



# The Bulldog Bark

The Voice of Alhambra Cross Country

Tuesday, March 9, 2021



## Race Tomorrow ! Rain Possibilities ! Campolindo, Clayton Valley, Miramonte @Hidden Valley

Our little season has yet one more meet on the slate. Tomorrow we travel to the Hidden Valley course to compete against three of our DAL-Foothill opponents.

### Rain?

Even with rain in the forecast, unless it really is a deluge, the course hold up well. Be sure to dress for wet weather. The meet is scheduled to start at 3:30 with 4 races:

- Girls 2-Mile
- Boys 2-Mile
- Girls 3-Mile

- Boys 3-Mile

### Lots of Rain?

If indeed the rain does come down in buckets, the event will be reassigned to Campolindo High School and run as multiple heats of the 3200 in their track.

These heats will be mixed gender arranged by seed times, going from slow to fast. The number of heats will start depend on the total number of athletes entered.

The first heat will start at 3:30 p.m.

### Protocols:

- No spectators - - sorry parents, you have to drop off your kids.
- masks at all times, except when actually racing. Masks are to be carried during the race to put immediately after crossing the finish line.

- social distancing at all times

### Quality competition

These three schools had a rich tradition of top-end distance running, and will provide a level of competition we have not seen in our DAL-Valley meets. Campolindo is defending State Champion in both boys and girls in D-III. Miramonte boasts returning NCS D-IV champion senior Ashley Allen. Clayton Valley has a strong tight pack of boys. Should be some good races

## Saturday Is Our League Championship Race

In a fitting end to this abbreviated season, the Alhambra Bulldogs are hosting the league finals. The coaches have drawn up a challenging campus course test the mettle of our visiting teams.

### Festive Atmosphere

The meet setup will feature a few more visuals to insure a proper celebratory air to the proceedings. This is of course in addition to our own silver-tongued home announcer Kevin Searls at the microphone.

### Awards !

The coaches have decided that this culminating meet should have the proper acknowledgements of medals to the top finishers. We will have medals to the top 7 finishers in each of the four races. One could consider these the unofficial "All-League" places.

### Team Finishes

In our very small part of the DAL, no school has been able to fill all of the four races with full teams. Therefore the accolades that usually go to the top finishing teams are necessarily muted and we as a group of schools instead focussed on participation and improvement. Hence, there will be no official team champions.

Unofficially, it appears that we will have the top BV squad, and Ygnacio Valley will end up with the top GV team. Concord and YV are battling it out in the BJV race, and we are the only school to have run a full GJV team at any time.

### Schedule

- 9:00 am -- GJV 2.0 miles
- 9:30 am -- BJV 2.0 miles
- 10:00 am -- GV 3.0 miles
- 10:30 am -- BV 3.0 miles
- 11:00 am -- Awards
- 12:00 pm -- Alhambra team season end celebration

## A classic workout Bulldogs Run the Dead Cow Loop

We trotted up to the Hulet Hornbeck ridge trail last week to run the fabled "Dead Cow" half mile loop at the top above the school. This is a always a treat, since the site provides remarkable vistas in all directions. It is also an isolated area with only an occasional hiker or runner trotting by. And it allows us to run a hilly loop on trails and grass which is a rarity for most schools to have so close to campus.

The workout today was done in gale force winds, as the offshore breeze had become quite the onslaught. Despite that, the mighty Bulldogs ran the loops and surprised themselves with excellent efforts across the board.

### Historical Workout

The name of this workout has some history to it, as it is recorded in workouts some 50 years ago at times as the "Dead Horse" loop. Apparently it was the discovery site for an animal carcass. Still, "Dead Cow" has been in use for several decades now, and so it is the current appellation.

Despite this, the cows we see nowadays are very much alive, and on this workout we had to run through a small group of bovines for the last two repetitions. Our runners are used to these intrusions, and, realizing that cows really are stupid creatures, ran right past them without pause.



Ethan takes the "live cow" feature of today's Dead Cow workout in stride.

And, as the season is now but days before the end, we say goodbye to this quintessential Alambra-only workout until this fall.

