



# The Bulldog Bark

The Voice of Alhambra Cross Country

"The bright flame of pure running desire burns incandescently in our souls"



Monday, July 26, 2021

## Summer Scrimmage # 2 Alhambra, College Park, & Campolindo In Another Summer Run

We took on our familiar league opponents in yet another summer set of runs on our shared common course at Hidden Valley. And as with the previous competition three weeks ago, we saw our brave little squad hold their own.

Tyler and Vince toed the line for the longer boys' race, and Tyler decided to go after Alex, the excellent runner from College Park, and wags able to hang with him for the bulk of the race. Vince had to settle into a pace sooner than he wanted to but still gutted out the effort.

Alexia, Kylee, and Kaelyn represented for us in the girls' 3 mile effort, and were able to deal with the distance and the effort. Rebecca tackled the 2 mile race, and did well for her first attempt on this course.

### Checkpoint races

And what do we take away from this event? Well, we have runners who have put in the summer miles and are not fazed by competition. Good efforts.

Also, we see that our runners still need the later type of workouts where we work on speed over distance. But that comes after a summer of serious miles, which is where we are right now.

### 3 Miles Boys' 3-Mile Race

1.	11	Alex Lamoureux	17:10	CP
2.	11	Tyler Allan	17:35	ALH
3.	11	Cody Firman	18:30	CP
4.	11	Connor McGhee	18:47	CAM
5.	11	Max Baril	19:15	CP
6.	9	Maxson Cook	19:27	CAM
7.	10	Baron Walsh	19:28	CAM
8.	12	Harley Santos	19:37	CP
9.	10	Cale Anderson	19:43	CAM
10.	10	Connor Naughten	20:18	CAM
11.	12	Finn Jordan	20:24	CAM
12.	12	David Bawolski	20:26	CP
13.	9	Blake Leung	20:32	CP
14.	12	Vince Montegrando	20:45	ALH
15.	12	Hardesty Dolge	20:58	CAM
16.	11	Toby Barton	22:27	CAM
17.	11	Tai Lee	22:38	CAM

### 2 Miles Boys' 2-Mile Race

1.	11	Austin Chu	13:18	CP
2.	11	Gabriel Sekel	13:26	CP
3.	11	Caden Nakamura	13:50	CP
4.	9	Peter Smith	13:59	CAM
5.	9	Isaac Yeates	14:26	CP
6.	10	Henry Heidersbach	15:10	CAM
7.	9	Sidd Iyer	15:30	CAM
8.	10	Santiago Jordan	16:26	CAM

9. 9 Finnian Schmidt 17:51 CP

### 3 Miles Girls' 3-Mile Race

1.	10	Makena Weberski	20:05	CAM
2.	10	Shea Volkmer	21:05	CAM
3.	11	Caroline McCool	22:40	CAM
4.	11	Quinn Guthrie	23:26	CAM
5.	11	Alexia Hisquierdo	24:05	ALH
		PR 1:51		
6.	12	Kylee Phillips	26:16	ALH
7.	12	Kaelyn Nguyen	27:09	ALH

### 2 Miles Girls' 2-Mile Race

1.	10	Missy LeClaire	14:41	CP
2.	10	Mia Lawrence	15:33	CAM
3.	10	Kate Kabenina	15:55	CAM
4.	12	Haelee Chung	16:40	CAM
5.	10	Ava Alviz	17:15	CP
6.	12	Erin Koziel	18:28	CAM
7.	10	Rebecca Breedlove	20:31	ALH
8.	9	Marcella Monopoli	22:40	CAM
9.	9	Lily Alvarenga	23:05	CP
10.	9	Nicole Buchman	23:34	CAM



Tyler establishes himself near the front of the race early on.



Vince goes after a College Park opponent at the start.



Alexia and Kylee settle into their paces mid race.



Kaelyn got in a solid effort today on the three mile course.



Rebecca was able to survive her first ever race on this course.

## Clearances

Are we done with getting our paperwork in? And our physicals taken care of? Yes? No? Starting August 9, there is no wiggle room.

## Shoes

New shoes needed - - the start of a season is always the time to get into that new pair. Old shoes are an invitation to injury.

## Recruiting

Aside from the social media promotions, and the web page, and the school announcements, we still to do need more to get more bodies on the team.

This is where we need all the current athletes to promote the sport to their friends and acquaintances. Be sure to talk up how much fun you're having to all you buddies.