



# The Bulldog Bark

The Voice of Alhambra Cross Country  
Where intensity is not a crime and desire not an aberration



Saturday, November 6, 2021

## 2021 DIABLO ATHLETIC LEAGUE CROSS COUNTRY --CC-- CHAMPIONSHIPS

- 22 medals !
- 4 team race victories !
- 3 overall 2021 Championships !
- 4 additions to All-Time lists !

### Bulldogs Dominate Valley Division of the DAL

It was a very good day to be a Bulldog. Our runners ran hard in a very competitive league. We had a slew of excellent performances and at-the-limit personal efforts.

We were able to put 23 of our 27 athletes on the line, and we had 15 PR's from the 20 athletes who had previous marks on this course. And all of this resulted in multiple division championships to culminate the regular 2021 season.

#### Great conditions

The recent wet weather held up for us, so even though there were intermittent clouds, we had mostly sun all day. The course was soft but not muddy, and the cool temperature was optimal for better running.

#### DAL Division structure

The DAL has 13 teams. Each sport divides those 13 teams on the basis of historical strength of performance. The upper division is the Foothill, the lower division is the Valley. We are in the Valley Division.

The overall champions are determined by a combination of the Center Meet results, and the League Finals results.

- = earned team medal
- = earned team and All-League Medal



The BFS pose with their hardware.

### BFS

#### Team Scores

1. Campolindo	24
2. Northgate	69
3. College Park	85
4. Clayton Valley	110

5. Las Lomas	118
6. Alhambra	144
7. Acalanes	212
8. Miramonte	220
9. Benicia	221
Berean	incomplete
Concord	"
Ygnacio Valley	"
Mt. Diablo	no team

#### Final BFS Valley Division Standings

Overall	Center Meets	Finals
1. Alhambra	1st	1st
2. Benicia	2nd	2nd
3. Concord	3rd	3rd
4. Berean	5th (tie)	4th (tie)
4. Mt. Diablo	5th (tie)	4th (tie)
4. Ygnacio Valley	5th (tie)	4th (tie)

(107 finishers)

1. Baron Walsh (Campolindo)	11:26
18. • Jack Wagner	12:42 PR :59
19. • Ian Knutson	12:43 PR :45
26. • Naj Asad	12:50 PR :18
47. • J Wyatt Horton	13:54 PR 1:27
49. • Sam Regan	13:58 PR :33
62. • Dominic Cataldo	14:13

Our young bunch has been right in the middle of the total league standings all season, and today was no different. The dual between Jack and Ian re-emerged, and they chased each other to the finish, with Jack getting the nod. Naj was just seconds behind, giving us strong cluster near the front of the race.

The race-within-a-race against our main Valley opponent Benicia never materialized, as Wyatt and Sam finished close together to give us 5 runners ahead of their # 2 to seal the deal. Dominic, even hampered with a sore leg, was a factor by beating most of the other Benicia runners also.

These young boys also notched strong PR's, showing the result of their hard work during the season with these improvements.



Rebecca thunders in with her always-dangerous finish sprint.

### GJV

Alhambra incomplete

- 1. Bryn Hober (Campolindo) 13:47
- 31. Rebecca Breedlove 16:28 PR :16

Rebecca was our sole entrant in this race. With small numbers this year, our girls have been unable to field complete teams consistently. Still, Rebecca made the most of her presence to finish "above the fold" which means in the top half the race. A nice PR, too.



Mt. Diablo, the BJV, and their 1st place medals.