### This is Spirit Week ! Here are the dress assignments for each day this week.

|                     |  |
|---------------------|--|
| Monday:             | favorite college or pro sports team;     |
| Timeless Tuesday:   | historical garb from your previous teams |
| Wednesday:          | team uniform (we have a race)            |
| Throwback Thursday: | Wacky '80's                              |
| Friday:             | St. Patrick's Day: green, green, green   |

### Bulldogs host DAL - Valley Finale

and of course, help the coaches retrieve the course marking materials.

## Dead Cow Time Comparisons

# So, How Did We Do?

It's always nice to see improvement. And with the extreme winds, the coaches were not expecting much more than strong effort and perhaps a bit of improvement.

Well, we got strong effort and improvement, despite the adverse meteorological conditions. This is all good stuff as we head into the last 10 days of the season.

Here are the data:

### Dead Cow workouts this season:

#### July 6

|        | 1    | 2    | 3    | 4    |
|--------|------|------|------|------|
| Nolin  | 2:39 | 2:50 | 2:53 | 2:55 |
| Ben    | 3:08 | 3:28 | 3:30 | 3:16 |
| Vince  | 2:55 | 2:41 | 2:48 | 2:57 |
| Ethan  | 4:05 | 4:17 | 4:09 | --   |
| Renae  | 3:06 | 2:51 | 3:02 | 2:53 |
| Alexia | 3:38 | 3:41 | 3:55 | --   |
| Kaelyn | 4:00 | 4:04 | 4:05 | --   |
| Noura  | 4:25 | 4:44 | 4:45 | --   |

#### Oct 19

|        | 1    | 2    | 3    | 4    |
|--------|------|------|------|------|
| Tyler  | 2:30 | 2:23 | 2:29 | 2:29 |
| Ben    | 2:31 | 2:30 | 2:43 | 2:42 |
| Nolin  | 2:31 | 2:37 | 2:43 | 2:45 |
| Vince  | 2:39 | 2:45 | 2:51 | 2:59 |
| Renae  | 3:00 | 3:18 | 3:30 | 3:40 |
| Alexia | 3:36 | 3:47 | 4:00 | 4:08 |
| Ethan  | 3:31 | 3:28 | 3:20 | --   |
| Noura  | 3:33 | 3:38 | 3:29 | --   |
| Kaelyn | 4:01 | 4:14 | 3:55 | --   |

#### Mar 3

|        | 1    | 2    | 3    | 4    | 5    | 6    |
|--------|------|------|------|------|------|------|
| Reyna  | 4:12 | 4:08 | 4:20 | 4:07 | 4:12 | --   |
| Alexia | 3:30 | 3:29 | 3:20 | 3:16 | 3:09 | --   |
| Renae  | 3:17 | 3:25 | 3:18 | 3:55 | 4:02 | --   |
| Kaelyn | 3:44 | 3:56 | 3:58 | 4:10 | --   | --   |
| Tyler  | 2:35 | 2:32 | 2:32 | 2:34 | 2:34 | 2:27 |
| Ryan   | 2:52 | 2:46 | 2:45 | 2:53 | 2:49 | 2:46 |
| Vince  | 2:40 | 2:42 | 2:53 | 2:53 | 2:51 | 2:43 |
| Nolin  | 2:46 | 2:48 | 2:43 | 2:49 | 2:47 | 2:38 |
| Ben    | 2:33 | 2:30 | 2:30 | 2:31 | 2:32 | 2:28 |
| Ethan  | 3:35 | 3:35 | 3:25 | 3:19 | 3:15 | 3:17 |
| Sam    | --   | 3:41 | 3:33 | 3:35 | 3:02 | --   |

## Hidden Valley Race History

For the sake of career comparisons, here are all the races that this year's team runners have ever run on this course in competitions.

