



The Bulldog Bark

The Voice of Alhambra Cross Country
"The bright flame of pure running desire burns incandescently in our souls"



Wednesday, August 11, 2021

The Season Starts And We're Off: 2021 Season Is Now !

We are seeing our summer running squad being augmented by returning veterans, incoming 9th and 10th graders, and curious Alhambra students of all ages and running experience.

With only two days of official workouts under our belts, we are seeing a nice surge of interest in our team. As we come out from under the shadow of the covid pandemic, our sport (and most others) are seeing a resurgence of interest.

Recruiting is a Team Effort

More runners make overall team success a stronger possibility. Perhaps the strongest draw there is, is the positive peer feedback to friends. If you're having a good time on the team, then your friends are more likely to give it a try.

The Secret To Running



There is no actual secret. Success at distance running takes time. It takes perseverance. It takes a willingness to undergo pain and sustained discomfort.

Join Now And Find Out Our Secret

And despite all this, we have signups and new runners every day. What is it that attracts people to our sport?

It's the Otter Pops

Nothing like frozen sugar water at the end of a workout to make it all worthwhile. Each and every workout ends with otter pops. It makes it all a little easier.

3:30 p.m.

Workouts Every Weekday Afternoon

Already Looking Good !

Workouts Show Team Promise

In our almost-post-pandemic season, we have started our 2021 campaign towards glory on a good note. Classes have not yet started, but we are seeing our summer regulars plus the addition of a few newcomers. And when classes resume tomorrow, we hope to see even more newcomers, as well as the veterans who have taken a little more time to get back into the fold.

Good signs

Even though the attendance these first two days is still slim, it is much better than the summer sessions which ended just last week. Our aim is to have even more runners come on out in the first few weeks of classes as school gets underway.

Strong start to workouts

As we transition the running program to how to the school class schedule, our last morning workout saw lots of aggressive efforts in our first threshold workout. ("threshold" - - a term used in distance training to describe a running pace that is on the upper end of sustainability, to the point that to run any faster would result in slowing down. Hence the term "threshold," or limit.

The veterans were able to sustain a pace . . . and some of them realized their pace was too slow and sped up on the second one. Most were able to sustain the pace into the next repeat. Rookies ran a shorter distance so we could get a look at their conditioning level.

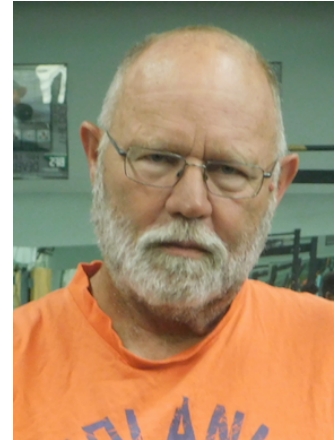
Know your coaches

Angela Paradise - - head coach



Angela has been the head coach for 13 years now, after several years as an assistant for Hall of Fame coach Tim Bruder.

Peter Brewer - - assistant coach



Coach Brewer is in his 4th year at Alhambra. He was coaxed out of retirement after 35 years at Castro Valley and Northgate high schools.

Tuesday's Workouts - - Finding out just what we have so far:

2 x 3200

Repeat # 1	1	2	3	4	(1600)	5	6	7	8	(1600)	3200
Tyler Allan	79	83	82	85	(5:29)	82	87	87	87	(5:43)	11:12
Nolin Searls	87	93	89	89	(5:58)	89	89	88	81	(5:50)	11:48
Vince Montegrande	87	93	89	91	(6:00)	87	89	97	90	(6:13)	12:13
Renaë Searls	90	97	99	102	(6:28)	99	98	99	95	(6:31)	12:59
Sam Rogers	1:34	1:46	1:41	1:44	(6:51)	1:45	1:43	1:42	1:36	(6:46)	13:37
Ethan Arnold-Muth	1:34	1:46	1:41	1:44	(6:51)	1:45	1:48	1:51	1:42	(7:06)	13:57
Kylee Phillips	1:39	2:00	1:56	2:02	(7:37)	2:02	1:53	1:45	1:52	(7:32)	15:09
Kaelyn Nguyen	1:42	1:49	1:59	1:57	(7:27)	2:06	2:05	1:59	2:00	(8:00)	15:27

Repeat # 2	1	2	3	4	(1600)	5	6	7	8	(1600)	3200
Tyler Allan	79	81	80	89	(5:29)	88	87	88	87	(5:50)	11:19
Nolin Searls	87	88	92	91	(6:01)	90	89	87	85	(5:51)	11:52
Vince Montegrande	87	96	98	96	(6:17)	95	96	98	94	(6:23)	12:40
Renaë Searls	93	96	98	94	(6:21)	98	96	99	96	(6:29)	12:50
Sam Rogers	1:34	1:41	1:46	1:46	(6:49)	1:50	1:51	1:52	1:43	(7:19)	14:05
Ethan Arnold-Muth	1:38	1:51	1:56	1:59	(7:24)	1:55	1:53	1:55	1:48	(7:32)	14:56
Kylee Phillips	1:55	2:02	2:13	1:50	(8:00)	1:52	1:54	1:59	1:46	(7:31)	15:31
Kaelyn Nguyen	1:46	1:57	2:02	2:02	(7:47)	2:05	2:10	2:10	1:54	(8:23)	16:06

2 x 1600

Repeat # 1	1	2	3	4	1600
Naj Asad	1:40	1:50	1:47	1:42	6:59
Ian Knutson	1:48	1:53	1:53	1:45	7:23
Parker Gneckow	2:02	2:23	2:44	2:20	9:29

Repeat # 2	1	2	3	4	1600
Naj Asad	1:40	1:48	1:57	1:50	7:15
Ian Knutson	1:53	1:55	2:02	1:54	7:44
Parker Gneckow	2:18	2:54	2:51	2:33	10:36