



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Friday, July 6, 2018



Stay In Touch !

2018 Cross Country Communication Links

Any high school sport necessarily needs strong channels of communication. What with a preponderance of busy schedules and the like, keeping in contact is essential. The Alhambra Cross Country Team has several channels to stay informed.

Text Reminder

This app is a quick way to let the team know what is happening at any given time in the day. This is used mostly to repeat information already given, but at times there may be changes in plans so this is a quick way to get information out. Here's the app: Text @alhambra to 81010 for cross country updates.

Facebook

We have an ongoing Facebook page for everyone to chime in. Lots of updates here, along with pictures and race results and team comments. Check it out: Alhambra Cross Country Team

Team web page

Our team page has more deep information, with the schedule, links to school policies, and lists of school records. <http://www.alhambrastrack.org/>

And the coaches:

As always, feel free to contact the coaches anytime with your comments, questions, and concerns.

Coach Angela Paradise

coachangela88@yahoo.com
925-963-8127

Coach Peter Brewer

pcbrcrosscountry@yahoo.com
510-919-4769

4th of July Runs

A few Bulldogs hit the holiday 5K circuit the past Wednesday. It is always a good idea to get a race time early on so we can build our workouts more accurately to each athlete's fitness level.

Pleasant Hill Firecracker 5K

place	age group	name	time
12	(10)	Carson Edwards	19:12
292	(8)	Peter Brewer	38:03

Carson ran well with a top place both in his race and in his age group. He was with the core of the DeLaSalle, College Park, and Northgate teams which is a good sign this early in the summer.

Coach Brewer waddled in some time later, miraculously finishing without the aid of the emergency medical services.

There was a sighting of Sam Rogers and his mom Lori, but since they didn't turn up in the official results they may have been unofficial runners. Still, they were there for the race.

Lake Tahoe

Summer Camp Sign Ups; Spots Going Fast

The 2018 Bulldog summer camp will once again be at Lake Tahoe. This is the traditional end of the summer camp at altitude (and at the lake).

This camp is for the runners who have put in sufficient summer miles to handle the rigor of the terrain and the altitude.

This year the camp is scheduled for August 2 - 7. For information and details, be sure to contact Coach Paradise at: coachangela88@yahoo.com

Our Webmaster

Meet Joel Timbrell

The website that contains all of our core information, and all of the archive and records, is maintained through the efforts of alumnus Joel Timbrell, former Alhambra cross country great and DVC runner.

Joel has been instrumental in keeping the website current and attractive, and all in a volunteer role. As the season progresses, our results and records will be archived here for not only our own perusal and enjoyment, but also to add to the rich history of Alhambra running.



Joel relaxing.

Necessary Equipment

Runners Need Watches

It is HIGHLY RECOMMENDED that each runner have a wristwatch. This allows the athlete to keep track of elapsed time. The more advanced watches have tracking and communication options as well. We recommend watches as an essential training tool for each runner. Phones are bulky and difficult to run with.

Watches specifically geared for runners can be found at any sporting goods store.,

Monday August 13 - - The Start of the Season

The start of the season is important for many reasons, but the most important and sometimes not the most obvious is that this is the first official day of workouts. At this time workouts become required, workouts become more regimented, and the season gets underway in all seriousness.

Yes, the season starts one week before classes start. Yes, lots of families want to get that last bit of vacation in before classes actually start. Yes, there is a

lot of school activity at the start of a new year that is very distracting.

And yes, if you signed up for cross country, your season starts at 3:12 every afternoon on the track starting on Monday August 13.

And yes . . . all athletes need to have completed all the paperwork online and be academically eligible.