### BJV

Team Scores:

1. Campolindo	19
2. College Park	53
3. Clayton Valley	99
4. Northgate	113
5. Miramonte	120
6. Acalanes	142
7. Las Lomas	165
8. Alhambra	210
9. Concord	235
Benicia	incomplete
Berean	"
Mt. Diablo	"
Ygnacio Valley	"

#### Final BJV Valley Division Standings

Overall	Center Meets	Finals
1. Alhambra	1st	1st
2. Benicia	2nd	3rd (tie)
2. Concord	3rd (tie)	2nd
4. Berean	3rd (tie)	3rd (tie)
4. Mt. Diablo	3rd (tie)	3rd (tie)
4. Ygnacio Valley	3rd (tie)	3rd (tie)

(91 finishers)

1. Hardesty Doge (Campolindo)	11:03
26. • Juan Herrera	12:53
(# 9 ALH All-Time Top 10)	
36. • Waylon Crombie	13:02
52. • Ali Sobhy	13:36 PR :02
59. • Ethan Arnold-Muth	13:59 PR 1:04
67. • Jared Lipman	14:09



Juan and Ali lead the Bulldogs on the first loop.

It was a good thing that Juan came off of the injured reserve list for a balky knee, as we needed him to make a full scoring 5 for the team when Parker and Nathan could not run due to illness.

Juan and Ali were side by side for the first portion of the race. Ali had to stop twice to vomit, but gamely got back to racing. Juan continued to be our top runner today, and made our All-time Top-10 list. Waylon, continuing his streak of improvement in each race, moved up close to Juan to finish as the 2nd Bulldog. Ali recovered to be our third, and actually PR'd despite his mid-race illness.

Ethan ran his usual steady race and earned a large PR for his efforts. Jared had his best race of the year to close out our scoring.

It helped our winning position that our main opponent, Benicia, elected to run incomplete to make our title effort easier.

Great effort by the boys to nail down the title.



GV and their medals.

## GV

### Team Scores

1. Campolindo	35
2. Miramonte	69
3. Acalanes	91
4. Las Lomas	107
5. Northgate	116
6. College Park	127
7. Clayton Valley	201
<b>8. Alhambra</b>	<b>209</b>
9. Benicia	258
Berean	incomplete
Concord	"
Ygnacio Valley	"
Mt. Diablo	no team

### Final GV Valley Division Standings

Overall	Center Meets	Finals
1. Benicia	1st (tie)	2nd
<b>2. Alhambra</b>	<b>3rd (tie)</b>	<b>1st</b>
3. Berean	1st (tie)	3rd (tie)
4. Concord	3rd (tie)	3rd (tie)
4. Mt. Diablo	3rd (tie)	3rd (tie)
4. Ygnacio Valley	3rd (tie)	3rd (tie)

(64 finishers)

1. Olivia Williams (Acalanes)		16:55
4. •• Renae Searls	18:33	PR 8:03
(new school record; old record 18:36 Allie Tiimbrell 2014)		
39. • Kylee Phillips	21:28	PR 1:02
56. • Kaelyn Nguyen	23:37	PR 2:35
63. • Alexia Hisquierdo	26:21	
64. • Mia Padrique	26:38	

We did end the regular season winning the DAL Finals race. However, the overall title is determined by combining Center Meets with the finals, and we did not have a scoring team for those meets. Hence, we are 2nd overall for 2021. Still, that's good enough for medals for the team.

Renae continued her streak of outstanding races with a 4th place finish and yet another school record. She also garnered 1st team All-League Honors. Kylee gave us her best race of the season and had a large PR in the process.

Our trailing pack was led by Kaelyn, who shrugged off a three week quarantine earlier this season to record a huge PR. Alexia and Mia closed out our scoring.

With our entire season spent shuffling our girls around to optimize improvement and racing opportunities, it was nice to get a full team on the line. The medals are a pleasant addition as well.



1st place for the BV !

