



The Bulldog Bark

The Voice of Alhambra Cross --CC--> Country
"Excellence Every Day"



Saturday, October 25, 2019

3 individual race winners !
1 team race champion !
3 additions to the All-Time lists !

A Banner Day for the Bulldogs at Mt. SAC

Friday, October 25, 2019
Mt. San Antonio College

It is hard to categorized the accolades necessary to adequately characterize the 2019 Alhambra participation in this meet. Mt. SAC, the biggest high school cross country meet in the country, is always an acid test for all participating teams to assess just how they match up vis-a-vis the best of the best in California.

The Bulldogs had one of the best days in Alhambra history. Already involved with one of the largest 'Dawg crews to make the trip, the results were unexpected and dramatically successful. Our feature race, the Boys' Sophmores. made their statement in the D-IV race with a runaway emphatic win.

But that was always a possibility. What was not expected is when Tyler started the day out with his no-doubt win in the B Frosh race by blasting past the field in the last 1/2 of the race, and that charged the Alhambra crowd as our starter race. The B Soph race went out, earned a statement win, and Colby took the individual win for us to give us two race winners. The Alhambra crowd was abuzz with pride.

But we weren't finished. Kyle lurked a bit behind the leaders in G Soph race for a mile, decided she had enough of that pace, and blasted into the lead for yet another signature win for the 'Dawgs. In the space of less than 40 minutes we had amassed more team and individual glory than Alhambra has seen in a long while at this major meet.

Read on for the particulars.

* = earned individual or team medal
•• = earned individual & team medal

Race # 11

D-IV Freshman Boys
(113 finishers)

- 1. Tyler Allan 17:39
(# 2 All-Time BFrosh Top-10)

Tyler had tight legs, and a bit of nervousness, and that was even before warming up. But once the gun went off, he was all business and kept his cool the first half of the race. At the halfway point, going up the fabled "Poopout Hill," he surged into the lead and the race was essentially over. Nice win, pretty medal, and a spot in the All-time list.



At the halfway point, Tyler is in a tussle for the lead.

Race # 12

D-IV and D-V Freshman Girls
(59 finishers)

- 1. Kailey Kolesar (Tehachapi) 19:03
- 27. Alexia Hisquierdo 25:54

In a very consistent race, Alexia started out in about the mid-way of the race, and that's just where she finished as well. In a group of other first-year runners, she was able to finish above the fold.



Alexia reaches the crossover halfway spot.

Race # 13

D-IV & D-V Sophomore Boys

Team Scores:

- | | | |
|-----|-------------------------|-----|
| 1. | Alhambra | 33 |
| 2. | San Marino | 114 |
| 3. | Bret Harte | 132 |
| 4. | St. Augustine | 138 |
| 5. | Barstow | 146 |
| 6. | San Dimas | 148 |
| 7. | Nordhoff | 153 |
| 8. | Cabrillo | 165 |
| 9. | Blair | 215 |
| 10. | La Salle | 229 |
| 11. | St. Francis (La Canada) | 230 |

(103 finishers)

- 1. Colby Thompson 17:12 PR :55
(# 5 All-Time BSoph Top-10)
- 5. Nolin Searls 18:17 PR 2:38
- 10. Sam DiBetta 19:26 PR :53

- 12. Cristian Ruiz 19:37
- 20. Joaquin Hinkens 20:12
- 25. Aaron Manning 20:22 PR 1:36
- 32. Jared Lipman 21:12
- 34. Ali Sobhy 21:23

This race was clearly going to be our competitive focus, as we loaded it up with all of our varsity sophomores. But we have done this thing before, and at times have run into another team with the same game plan and felt that we had been fed into a buzzsaw. Today, we were the buzzsaw.

Nolin set the Alhambra crowd afire with his inspired first mile leading the Dog group and flirting with 2nd place early on. Colby was a bit more cautious a bit back. Sam and Cristian paired up stride-for-stride not fare back. And wonder of wonders, Aaron and Joaquin were but seconds back of our leaders, and all in the top 20 of the race.

The unexpected excellence was not yet over, with our trailing duo of Jared and Ali only seconds behind the rest of the Alhambra group.

Frequently a team that charges out to a strong lead may not be the strong team at the finish. The Bulldogs were not that sort of team today, and as Nolin maintained his strong early pace, Colby exercised his stealth strategy to assume the lead late in the race to winhandily.

Nolin, Sam, and Cristian all held forth to earn individual medals in the top 15. Joaquin outsprinted Aaron to cement our scoring. Jared and Ali came in in the top 1/3 of the total race.

