



The Bulldog Bark

The voice of Alhambra High School
Cross — CC-> Country
Saturday, November 3, 2018



16 PR's !

8 medals !

4 All-Time marks !

2nd place all Boys' squads !

Bulldogs Enjoy Good Day At DAL Finals

The DAL finals proved to be a fitting close to the regular season for the Bulldogs. At the end of a series of quality showings by this team all year, this culmination of the year's training and competing resulted in a slew of impressive performances against quality opponents.

We were able to get all of the runners on our roster into races, with the exception of Joaquin who came down sick and was only able to cheer on the sidelines. Of the 18 athletes who had run on this course previously, 15 were able to run to PR's. Our boys' squads all finished solidly in 2nd place in our league division. Our top two runners came home with All-League honors. And we were able to have 4 athletes earn spots on our Top-10 lists for this course.

Not a bad day at all at the races, and a good send off for our runners. Our top performers will continue to train for the North Coast Section championship races two weeks from now.

√ = earned All-League Status

• = earned team medal

2 Miles Frosh Soph Boys

1.	Campolindo	26
2.	Northgate	71 (28)
3.	Acalanes	71 (38)
4.	College Park	86
5.	Las Lomas	160
6.	Ygnacio Valley	173
7.	Clayton Valley	176
8.	Alhambra	216
9.	Miramonte	266
10.	Benicia	273
11.	Concord	342

(172 finishers)

1.	10	Owen Lekki (Campo)	11:20
31.	10	Ben Smyers	12:38
		PR :47	
39.	9	Sam DiBetta	12:47
43.	9	Christian Ruiz	12:57
		PR 2:44	
51.	10	Kai Badavinac	13:10
		PR :59	
85.	10	Ryan McCauley	13:53
92.	9	Aaron Manning	13:59
		PR :49	
117.	9	Ali Sobhy	14:35
		PR 1:03	
dns	9	Joaquin Hinkens	



Cristian off to a strong start on his good race.

We were hoping to get closer to Ygnacio Valley to challenge for the league lead, but at least we were able to easily beat Benicia who had stolen a win from us last week. Sam was eager to be our lead boy today, but his asthma kicked in early and he had to struggle most of the race.

Ben picked up the slack and he and Sam were our top tandem today. Cristian was the huge surprise for us by finally running up to his full potential to finish right behind our top 2. Kai continued his season-long improvement to be a few steps back.

Ryan led our back pack, albeit with a subdued race. Aaron was right back of him, and Ali scampered in with a large PR.

It was nice to see all those PR's. Workouts work.

2 Miles Frosh Soph Girls

No Alhambra entries

2 Miles Junior Varsity Boys

1.	Campolindo	23
2.	Las Lomas	62
3.	College Park	63
4.	Acalanes	104
5.	Northgate	141
6.	Clayton Valley	178
7.	Miramonte	199
8.	Benicia	236
9.	Alhambra	276
10.	Concord	287
11.	Berean Christian	306

(134 finishers)

1.	12	Charlie Woidat (Campo)	11:20
49.	11	Badruddeen Sobhy	13:56
		PR :03	
66.	10	Jonas Knopf	14:22
69.	12	Christopher Cota	14:31
		PR :27	
93.	11	Joshua Flores	15:10
		PR: 1:19	
101.	10	Brandon Gray	15:45

113.	9	Jared Lipman	16:31
130.	11	Andres Alvarez	18:33
		PR 5:19	



Jonas was definitely pumped up today.

The BJV races are always full of surprises, as boys come off of injuries, or have a history of up-and-down races, or recover from illness. Today was no except to the unfolding of the unexpected.

Deen was still a bit too conservative at the start, but made his move earlier in the race than in previous stints. Chris was caught up early in the race and had to fight through the pack. Jonas was the biggest surprise, hanging with Chris through much of the race before moving past him in the last portion.

It remained to be seen how the rest of our scoring would play out, and both Josh and Brandon ran better than expected to nail down our last two scoring spots. Jared and Andres, both restricted to grass running the last week, trotted in well. Andres had the spectacular improvement over his last race here.

And in the team picture, although Benicia was still out of our reach we successfully repelled Concord to nail down the 2nd place league finish.



Andres shows the strain of racing to a huuuge PR today in the BJV race.

2 Miles Junior Varsity Girls

1.	Campolindo	49
2.	Northgate	56
3.	Clayton Valley	79
4.	College Park	90
5.	Las Lomas	104
6.	Acalanes	132
7.	Miramonte	201
	Alhambra	incomplete

(64 finishers)

1.	Chloe Guthrie (Campo)	14:00
19.	10 Skye McKinsey	15:29
	# 5 ALH All-Time	
31.	9 Pearla Lopez-Cardinale	15:56
	# 9 ALH All-Time	
	PR 1:19	
49.	11 Clara Duran	17:05
	PR :17	



Skye and her ribbons race to a Top-10 spot in the Alhambra record book.

