



The Bulldog Bark

The Voice of Alhambra Cross Country

Saturday, February 20, 2021



DAL # 2 Sat 2/27

Concord Hosts Next Meet

We on to our next DVAL meet this coming weekend at Concord High School. This race will be the mid-point of our mini-season, which even though a truncated affair, has shaped up to be a competitive set of races for us already. Ygnacio Valley has a solid girl's varsity team, and Concord took our measure on the boys' varsity last week at Ygnacio Valley.

So, we have a few incentives as we go into our last two DAL races. The Bulldogs especially are looking forward to the last DAL meet here at Alhambra on Saturday March 13, where we will finally introduce some hills to our races and have a chance to show off our prowess there.

Parent Volunteers

We are glad to have several families step in to help out in monitoring this next meet. These are the monitors along the course to make sure runners don't stray from the path, and helpers at the finish to get finishers through the chute and also record times. A few photo-journalists would also be appreciated. Concord and Ygnacio Valley are also contributing helpers. It does take a village.

"The Voice"

A special shout out to Kevin Searls who lent his running expertise and humor to the race commentary last week using the bullhorn. We look forward to hearing his wit and wisdom throughout the season.



Ben is now established as the DVAL favorite so far this season. Good job !

Assessment

Just How Do We Really Look So Far?

It's never too early to start making some evaluations about our team. This is essential to helping us make projections about how the squad will continue to improve.

Not bad so far

Our boys' varsity is solid. We were missing two of them last week, so our presence was a bit muted. There is lots of experience, and some solid running background, and a good amount of competitive desire. Ben has emerged as the top runner in our league division.

The girls' team is both young and without much real three mile competitive experience. However, they are very team oriented and each is on a steady improvement path. Currently we are working our way through some normal aches and twinges.



Despite the recent warm weather, it still gets chilly when the sun goes behind the hills. Just ask Coach Angela.

Carson Edwards has been invaluable in our difficult off-and-on season so far. As a Bulldog alum and a serious runner, he has helped keep our team on track for the duration. Hats off to Coach Edwards for his enthusiasm and dedication in the year of Covid !



Meet Roster vs. Concord:

Here is how the coaches are planning to divide up the team for this Saturday:

Boys' 3-mile

Ben Smyers
Nolin Searls
Ryan McCauley
Tyler Allan
Vince Montegrando

Girls 3-mile

no entries

Boys' 2-mile

Caleb McCauley
Theo Buegeleisen
Dean Shahin
Ethan Muth
Sam Rogers

Girls' 2-mile

Noura Sobhy
Mia Padrique
Alexia Hisquierdo
Renae Searls
Reyna Arce
Kaelyn Nguyen

As with all things, nothing is set in stone until the races actually go off, but this is at least the plan.



Ethan scampers up Finale Hill at Hidden Valley in Friday's workout.



Friday's workout featured core work on picnic tables. Just another part of an already different season.