The team time (cumulative time of the 1-5 runners) was good enough to make the #2 spot in Alhambra history at this event.



The first 20 seconds of a race are not normally a predictive indicator of the finish of a race. In this case, it was precisely on point. Colby, Nolin, Sam, Cristian & Joaquin ended up in the same order at the finish for us.

Race # 14

D-IV & D-V Sophomore Girls
(62 finishers)

- 1. Kylee Phillips 22:10
(# 6 All-Time GSoph Top-10)
- 49. Reyna Arce 27:39
- dnf Mia Padrique n.t.

Nervous and anxious before the race,. Kylee was advised to settle in for the first mile and then turn on the jets. She took command shortly after the first mile and held on for a strong individual win.

Reya chugged along, and via coaching exhortations was able to hold on. Mia got caught up in the trailing pack of the race, and she and a cluster of other runners were pulled off the course at the "speed gate" as they would have been an impediment to the cross-over spot. Next year.



At the crossover spot, Kylee had the race well in hand already and won going away.

Race # 20

D-IV Varsity Girls
(123 finishers)

1.	Unique Ford (Madera)	18:42
90.	Skye McKinsey	26:12
91.	Kadyn Brown	26:16

Our older girls were in the faster race, and settled into their pace early on. As the race went, the race stretched out and they found themselves in the last 1/3 of the runners. Skye was able to hang behind Kadyn for the most part, and then nicked in right ahead of her for "bragging riights."



It took her a while to get going, but Skye picked it up enough to edge Kadyn in the GV race.

Race # 23

D-IV Varsity Boys
(137 finishers)

1.	Raul Burris (San Dimas)	16:17
24.	Benjamin Smyers	18:02
25.	Carson Edwards	18:03

Carson started out strongly in the top 10, as is his wont, but the heat and the moment and the anxiety all set in and he suffered the

dreaded long slow slide. He fought grimly the whole way.

Ben started out too conservatively on the other hand, but got into "pass the dude" mindset early on and continued to move up in the race the whole way to eventually nip Carson at the finish.



Ben roars in for the last 400 meters to edge Carson at the finish.

Notes:

1. **The trip was great.** Coach Angela had it all arranged, down to the last detail. We had the schedule, the vans, the motel, the dinner and all of the particulars were arranged well in advance. All of that went off without a hitch.

2. **And the heat ?** The meet started out with a heat advisory, which was negated by a shift in the winds and the sea breeze that came in. It was still hot and hot, but not smoky from the LA fires. And since living in Martinez means we have to train in hot weather, we were at an advantage.

3. **What hills?** The whole mystique of the Mt. SAC course is based on its hills. We train on more rugged terrain than that on a weekly basis, so there was not impediment on that account. Rather, hills were considered an Alhambra advantage today.

4. **Motel hijinks** - - as much as all chaperones might dread doing overnight supervision with a co-ed group of high-school athletes, this trip was characterized by compliant children focused on the races. Sure, a bit of hallway running, and lots of pool spashing, and some dawdling about getting back to the vans in time, but overall a great bunch of kids to work with.

5. **Team Dinner** - - Coach Angela had the perfect reservations taken care of, as we got an entire patio to ourselves with a dedicated set of servers. A lot of post-race giggles and accolades were in order. and the team bonding was at an all-time high.

6. **Got to love those parents !** We had a remarkable set of representation of families who took time out from their own busy schedules to arrive in the LA basin to watch their child run - - Searls, Padrique, Phillips, Hinkens, Edwards, Manning, (who did I miss?) were in evidence.

Looking Ahead:

Wed 10/30 - - DAL # 2

We are at Newhall Park for our next DAL meet. Our boys are currently in 1st place in the DAL Valley division in the BV, BJV, and BFS. However, Benicia is hot on our heels, and wants to make an impact.

The GV is currently 2nd behind Ygnacio Valley, and the GJV is in first in the DAL Valley standings. We don't have enough girls to run a third team on GFS, so well, well there.

This meet will determine the dual-scoring part of the DAL standings, which counts for 50% of the DAL season. The DAL finals count for the other 50%.

More Workouts - - the season is not over. Our DAL season ends 11/9 and we need to stay on top of our game until then. Our top runners will continue through the NCS Championships. Workouts continue. Stay tiuned.

Post-Season - -

1. Coach Brewer has a trip to Portland Oregon set up for those intersted in seeing the National Championships, doing a college visit, and checking out the whole Portland experience. See him for details.

2. Track conditioning starts right after cross country is over. There are no easy roads to success for the distance runner, ane year-round running is the first step. Coach Brewer will have a winter running schedule posted soon for the serious runner between seasons.