## BV

### Team Scores

1. Campolindo	52
2. College Park	60
3. Northgate	77
4. Clayton Valley	102
5. Acalanes	111
6. Las Lomas	147
7. Miramonte	152
<b>8. Alhambra</b>	<b>179</b>
9. Benicia	263
10. Concord	266
Berean	incomplete
Ygnacio Valley	no team
Mt. Diablo	no team

### Final BV Valley Division Standings

Overall	Center Meets	Finals
<b>1. Alhambra</b>	<b>1st</b>	<b>1st</b>
2. Benicia	2nd	2nd
3. Concord	3rd (tie)	3rd
4. Berean	3rd (tie)	5th (tie)
5. Mt. Diablo	4th (tie)	5th (tie)
5. Ygnacio Valley	4th (tie)	5th (tie)

(67 finishers)

1. Alex Lamoureux (College Park)		15:59
10. •• Nolin Searls	16:37	PR :21
(# 7 All-Time ALH Top-10)		
35. • Tyler Allan	18:00	
41. • Vince Montegrando	18:14	PR :24
43. • Sam Rogers	18:18	PR 1:29
51. • Ryken Adams-Barnes	18:52	PR 1:58
53. • Paolo Morales	18:58	

We had been the Valley Division power from the outset of the season, and it was no different today. A strong team effort from the squad left no doubt about that as we easily bested Benicia and Concord, our only opponents with full teams in the race.

Nolan was on fire today, and flirted with a 1st Team All-League spot the entire race. His 10th place finish gives him 2nd Team All-League Honors, and his PR moves him up even further on the All-Time list for this course.

Tyler continues to struggle with his leg soreness, but still managed to be our #2 runner, with Vince and a strongly-improved Sam right behind to give us the bulk of our scoring. It remained for Ryken and Paolo as a close pair to wrap up our team effort.

Our other DAL goal was to try to beat Miramonte, the closest Foothill Division team to us in the standings. We had three cracks at them this season, and got closer each time. Still, we took care of business handily in our own division.



Sam and Ryken stride out in the first mile.

## North Coast Section

### Championships ! !

**Saturday November 20**  
**Hayward High School**

Boys' Race 9:00 a.m.  
Girls' Race 10:00 a.m.

Souvenir sales:

7:00 setup  
7:30 - 2:00 sales

The team area will be right next to the souvenir sales, so we will be able to consolidate our personnel conveniently close.

The races go right by the sales area, and 2/3 of the race is visible just steps away.

## Notes:

### 1. League Strength

What might not be so obvious to the casual observer is that we are competing in a very strong league. Three of the DAL schools are in the State Rankings (Campolindo boys and girls, Northgate boys, Acalanes girls). Those teams are also ranked in North Coast, as well as College Park boys, Las Lomas girls, Acalanes boys, and Miramonte girls.

This collection of talent in our league masks what strengths other squads might have, and so it is with how Alhambra might shape up outside of our league.

### 2. Bulldog Varsity Boys In Big Meets

Our feature squad has been our Boys' Varsity. A continuing work in progress, we started off with a better than expected showing at the Ed Sias Invite, and were able to improve as a group as the season went along.

#### Large meet BV Summary:

9/11 Ed Sias	7 of 16	Small School
9/25 Ram	16 of 28	all divisions
10/2 Artichoke	4 of 17	Small School
10/15 Roughrider	9 of 27	Small School

This indicates that within our band of small-to-medium schools, we are clearly above average, and at times better than that.

### 3. 2021 Season Assessment

The post-pandemic prognosis was a complete blank as the season started back in June with summer running. We had a few bodies, but it was not easy getting a steady showing as families were still adjusting to the various Covid restrictions. Also, with roughly a 15 month hiatus, our traditionally small team was challenged by a lack of continuity. Several veterans opted out of the program, and with many untested newcomers, we were faced with almost a complete rebuild.

To the credit of the veterans we do have, and the team spirit of our first year runners, we were able to have a steady rate of improvement throughout the season. This involved all those elements of distance running in daily routines, long runs, challenging track work, and individual desire. The large amount of PR's at the DAL Finals shows just how much those improvements were.

In sum, we have had a much better season than we could have expected back in mid summer, and even with many seniors leaving, we have a strong core of youngsters to work with for next year.

