



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Saturday, October 13, 2018



Castro Valley Invitational

Saturday, October 13, 2018
Canyon MS, Castro Valley

It was a good day for running on every front. The weather got a little warm, but not oppressive. The course was groomed well. The snack table was well-stocked. Almost the whole team was in attendance. The parents were a strong vocal presence. And the runners ran very well.

One team victory. 14 medals earned. And 5 additions to the Alhambra All-Time list for this course. The Bulldog presence at invitational continues to be strong once again.

Boys' Frosh/Soph 2.1 Miles

1.	Alhambra	63
2.	Castro Valley	90
3.	Gregori High	92
4.	College Park	96
5.	California (San Ramon)	145
6.	Northgate	168
7.	Hercules	171
8.	Santa Rosa	224
9.	Livermore	234
10.	San Ramon Valley	257
11.	De La Salle	273
12.	Acalanes	297
13.	San Leandro	335
14.	Galileo Academy	350

(144 finishers)

1.	Matthew Alm (California)	12:19
• 5.	9 Colby Thompson	13:22
• 6.	10 Sam Rogers	13:24
• 15.	10 Ben Smyers	13:53
• 16.	9 Nolin Searls	13:57
• 31.	9 Sam DiBetta	14:22
• 36.	10 Kai Badavinac	14:28
• 50.	10 Ryan McCauley	14:54



The boys are eager to run on the starting line.

We made the decision to pair up our top 9th and 10th grade boys into a single race to see how that combination would work. Up to this point we had kept them in separate races at invitational.

It worked out just fine, as the combined firepower of our younger runners took the measure of a strong field to take a convincing team win.

The race played out along stealth lines more than anything else. Our boys have developed a strong confidence in their conditioning levels to be able to finish their races aggressively. And since we have been doing some aggressive hill workouts, the last mile of hills and trails was barely a challenge to our lads.

The first mile saw our team clustered well, with Sam R. and Colby paired up and Nolin and Ben in tandem a few place back. Ryan and Sam D. appeared to be struggling, but they were still in the top portion of the race. Kai was hanging on behind them. The placing looked good, but still not as good as several other teams.

Then the race disappeared into then notorious Canyon, where the crowd noise disappears, the hills seem steeper than ever, and the buzzards circle overhead. Our boys used the loneliness and the hills to pass hordes of other runners. Sam R and Colby popped out right after the leaders. Ben and Nolin were still together, right after them. Sam D. fought off his cramp and ran in to be our all-important 5th man, with Kai close behind in a strong insurance place. Ryan was behind a bit and felt he had not contributed, but the numbers show that even if he had been our 5th scoring runner, his place was strong enough to have helped us win.



With a mile to go, Nicole makes her move into 2nd place.

Girls' Varsity 3 Miles

Alhambra incomplete

(94 finishers)

1.	Madison Kackley (Gregori)	19:05
• 2.	12 Nicole Tria	20:04
	(# 3 ALH All-Time)	

The Alhambra excitement was still abuzz over the BFS race when Nicole toed the line for her race. In the first half mile loop she was in

the top cluster of runners. The field cleared the first Canyon loop and she emerged in the top 5, which put her well ahead of the chase pack.

It didn't take her long to keep up her stride to catch up to the group in front of her, and after the leader, there was a group of 4 girls entering the last Canyon loop.

The anticipation while waiting for the runners to show up again for the finish gauntlet was rewarded when Nicole stormed out of the Canyon in a very strong 2nd, and hammered in her finish. She was only 2 seconds off the overall top time list ever for the course, and moved to # 3 on our team list here.

Boys' Varsity 3 Miles

1.	Casa Grande	47
2.	College Park	48
3.	Clovis West	55
4.	Gregori High	150
5.	Merrill West	151
6.	Northgate	164
7.	Santa Rosa	224
8.	San Leandro	263
9.	Clayton Valley	288
10.	Livermore	309
11.	Castro Valley	311
12.	De La Salle	324
13.	Antioch	326
14.	Arroyo (NC)	355
15.	Design Tech	357
16.	Alhambra	360
17.	Amador Valley	366
18.	California (San Ramon)	428



Del working hard midway.

(127 finishers)

1.	Maxwell Waechter (Heritage)	16:42
• 16.	11 Carson Edwards	17:43
	(#9 ALH All-Time)	
71.	12 Graham Manning	19:55
91.	11 Delano Roderick	20:53
103.	11 Badruddeen Sobhy	21:17
117.	12 Christopher Cota	22:54

This race was designed to give the older boys on the team a chance to get in some varsity experience on a 3 mile course and perhaps see how well they could match up. A fairly large

race, some excellent competition, and a tough course in front of a big crowd all were factors for the competition.

The ongoing workouts we have the last few days seemed to have sapped some of the spark out of these boys today. We are going through the last batch of tough workouts to ready ourselves for the end of the season, and it apparently kept these boys off their best. Still, they were all game and "went after it," as we say in the running business.

Carson led the way and earned his medal, although he clearly felt that he was off his complete game today. He still managed to run to a spot on our All-Time list. Graham settled into his pace a little early in the race, and had to try to place catch up the rest of the race. Del dug in deep and ground out the race. Deen had an off day, and just couldn't get the traction to stay up with the bulk of the race. Chris has been nursing a sore hip this past week, and in his usual quiet manner did not complain about it. He was still able complete the race at a steady pace.