The whole season has seen our girls not be able to have the numbers for a full team, but they have not been deterred from still training and running hard.

Skye unleashed a new level of aggressiveness today, running well to the front of the race from the start and keeping that pace the whole way. Her effort yielded her a top spot on our school Top-10 list for this race. Pearla brushed aside her previous blah races on this course and scurried in well for her own place on the Top-10 list and a huge PR. Clara, hampered by a sore hip, was not going to be held back and was still able to earn her own PR.

3 Miles Varsity Boys

1.	Campolindo	29
2.	Las Lomas	61
3.	College Park	74
4.	Acalanes	76
5.	Clayton Valley	141
6.	Northgate	155
7.	Benicia	193
8.	Miramonte	212
9.	Alhambra	218

(71 finishers)

1.	Preston Norris (Las Lomas)	15:42
√ • 16.	11 Carson Edwards	17:02
	Honorable Mention All-League	
	PR :09	
	# 10 ALH All-Time	
• 45.	9 Colby Thompson	18:43
	PR :35	
• 49.	12 Graham Manning	19:06
	PR :13	

• 55.	9 Nolin Searls	19:35
• 63.	9 Sam Rogers	20:32
• 68.	11 Delano Roderick	21:48



Carson has his own cheering section !

The race really didn't pan out the way the coaches would have liked. The boys got caught up in the quick early pace. Carson was just a notch off where he wanted to be. Colby and Graham were significantly behind Carson. Nolin ran solidly in his first varsity experience of the season. Sam and Del trudged in much later than we had hoped.

But as a whole, we nearly did knock off Benicia for the league title as they were only 25 points ahead of us. Each of our top boys put in a strong final hill and finishing sprint to the finish to help lower the final score. We had PR's from our top 3, and Carson earned Honorable Mention All-League status. And Concord helped us out by having several absences and not being able to field a full team.

Hard to argue with 2nd place, eh?

3 Miles Varsity Girls

1.	Campolindo	44
2.	Miramonte	59
3.	College Park	91
4.	Las Lomas	110
5.	Clayton Valley	117
6.	Northgate	144
7.	Acalanes	144
8.	Concord	173
	Alhambra	incomplete

(52 finishers)

1.	12 Reyna Stanziano (Concord)	18:56
√ 5.	12 Nicole Tria	19:38
	1st Team All-League	
	# 7 ALH All-Time	
	PR :54	

Nicole's final DAL race was a very good. As expected, Reyna from Concord ran away from the race for the strong win, and the remaining top girls all clustered behind her. The race strung out in the hidden middle mile as this top group all made one more after another to sort out the finish.

Nicole followed her game plan to make her push entering the 3rd mile, and in so doing popped out of the pack to the final hill in a very strong 5th spot, significantly improving her finishes against the rest of the league from previous races.

The PR was big, the All-League honors well deserved, and the Top-10 spot a nice bonus.



Nicole heads towards a record finish.

2018 Final Overall Standings DAL Valley Division

Boys' Frosh-Soph

1.	Ygnacio Valley
2.	Alhambra
3.	Benicia
4.	Concord
--	Berean Christian
--	Mt. Diablo

Boys' Junior Varsity

1.	Benicia
2.	Alhambra
3.	Concord
4.	Berean Christian
--	Mt. Diablo
--	Ygnacio Valley

Bpys' Varsity

1.	Benicia
2.	Alhambra
3.	Concord
4.	Berean Christian
--	Mt. Diablo
--	Ygnacio Valley

Girls' Frosh-Soph

1.	Benicia
2.	Ygnacio Valley
--	Alhambra
--	Berean Christian
--	Concord
--	Mt. Diablo

Girls' Junior Varsity

--	Alhambra
--	Benicia
--	Berean Christian
--	Concord
--	Mt. Diablo
--	Ygnacio Valley

Girls' Varsity

1.	Concord
--	Alhambra
--	Benicia
--	Berean Christian
--	Mt. Diablo
--	Ygnacio Valley

-- indicates the school did not field a full scoring team at any time in the DAL season.

2018: A Quick Look Back At A Very Good Season

It really didn't look like it was going to be the best of seasons for the Bulldogs for 2018. Turnout was low. Hardly any girls committed to the team. Summer running attendance for many runners was spotty. And a few veterans, as well as some promising prospects, that were part of the season plan decided to spend their time elsewhere.

A few spots shone bright, however. The incoming freshman boys class had some impressive credentials. The top returning boy and girl showed a high level of commitment. The program had a quality background of injury prevention and team cohesion. And the parent support was legendary.

What was going to happen? In July the season stretched out like a giant blank sheet of paper, with the future ready to be written.

Well, workouts happened, and the season-long commitment by coaches and athletes went along apace. And aided and abetted by the strong family support group, enthusiasm remained high for the entire season.