## It's Never Too Early

### Time To Get Ready For Track !

Yes, the season is not fully over, as we have the varsity runners moving on to North Coast, and possibly the State Meet. And yes, maybe some of you need a break right now.

#### Winter Running starts

But - - distance running requires maintenance, which is running distance. This period of time between cross country season and track season starting in late January, is much the same as summer running. The more running you do before a season starts, the better you will run once the season starts.

#### Suggested Winter Workouts

The chart on the right gives the suggested workouts for each runner to follow. The "A," "B," and "C" designations are workout groups that are roughly equal to our cross country categories of Wolves, Hounds, and Dawgs. Choose the one that best fits you.

The Pace chart below gives you the target times for each type of workout, based upon your mile PR. Even your sprint/track workout paces can be determined by that standard.

#### Frequency Is A Key

Effective workouts are regular workouts. The recommendation is to run at least 4 times a week. 5 or 6 days a week would be better. With 10-12 weeks before track actually starts, that period of training can only result in strong race improvement.

#### Running Partners

It is always easier to run with someone. Safer, too. Try to buddy up with someone or have a group that meets. Right after classes each day is a good idea.

#### Weather An Issue

Running in the cold requires perhaps another layer, or longer sleeves, or running tights, or a light jacket. Running in the rain is a bit more problematic, but that's how they do it in Oregon and Washington. Light, breathable rain jackets do the trick nicely. Just be sure to get dry and warm as soon as you get home.

## Loving the Team Spirit !



The team gathers around the BFS at the starting line to get them fired up. Great Bulldog enthusiasm !

### Distance Runs: 3-4 days a week

A - - 60-75 minutes or 5-8 miles  
B - - 45-60 minutes or 4-6 miles  
C - - 30-45 minutes or 3-4 miles

### Track Workouts: 1-2 days a week

	Strides (daily)	Sprint 200	Tempo/Threshold 400	800	1000
A - -	x 6-8	x 10-16	x 8-12	x 4-6	x 3-5
B - -	x 6	x 8-12	x 6-10	x 3-5	x 2-4
C - -	x 4	x 6-10	x 6-8	x 3-4	x 2-3

### Workout Sequences

For the distance side of the workouts, at least one day a week should be a longer run. Sometimes weekends are the best days for these runs.

On the track workouts, one day should be the shorter sprint workouts. The other day should be the tempo/threshold longer track distances. If you have to make a choice, the longer intervals are better for overall conditioning. The shorter ones are better for quickness and leg speed.

The other distance runs are your choice, but try to do hills once a week.

### Paces - - based on mile PR

Mile PR	Distance		200 target/secs	400 target/secs	800 target time	1000 target time
	easy min/mile	Hard min/mile				
4:45	7:25	6:20	35	72	2:35	3:30
5:00	7:40	6:30	36	75	2:45	3:40
5:30	8:20	7:00	41	84	2:55	4:00
6:00	9:00	7:30	44	88	3:20	4:25
6:30	9:40	8:00	48	95	3:35	4:45
7:00	10:00	8:30	51	100	4:00	4:55
7:30	10:45	9:00	54	105	4:25	5:20
8:00	11:00	10:00	58	115	4:45	5:50

### And for a bit of history:

Here is a summary of Alhambra DAL-Valley finishes since the two-division system was established when the old Diablo Foothill and Diablo Valley leagues combined in 2016.

DFAL	GFS	BFS	GJV	BJV	GV	BV
2016	no team	incomplete	no team	incomplete	3rd	2nd
2017	incomplete	incomplete	no team	incomplete	incomplete	incomplete
2018	no team	2nd	incomplete	2nd	incomplete	2nd
2019	no team	1st	1st	1st (tie)	2nd	1st
2020 (Covid)	no division	no division	incomplete	incomplete	incomplete	1st
2021	no team	1st	incomplete	1st	2nd	1st