much as 70% of the success of any individual or team during the fall season. Yes, significant improvement can be made within the 10-12 week window of the regular season, but that improvement comes a lot easier with proper summer background.

So - - -

Let's run !

## The Season Highlights !

Just because the cross country season focuses on running, and more running, and then additional running, doesn't mean we don't mix in a steady stream of outings and adventures. Here are a few to look forward to.

### Local Travel to Meets -

We tend to like to go to meets a bit outside of our immediate area, so we can compete against different teams than just our neighboring schools. We will be going a bit south to the Farmer's Invite at Hayward High, and the Castro Valley Invite at Canyon Middle School. Often we see teams at these meets from Central and Northern California.

### A Bit Further Out -

The Dogs take in the action in Daly City on the Peninsula at the Ram Invite at Westmoor High School. Here we encounter squads from San Francisco and San Jose.

### And the road trips !

The Artichoke Invitational is always a treat. The fabled course is a challenge, and the beach party afterwards is legendary.

The Los Angeles overnight excursion to the Mt. SAC (San Antonio College) meet is exciting. This is the largest high school meet in the country, and it takes two days and over 100 races to accommodate all the runners. The Bulldogs have been regulars at this event for almost 30 years now, and enjoy consistent success in our division races.

## Running Camp !!

July 21-27 Coaches Angela and Brewer will be taking 7 athletes to the noted Humboldt Running Camp to train amongst the towering redwoods, along many with teams across the state

Morning runs will continue under the direction of team veterans for the week the coaches are gone.



## Food And The Runner

Running is a strenuous activity, and for competitive runners, even more so. Health concerns often center on foot and shin and knee injuries. Eating healthily is also an important concern.

### Recommendations

There are any number of experts out there ready with advice on the perfect diet. Many of these are trendy rather than substantive. We are also discovering that many people have food restrictions in one category or another. However, there are some overall guidelines that apply to almost every dietary situation.

### Eat lots

Runners need calories. The expenditure of energy requires refueling. This means eating a lot. For an adolescent athlete who is putting in at least 30 minutes of continual running a day, he or she should eat at least 6 times a day. The general rule of thumb is three meals and three large snacks.

### Balance

Carbohydrates for energy; and proteins for muscle and joint growth and repair. Fruits and vegetables for vitamins and natural sugars. Water and electrolytes for hydration. These are all good. The generalists in the nutrition trade talk about having lots of different colors on your plate at any given meal.

### Bad stuff

Grease. Fried foods. Processed foods (high salt content). Processed flours - - no nutritional value left in the grains. Very rich dairy, with all that milk fat concentrated. Sodas - - all fizz and sugar and no electrolytes to replenish depleted fluids. Examples of the perfect bad meal - - pepperoni pizzas with extra cheese. Or a cheeseburger with fries and a coke.

### Meat is okay

If the runner is not too weirded out about eating animal flesh, meat is not bad. Great source of protein, creatine, and often the necessary iron for oxygen delivery. Of course, fried is evil since the grease stays on the meat. Baked or grilled is much better.

### Carbs

Bread. Bagels. Potatoes. Pasta. It's all good. Almost always bad: Pastries. Cakes. Most muffins. Doughnuts. Anything with empty flour covered with grease and sugar is not good.

### Stir fry an exception

Quick fry dishes with light cooking oils, and comprised of vegetables and lean meat or fish . . . great stuff.

### The teenage contradiction

However much we can make recommendations, at times it appears that teenagers could have a diet of cardboard and pencil shavings and still thrive and grow. The highly active metabolisms of this age group seem to be able to consume just about anything. The overall concern is to have lots of food for the active kid, and to be aware of keeping balance in meals.

### Season Starts Earlier This Year

The official start of the season is a full week earlier than previous years. We start our regular workouts (3:30 p.m. start, meet at the track, have all your clearance papers complete and turned in, committed to every day, et cetera) on Monday August 12. Classes start Wednesday August 14.

At this point there is no "wiggle" room for not being in attendance at all workouts, nor for not being prepared with the paperwork. As America's favorite movie star puppet character Yoda says, "There is no try. There is only do." So let's be prepared to do the workouts and the competitions.