



The Bulldog Bark

The Voice of Alhambra Cross Country
"We got some runnin' to do!"

Vol. 9 Wednesday, August 5, 2020



Indefinite Shutdown

No More Team Workouts For The Foreseeable Future

As per the decision of the Martinez Unified School Board on July 27th, all sports in the district will continue to be on the hiatus imposed July 18th. The understanding was that the matter would be brought up again once additional guidelines came from the State Department of Public Health.

A video of that Board Meeting can be found at this site:

<https://www.youtube.com/watch?v=JUCxztzp9-hY&feature=youtu.be>

The sports issue discussion starts at 1:21.20 of the video.

In the interim

For the time being, Principal Chamberlain has emphasized that this Board decision will stay in place until further notice from the Board. He did also point out that athletes and coaches may stay in communication, workouts can be posted, and athletes may continue conditioning on their own.

The next scheduled Board Meeting is August 10. The agenda has not been released yet.

State Health Guidelines Now Released

As of August 3rd, the California Department of Public Health has released an update on youth sports guidelines. These particular updates apparently focus on emphasizing outdoor activities and very rigorous observance of distancing and masking. This document can be found at:

<https://www.cdph.ca.gov/Programs/OPA/Pages/NR20-183.aspx>

Individual Workouts

So now we have to adopt the sports version of distance learning, which is distance coaching... about distance running. Yuk yuk.

This means that it will take more individual motivation to put in the work and the drills and the miles to stay in shape.

The coaches will be posting workouts, both on the Facebook page and on the website (alhambtrack.com) so you all can stay informed. The coaches also will be reaching out via the Remind app, and perhaps also e-mail and text. Who knows, even a regular ZOOM meeting to check in with each other might be in the works.

Any Questions?

Check in with Coach Angela if you have any concerns. These are times of sudden change and rapid decisions and shifting directions. It never hurts to ask questions to keep up to date on information.

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So, What's The Schedule?

The future is not clear. The Covid virus has made that a fact. Still, plans are being made, schedules are being laid out, championship races are being put on calendars, and hope does seem to spring eternal.

There is a bit of a schedule already in place. We know the start and end of the projected new season. It's the races in between that are still iffy. Most invitationals are "sort of" on the schedule, but no one is sure of much at this point.

What we do know

Mon Dec 14	Official Cross Country start
Sat Jan 30	DAL # 1 (tentative)
Sat Feb 20	DAL # 2 (tentative)
Sat Mar 6	DAL Championships
Sat Mar 20	NCS Championships
Sat Mar 27	State Championships

What we don't know

All those invitationals we normally attend are in a state of limbo. It's hard to start the long-range planning needed for an invitational without even knowing if can be held at all. And everyone in the Bay Area cross country world has had to deal with sudden cancellations (fires and poor air quality) and knows all about those disruptions.

We aren't even sure about the DAL meets. Large group gatherings are still only a future possibility. We might have to settle for dual meets, with "wave" starts of small groups set off around a course and times that are compared. We might even have to have "postal" meets, where two teams have separate time trials on different tracks and then compare the times to produce results.

Still Gotta Be Ready

Uncertainty about the future doesn't mean we have to be uncertain about training. In the long run (more yuk yuk) distance running is all about long term improvement, and that means in the short term we do the training. So, let's run.

Pass the Word !

Let your friends know that we are still in operation, and still running, and still preparing for a season. It's never too late to join in the fun.

Stay "Independent"

As long as you are not part of an official Alhambra sports program, please avoid wearing Alhambra garb on runs so there is no cause for confusion in the public realm.

About Those Workouts

Lace 'Em Up, Folks

The workouts are posted. They're straightforward. Not very confusing at all. Easy to print out and post in your room. But sometimes really hard to actually get around to doing.

Running Buddies

It helps immensely to have a running partner. Someone you can call that you can run with - - of course, practicing social distancing and having your mask with you at all times. Shared suffering is always better.

Have a favorite trail or route

Running along a familiar path or park trail or even a street loop is also a helpful tactic. You will always know where you are, you will have a good sense of your pace and how you feel, and knowing just how far the run is are all good comfort items.

Explore Once In A While

Especially on the long run days, it's a good idea to have the "destination" run where you pick out a spot to run to that is either new, or you haven't run in a while. This adds to the challenge.

Pacing

Be sure to look at the pace chart on the workout sheet. That's the one where you start with your mile PR and then move across to find your pace at the various distances. Easy days are the "minimum minutes"; hard days are the "maximum minutes." (Notice that there are 4 "easy" days each week?) Trying to keep within your pace range will allow you to have a greater improvement curve.

Social Responsibility

If we ever want to get back even a small bit of a normal season (much less a normal society) we as individuals and as a culture need to adopt an attitude of extreme awareness about the spread of the Covid virus.

When just a month or two ago it looked like things were getting better, a collective national nonchalance set in and far too many people adopted a silly and selfish disregard about the protocols. And here we are.

Don't be stupid. Wear a mask everywhere. Stay physically apart from people, even friends. Scold others who disregard these common good behaviors. Help turn the tide on the virus.