| first           | last        | course        | time    | place | out of | distance | division | race       | date      |
|-----------------|-------------|---------------|---------|-------|--------|----------|----------|------------|-----------|
| Tyler           | Allan       | Hidden Valley | 11:25   | 4     | 193    | 2.0      | B Frosh  | Ed Sias    | 9/14/19   |
| Tyler           | Allan       | Hidden Valley | 11:36   | 10    | 71     | 2.0      | Boys     | Little Ed  | 9/6/19    |
| Tyler           | Allan       | Hidden Valley | 17:30   | 30    | 75     | 3.0      | BV       | DAL Finals | 11/10/19  |
| Tyler           | Allan       | Hidden Valley | 17:43   | 28    | 80     | 3.0      | BV       | DAL #1     | 10/2/19   |
| Reyna           | Arce        | Hidden Valley | 16:29   | 30    | 60     | 2.0      | GJV      | DAL Finals | 11/10/19  |
| Reyna           | Arce        | Hidden Valley | 17:11   | 112   | 167    | 2.0      | GFS      | Ed Sias    | 9/14/19   |
| Reyna           | Arce        | Hidden Valley | 18:04   | 34    | 42     | 2.0      | Girls    | Little Ed  | 9/6/19    |
| Reyna           | Arce        | Hidden Valley | 27:58   | 61    | 61     | 3.0      | GV       | DAL #1     | 10/2/19   |
| Ethan           | Arnold-Muth | Hidden Valley | 15:38   | 117   | 134    | 2.0      | BJV      | DAL Finals | 11/10/19  |
| Ethan           | Arnold-Muth | Hidden Valley | 16:07   | 120   | 150    | 2.0      | BJV      | DAL #1     | 10/2/19   |
| Ethan           | Arnold-Muth | Hidden Valley | 16:53   | 154   | 173    | 2.0      | BJV      | Ed Sias    | 9/14/19   |
| Ethan           | Arnold-Muth | Hidden Valley | 17:10   | 64    | 71     | 2.0      | Boys     | Little Ed  | 9/6/19    |
| Alexia          | Hisquierdo  | Hidden Valley | 16:44   | 98    | 167    | 2.0      | GFS      | Ed Sias    | 9/14/19   |
| Alexia          | Hisquierdo  | Hidden Valley | 17:09   | 27    | 42     | 2.0      | Girls    | Little Ed  | 9/6/19    |
| Alexia          | Hisquierdo  | Hidden Valley | 25:56   | 56    | 58     | 3.0      | GV       | DAL Finals | 11/10/19  |
| Alexia          | Hisquierdo  | Hidden Valley | 26:09   | 57    | 61     | 3.0      | GV       | DAL #1     | 10/2/19   |
| Ryan            | McCauley    | Hidden Valley | 11:53   | 53    | 150    | 2.0      | BV       | Ed Sias    | 9/14/19   |
| Ryan            | McCauley    | Hidden Valley | 12:15   | 21    | 71     | 2.0      | Boys     | Little Ed  | 9/6/19    |
| Ryan            | McCauley    | Hidden Valley | 13:07   | 26    | 181    | 2.0      | BFS      | DAL # 1    | 9/26/2018 |
| Ryan            | McCauley    | Hidden Valley | 13:31   | 46    | 139    | 2.0      | BJV      | Ed Sias    | 9/8/2018  |
| Ryan            | McCauley    | Hidden Valley | 13:53   | 85    | 172    | 2.0      | BFS      | DAL Finals | 11/3/2018 |
| Ryan            | McCauley    | Hidden Valley | 13:59   | 19    | 40     | 2.0      | Boys     | Little Ed  | 8/31/2018 |
| Ryan            | McCauley    | Hidden Valley | 17:32   | 31    | 75     | 3.0      | BV       | DAL Finals | 11/10/19  |
| Ryan            | McCauley    | Hidden Valley | 17:45   | 31    | 80     | 3.0      | BV       | DAL #1     | 10/2/19   |
| Vince           | Montegrando | Hidden Valley | 13:04   | 53    | 172    | 2.0      | BFS      | DAL Finals | 11/10/19  |
| Vince           | Montegrando | Hidden Valley | 13:44   | 71    | 171    | 2.0      | BFS      | DAL #1     | 10/2/19   |
