



The Bulldog Bark

The voice of High School
Cross —CC-> Country
Saturday, November 24, 2018



6 Alhambra All-Time State Meet !

Nicole Runs Into Record Book

Nicole ended her season and her high school cross country career in fine fashion, finishing 48th in the D-IV State Meet race. Her time of 19:32 was a strong finish to the season, being faster than her DAL finals time on a longer course.

Her race was not without a little drama. The morning rain, although stopped, had slicked up the concrete starting line and Nicole slipped and fell on her first step. Not to be deterred by being the last off the line by several steps, she bounced up and chased the pack.

Her race was a classic example of the by now familiar Nicole race tactics, as she steadily moved up throughout the race. Last and 209th at the start, she was 69th at the mile mark. By the two mile mark, she was in 55th place. And over the last 1.1 miles she worked up to her 48th place finish.

Nicole also met all of the goal paces she and the coaches had set out to accomplish in the pre-race planning. She was 5:57 at the mile mark, and 12:36 at the two mile mark, right at the targets.

Her season did not go unnoticed by others, either. She had two field interviews with the coaches from Cal Poly San Luis Obispo, and from Holy Names College.

And How Strong Is Our League?

The humble DAL outdoes itself on a comparison basis. Just on the girls' side, we have Campolindo taking 3rd in D-III, and also D-III individuals Reyna Stanziano (Concord) who took 3rd, Veronica Towles (Las Lomas), and Nicolke Frigon (Acalanes). And Nicole is another addition to our area's overall running success.

Mining the data

Time Comparisons Yield Good Numbers

The internet can be a marvelous source of information, and in Nicole's case the race numbers are quite impressive:

- she was the # 6 NCS athlete in the race
- Nicole's time of 19:32, compared to the 25 teams in the D-IV race, would have place her no less that 5th on all the teams. That means that had she been at any other school in the race, she would be in their top varsity pack.

- and by comparing her time with all of the other races, Nicole would have been

D-V -- 9th overall, and #1 for 16 teams.

D-III -- at least top five for all 25 teams

D-II -- at least top 7 for 22 of 24 teams

D-I -- at least top 7 for 21 of 22 teams

What this means is that of the 120 teams that ran today in the 5 girls' races, Nicole would have made the varsity of 117 of them. A great statement of time for a quality athlete.

And the Photos:



Coach Angela and Nicole take the obligatory photo at the finish line the day before.



Our camp looks a bit desolate at 7:00 a.m. It got busy as we played host to Concord and Acalanes, our DAL buddies, as the day went on.



And on the starting line, everyone is all smiles.



A bit past the mile mark, Nicole was settled in and passing people.



Nicole and her ponytail cross the finish line.



It's not a state meet unless we get photos on "The Rock."