



The Bulldog Bark

The Voice of Alhambra Cross Country
"Running may be an insanity, but it is a beautiful lunacy nonetheless"



Friday, October 15, 2021

2 medals !

4 All-Time Additions !

Bulldogs A Presence At Rough Rider Invite

We took our top varsity runners to Fresno to run in the Rough Rider Invitational. We came away with two medals, and some incursions on the All-Time list for this course.

A bit of travel

It's a three hour drive each way, and that's without stopping. So, all of the families who had to make the trip were truly committed to the cause today, especially on a weekday.

State Meet Course

Ostensibly this was an excursion to check out the State Meet course in advance of possibly returning here later in the fall. It was also great chance to show off our stuff against small schools from different parts of the state. And of course, we need to put our top athletes into high caliber competition to prepare them for the championship races that are fast approaching.

• = earned medal

5K Girls Varsity Small Schools

(181 finishers)

- 1. Haleigh Humble (Oakdale) 18:50
- 8. Renae Searls 19:53
(# 8 Top-10 All-Time)

Renae had a pretty good race. Under orders not to jet out but rather settle in early in the competition, she found herself with the front pack at the mile mark, and in the top 8 at two miles. She maintained that position to the finish.

Perhaps her legs weren't entirely under her after the long run on Monday, but she was able to be a top 10 presence nonetheless and grabbed yet another medal. It was also good enough to etch a spot on the Top-10 list for this course.



Renae in full stride at the 2 mile mark.

5k Boys' Varsity Small Schools

Team Scores

1. Piedmont	60
2. Oakdale	74
3. Menlo	77
4. Crystal Springs Uplands	110
5. Bishop Amat	136
6. Yosemite	159
7. Las Lomas	163
8. Miramonte	228
9. Alhambra	238
10. Mt. Whitney	270
11. Delano	347
12. Lindsay	403
13. Summerville	408
14. Kerman	433
15. Minarets	443
16. Liberty (Madera Ranchos)	487
17. Riverdale	513
18. Hoover	519
19. Latino College Prep	539
20. Mission Oak	550
21. Sierra Pacific	603
22. Tranquillity	621
23. Fowler	622
24. Riverbank	640
25. Kingsburg	652
26. Orange Cove	681
27. Summit Collegiate	699

(234 finishers)

- 1. 11 Caleb Cavanaugh (Oakdale) 16:11.0
- 15. 12 Nolin Searls 17:15
(# 6 Top-10 All-Time)
- 41. 12 Vince Montegrando 18:09
(# 8 Top-10 All-Time)
- 44. 11 Tyler Allan 18:14
(# 9 Top-10 All-Time)
- 89. 12 Ryken Adams-Barnes 19:27
(# 10 Top-10 All-Time)
- 90. 12 Samuel Rogers 19:28
- 109. 10 Paolo Morales 19:55



The squad gets ready for the course walk.

Tyler was a man possessed today, and blasted his way into the top 10 at the mile and the two mile marks. However, his enthusiasm drained his conditioning, and he had to struggle mightily to finish.

Nolin also was near the front the whole race, and was able to keep an even keel to his pace for a medal position.

Vince was a bit back, but responded well to the fast pace in a big race, and finished strong at the end. Sam put himself into the race earlier and faster than in previous races, and Ryken hung right with him. These two paired up the entire race, and Ryken had the better sprint to the finish.

Paolo got his first experience in a big fast race, and had a good last mile to move up considerably to pass runners.

Team presence

And in the midst of all this frantic activity, it turns out that we finished in the top third of the field. All of our runners finished in the top half of the race. We ran a faster overall team time than we have done so far this season.

Team Spread

This is the time spread between runners 1-5, the scoring runners on a team. Ideally, this should really be no more than about 60 seconds. When we started running longer courses, our team time spread was a very unhealthy 3:51 - - almost 4 minutes. Today we trimmed that to 2:13, chopping that spread by nearly 1/2.

We need to continue to bring our trailing pack closer to our front pack, but this is significant progress at just the right time of the season.



Nolin at the two mile mark.

	1-5 Spread	Team time
10/16 Roughrider	2:13	92:36
10/9 Castro Valley	3:24	97:58
9/29 DAL # 1	3:51	94:39



Coaches Brewer and Angela, along with mom Lori Rogers, show a bit of Bulldog attitude.