| Vince           | Montegrando | Hidden Valley | 14:10   | 145   | 207    | 2.0      | BS       | Ed Sias    | 9/14/19   |
| Vince           | Montegrando | Hidden Valley | 14:54   | 47    | 71     | 2.0      | Boys     | Little Ed  | 9/6/19    |
| Kaelyn          | Nguyen      | Hidden Valley | 16:45   | 99    | 167    | 2.0      | GFS      | Ed Sias    | 9/14/19   |
| Kaelyn          | Nguyen      | Hidden Valley | 16:57   | 26    | 42     | 2.0      | Girls    | Little Ed  | 9/6/19    |
| Kaelyn          | Nguyen      | Hidden Valley | 26:12   | 57    | 58     | 3.0      | GV       | DAL Finals | 11/10/19  |
| Kaelyn          | Nguyen      | Hidden Valley | 26:21   | 58    | 61     | 3.0      | GV       | DAL #1     | 10/2/19   |
| Mia             | Padrique    | Hidden Valley | 16:56   | 5     | 60     | 2.0      | GJV      | DAL Finals | 11/10/19  |
| Mia             | Padrique    | Hidden Valley | 17:31   | 119   | 167    | 2.0      | GFS      | Ed Sias    | 9/14/19   |
| Mia             | Padrique    | Hidden Valley | 17:50   | 46    | 73     | 2.0      | GJV      | DAL #1     | 10/2/19   |
| Mia             | Padrique    | Hidden Valley | 19:22   | 38    | 42     | 2.0      | Girls    | Little Ed  | 9/6/19    |
| Sam             | Rogers      | Hidden Valley | 12:41   | 11    | 163    | 2.0      | B Frosh  | Ed Sias    | 9/8/2018  |
| Sam             | Rogers      | Hidden Valley | 13:13   | 12    | 40     | 2.0      | Boys     | Little Ed  | 8/31/2018 |
| Sam             | Rogers      | Hidden Valley | 19:59.5 | 53    | 77     | 3.0      | BV       | DAL # 1    | 9/26/2018 |
| Sam             | Rogers      | Hidden Valley | 20:32.4 | 63    | 71     | 3.0      | BV       | DAL Finals | 11/4/2018 |
| Nolin           | Searls      | Hidden Valley | 12:00   | 60    | 150    | 2.0      | BV       | Ed Sias    | 9/14/19   |
| Nolin           | Searls      | Hidden Valley | 12:07   | 17    | 71     | 2.0      | Boys     | Little Ed  | 9/6/19    |
| Nolin           | Searls      | Hidden Valley | 13:25.0 | 40    | 181    | 2.0      | BFS      | DAL # 1    | 9/26/2018 |
| Nolin           | Searls      | Hidden Valley | 13:34.3 | 40    | 163    | 2.0      | B Frosh  | Ed Sias    | 9/8/2018  |
| Nolin           | Searls      | Hidden Valley | 19:35.0 | 55    | 71     | 3.0      | BV       | DAL Finals | 11/4/2018 |
| Nolin           | Searls      | Hidden Valley | 17:48   | 32    | 80     | 3.0      | BV       | DAL #1     | 10/2/19   |
| Nolin           | Searls      | Hidden Valley | 17:54   | 39    | 75     | 3.0      | BV       | DAL Finals | 11/10/19  |
| Benjamin Smyers |             | Hidden Valley | 12:38.4 | 31    | 172    | 2.0      | BFS      | DAL Finals | 11/3/2018 |
| Benjamin Smyers |             | Hidden Valley | 13:15.1 | 36    | 139    | 2.0      | BJV      | Ed Sias    | 9/8/2018  |
| Benjamin Smyers |             | Hidden Valley | 13:16.0 | 29    | 181    | 2.0      | BFS      | DAL # 1    | 9/26/2018 |
| Benjamin Smyers |             | Hidden Valley | 11:28   | 27    | 150    | 2.0      | BV       | Ed Sias    | 9/14/19   |
| Benjamin Smyers |             | Hidden Valley | 11:40   | 11    | 71     | 2.0      | Boys     | Little Ed  | 9/6/19    |
| Benjamin Smyers |             | Hidden Valley | 14:26   | 24    | 40     | 2.0      | Boys     | Little Ed  | 8/31/2018 |
| Benjamin Smyers |             | Hidden Valley | 17:17   | 24    | 75     | 3.0      | BV       | DAL Finals | 11/10/19  |
| Benjamin Smyers |             | Hidden Valley | 17:28   | 22    | 80     | 3.0      | BV       | DAL #1     | 10/2/19   |