The Season:

9/8 Ed Sias Invite, Hidden Valley Park

The high point was the 5th place finish of freshman boys, with Colby grabbing a medal. A hidden bonus was being able to put 4 full boys' squads on the line, even with our small team. As a squad, we were mired in the back of the field in the other races, but still able to compare well with DAL rivals in our division.

9/15 Viking Opener, Spring Lake, Santa Rosa

Again, the Boys' Frosh team was the bright spot for the team, earning team awards behind Colby's lead effort. We were able to see improved races from our younger runners, and Carson and Nicole had strong individual efforts to earn medals. This seemed to be the template the rest of the invitational season was going to follow.

9/26 DAL # 1 Hidden Valley Park

Our first league meet, and after 5 weeks of official training, we could see more improvement from the newer and younger runners, and get a better focus on what our varsity boys' team might look like at the end of the season. In a strong league, overall we did not make much of a mark, but in our Valley division we looked strong against Benicia who appeared to be our chief rival. The hot-shot freshmen got a taste of the varsity experience, and it was a bit of a shock to race 3 miles instead of 2, and do it a faster pace, and still get beat.

9/29 Ram Invitational, Westmoor HS

Returning to the invitational format seemed to be just the right tonic for the Bulldogs. The Boys' frosh team too a strong 2nd, and the BFS impressed quite a bit with a 4th place run. Medals galore for the team, and Carson and Nicole ran smartly to top 3 individual finishes in the varsity races. At this point, the prospects for the season were definitely on the upswing.

10/6 Artichoke Invitational, Half Moon Bay HS

This meet is always popular, with the beach party an added feature to the challenge of a tough course. The small school division is also a welcome aspect, since now we can run against other schools our size instead of getting pummeled by the giant teams out there.

The freshman boys once again grabbed the highlights for us, but some eyes were opened by the unexpectedly strong finishes of the boys' varsity and JV teams. And we had at least one medal in every race we entered. And again, Carson and Nicole raced to the top end of the varsity races for medals.

10/13 Castro Valley Invitational

This race featured combining the talents of the frosh boys with the sophomore boys, and that paid off in spades as they easily won their race. On a warm day, we once again saw improvement across the board, medals all around, and Carson and Nicole continue to medal at the top of the varsity races.

10/19 Mt. SAC

This was another display of remarkable team support as the running Bulldog families came together to have a seamless travel experience to complement the running. The Frosh Boys nearly won their race on a tough course, and even though we didn't field any other scoring teams, our athletes ran with competence in a very large invitational. And, trying not to sound like a broken record, Carson and Nicole took home medals by running to the top of their varsity races.

10/24 DAL # 2, Newhall Park

It was inevitable that we would hit a flat spot during the season, and this was it. Even on a flat course, everyone except a few veterans slipped a notch. The frosh boy stars had to represent on varsity again, and held their own to continue to chase Benicia for league glory.

11/3 DAL Finals, Hidden Valley Park

We had a significant rebound from our flat spot of last week, and all of the boys' teams came away with 2nd place in our league. And yes, you guessed it, Carson and Nicole were our top varsity performers garnering All-League honors. Nicole especially was impressive, finishing 5th against proven State Meet performers.

And in early summary:

Even though we are not yet at the NCS races, which are often a capstone of the entire season, we can all say that this has been a good year for the Bulldogs. It is not often that the team gets to sniff at a varsity league title, and even more rare that we can contend in three separate divisions. And to have top individual runners in both boys' and girls' varsity races is a not a usual Alhambra moment.

The continual development and success of our younger boys is a very positive development as well. And even though our girls' program is very very small at the moment, the girls on the team showed strong improvement over the season, and exhibited excellent potential for future seasons.

And the video of the Boys' Varsity race:

Check it out at --

<https://www.youtube.com/watch?v=T40Flq15Nfw&noapp=1&client=mv-google&fbclid=IwAR1ToJd82uWVgfb5oXGP5voQJBvLvRUYRaexRO07oPhtRpGNzZjhyfLZIU&app=desktop>

Upcoming:

Friday, 11/9

HOKA 2-mile Time Trial

Northgate HS, 5:00 p.m.

We are taking our North Coast Section athletes, and any other interested athletes, to this "sharpening" meet. The objective is keep the conditioning focused on faster work, and to even establish personal records for the two mile event.

We are looking forward to seeing all possible Bulldogs at this event.

Saturday 11/17

NCS Championships

T-Shirt Sales

This is our other fundraiser, and it's a big one. The NCS office has bought all the merchandise, and we volunteer to sell it for them and get the 5% commission. On \$25,000 of total sales, that is a fair chunk of change for us.

Be sure to check your in boxes for time slots to sign up for. Even if the time slots are full, we can use all the hands we have regardless.

Cheering and support and rampant Alhambra spirit

This is something we are very good at so there is no reason not to show up to this meet to noise for our team. And to step in and help out on the merchandise sales during the other races. We hope to see a preponderance of Bulldogs on race day!