Girls' Junior Varsity 2.1 Miles

Alhambra incomplete

(77 finishers)

1. Sierra Ransweiler (San Ramon) 14:46
- 18. 9 Pearla Lopez-Cardinale 17:49
(# 8 ALH All-Time)
22. 10 Skye McKinsey 18:01
(# 10 ALH All-Time)

Pearla was worried about her knee before the race, and was unsure if she should even compete. Coach Angela told her she could drop out if necessary, which seemed to take away the anxiety.

As the race started out, Pearla and Skye realized that they were not far from the front and they didn't feel all that tired. And as was the case



Skye races in.

for most of our runners today, the challenge of the finishing Canyon loop was an advantage for our troops.

Both Pearla and Skye made up significant ground in that last loop, with Pearla able to earn a medal. Skye continues with her rapid improvement in the last two weeks to finish on seconds behind Pearla and narrowly missing a medal. Both girls finished in the top 1/3 of the race, and both made our All-Time list on this course.

Boys' Junior Varsity 2.1 Miles

1. College Park 15
2. San Leandro 73
3. San Ramon Valley 84
4. Gregori High 88
5. Northgate 105
6. Amador Valley 181

7. Santa Rosa 194
8. **Alhambra 213**
9. Acalanes 241
10. Summit Denali 256

(114 finishers)

1. Joe Ziegler (College Park) 12:49
41. 9 Christian Ruiz 15:17
(# 8 ALH All-Time)
65. 9 Joaquin Hinkens 16:17
69. 9 Ali Sobhy 16:23
83. 10 Jonas Knopf 16:59
88. 10 Brandon Gray 17:27
93. 11 Joshua Flores 17:41
111. 11 Andres Alvarez 20:08

The last race of the day saw the remainder of our runners show their stuff. As it turned out, it was a slew of our younger runners in a race designed for older runners. Despite this, the Bulldog bunch ran very competitively against the older guys.

Cristian continues to show steady improvement over the season, and emerged as out top runner here today. He made the Alhambra All-Time list. A little digging shows that he was the fastest freshman in the race. A b o u t a minute back Joaquin and Ali, the rest of our freshman in this race, came in close together. They were the 2nd and 4th freshman in this race. Jonas is now showing more confidence in his running, and showed a little more spark in his finish.

Brandon was a blank slate to us, having been training with us on a few days. He surprised us with a pretty good race. Josh has been nursing aches and pains, and so was only able to give us a subdued effort. Andres gave us another solid effort in his competitive band.

Notes and Commentary:

1. Well-oiled machine

The Alhambra team procedures are now established protocols. Runners and families arrived, the team area was constructed, tables and chairs and snacks and water all arrives, athletes knew the schedule and the course, and warmups and cooldowns were run. This is always a good indicator of a cohesive team.

2. Team assistance

Coach Paradise initiated Bulldog volunteerism at the end of the meet, and several of our runners stuck around for up to an hour after the races to help disassemble the finish line area and take down streamer flagpoles. This was of great help to the overall effort to speed up the tear-down post-meet process.

3. Tough workouts; tough racing

As mentioned, we have been going through a series of intensified workouts designed for maximizing our performances in the last few races of the season. What this does in the short term is create runners who are a bit sore. Despite this, the overall Bulldog effort was again strong today, as the runners demonstrated their ability to shrug off discomfort and still race aggressively.

4. Establishing meet consistency

By now we have seen the positive trend of overall team effort materialize in repeated Alhambra successes at our recent string of

invitationals. Medals, solid team finishes, strong individual finishes, and improvement of all runners on the team . . . this is all very encouraging momentum heading into the last three weeks of the season.

Depth chart:

And just where do you stack up after today's races?

2.1 miles course

Colby Thompson	13:22
Sam Rogers	13:24
Ben Smyers	13:53
Nolin Searls	13:57
Sam DiBetta	14:22
Kai Badavinac	14:28
Ryan McCauley	14:54
Christian Ruiz	15:17
Joaquin Hinkens	16:17
Ali Sobhy	16:23
Jonas Knopf	16:59
Brandon Gray	17:27
Joshua Flores	17:41
Pearla Lopez-Cardinale	17:49
Skye McKinsey	18:01
Andres Alvarez	20:08

3.0 miles course

Carson Edwards	17:43
Graham Manning	19:55
Nicole Tria	20:04
Delano Roderick	20:53
Badruddeen Sobhy	21:17
Christopher Cota	22:54

Looking Ahead:

Week 10

Thur 10/18 Travel day to Mt. SAC

Fri 10/19 Race Mt. SAC

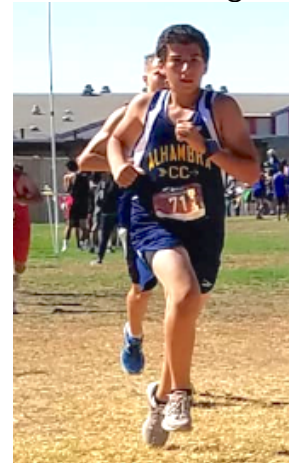
Sat 10/20 Return travel to Martinez

Week 11

Wed 10/24 DAL # 2 @ Newhall Park

Week 12

Sat 11/3 DAL Finals @ Hidden Valley



Ali strides along halfway through his race.