



The Bulldog Bark

The lunatic voice of Alhambra High School

Cross —CC-> Country

Saturday, September 1, 2018



"Little Ed" Scrimmage

Bulldogs & Campolindo Square Off In Annual Preseason Race

The yearly opening season race was quite the eye-opener for the Alhambra crew. We ran against the mighty Campolindo Cougars (multiple NCS champions, multiple State Meet champions) and did quite well for our small numbers.

The boys race set the tone in the first competition. Carson took off confidently with the lead Campo pack. Their top two, already established area stars, ran away from the rest of the race. Carson lurked with the next three until the last hill. Then he turned on the jets and held them off to the finish.



Carson breaks away from this pack at the base of Finale Hill

The next pack saw Alan, Graham and Colby tussling with the next Campolindo bunch. Graham saw the last hill and mustered his famous finish sprint. Alan was able to hold off our top frosh Colby.

Sam Rogers made a great surge in the second mile to move up to challenge the top 10 in the race. Sydney had gone out strongly but faded slowly. Sam Dibetta never got untracked. Ryan McCauley continues to impress with his determination. Delano is still learning this running business. Ben is still too careful. Deen is still not close to 100 % and did his best.



Alan makes a statement with a top-10 finish.

Billy showed off his improvement with a nice PR. Chris Cota had the biggest improvement of the team! Cristian, Joaquin, Topher, Josh and Andres all struggled to run consistent races.



Chris chopped a full minute off his best today. Workouts work.

At the front of the race Alhambra looked very credible. We put our top 5 runners into the top 12 of the race. Even with uneven races, our boys showed grit and determination. To be sure, Campo held out more than a few runners for various reasons, but their top boys had to hustle to beat our top boys.

And not all our guys had the great race. This early in the season, after a week or two of tough workouts, and facing tough opponents, it is not always easy to switch gears into race mode. However, given how these lads have been performing in workouts, it is clear that they have a lot more in the tank to show in future races.

Boys

1. Teddy Buckley	12 C	10:31	
2. Cayden Hein	11 C	11:16	
3. Carson Edwards	11 A	11:38	PR :49
4. Pablo Nguyen	11 C	11:40	
5. Sam Morasch	11 C	11:42	
6. Max Essl	12 C	11:52	
7. Graham Manning	12 A	12:37	
8. Evan Yabu	10 C	12:42	
9. Alan Kobyluk	12 A	12:44	
10. Colby Thompson	9 A	12:46	
11. Vishal Lashkari	10 C	12:47	
12. Sam Rogers	9 A	13:13	
13. Jack Preper	10 C	13:13	
14. Alex Clare	10 C	13:22	
15. Sidney Kuehn	11 A	13:26	
16. Sam Smith	9 C	13:26	
17. Sam Dibetta	9 A	13:33	
18. Alan Pierrat	10 C	13:34	
19. Ryan McCauley	10 A	13:59	
20. Alec Driver	10 C	14:00	
21. Erik Fossen	12 C	14:06	
22. Jake Harberson	10 C	14:14	

23. Delano Roderick	11 A	14:18	
24. Ben Smyers	10 A	14:26	
25. Deen Sobhy	11 A	14:32	
26. Billy Skinner	10 A	14:42	PR :29
27. Alex Ly	9 C	14:51	
28. John Halstad	9 C	15:23	
29. Chris Cota	12 A	15:26	PR :58
30. Ethan Cho	9 C	15:39	
31. Sebastian Fojut	10 C	15:53	
32. Jack Williams	10 C	16:21	
33. Taj Dontainen	10 C	16:45	
34. Rowan Speckman	9 C	16:51	
35. Cristian Ruiz	9 A	18:22	
36. Joaquin Hinkens	9 A	18:22	
37. Topher Skinner	10 A	18:34	
38. Joshua Flores	11 A	19:14	
39. James Tang	10 C	23:26	
40. Andres Alvarez	11 A	23:52	

Yes, we only have three girls on the team. But they are the right girls, evidently.

As expected, Nicole ran with the race leaders comfortably through the race. As the race stretched out in the second mile, Nicole kept stride with the leaders until it became a two-girl race. The contest got serious with both girls attacking the last hill and tussling into the finish in a great sprint.



Nicole took the race to the Campo crowd, and nearly won it all.

Carla could not find a rhythm today, but still was within seconds of her PR. Pearla was a bit too hesitant early, what with her tight IT band, but got excited over the last hill to pull away from Carla.



Pearla and Carla attack Finale Hill.

Girls

1. Paloma Hancock	11 C	13:21	
2. Nicole Tria	12 A	13:24	PR :52
3. Alicia Hober	11 C	13:47	
4. Sarah Naughten	11 C	14:12	
5. Sophie Webster	10 C	14:13	
6. Bianca Chao	12 C	14:56	
7. Chloe Guthrie	12 C	15:13	
8. Sarah Berten	9 C	15:17	
9. Bianca Perrat	11 C	15:21	
10. Sydney Roberts	10 C	15:45	
11. Jessi Rosiak	10 C	15:51	
12. Maddy Doane	12 C	16:01	
13. Emma Ngo	9 C	16:02	
14. Mathilde Gourblin	9 C	16:07	
15. April Mao	9 C	16:13	
16. Amy Flett	11 C	16:20	
17. Kira D'Iorio	12 C	16:21	
18. Natalie Arnswald	12 C	17:00	
19. Sophia Harju	9 C	17:07	
20. Cathy Kenderski	9 C	17:28	
21. Pearla Lopez-Cardinale	9 A	17:35	
22. Anna Simonsen	11 C	17:42	
23. Clara Duran	11 A	17:48	
24. Alissa Flett	9 C	17:49	
25. Katie Strchmeyer	10 C	17:52	
26. Emilia Silverman	9 C	17:58	
27. Ally Loyet	9 C	17:59	
28. Adeline Steinzig	9 C	18:29	
29. Julia Grafetto	10 C	18:47	

Summary:

Great start to the season. Many of our runners are already race ready, and competitive. The rest are running the workouts and improving. The results today show that.

We still have lots of races ahead of us. We still have lots of workouts ahead of us. If today's results augur anything, it is that we have the potential on our boys' side to continue to improve as a team for the rest of the season. Let's keep up with the workouts, and our race results will continue to be impressive.

Our girls' team may be small, but is very spirited. Nicole was very good today, and has a bright season ahead of her. Clara and Pearla are solid runners and will do well for us.

Labor Day Workout

Monday Sep 3; 3:10 p.m.; On The Track

Yes, we are a full-service running program. And that means we have workouts each weekday all throughout the season. And yes, this includes the Labor Day holiday Monday.

Coach Angela will be heading the troops, and is fully expecting the Bulldogs to assemble to continue working on the running improvement that we showcased so well in yesterday's race.

athletic.net

Internet Archive - -

All Alhambra Results

Check it out: All of our results this year (and many from previous seasons) are archived on the website athletic.net. This is now the most commonly used site for high schools in California. And it tends to be very current.

Holiday Running

Vacation From School Is Not Vacation From Running

It's never a good idea to take off an entire weekend from running, and certainly not a three day hiatus from running. Reversibility (the technical term for getting out of shape) can start within a few days of stopping running. And weekend OYO running is based on time spent running at a steady pace, and not necessarily the miles covered.

Recommended Run Time:

The recommended time is at least 45 minutes continuously. Runners are encouraged to work up to as much as 75 + minutes at a steady pace.

On Your Own

The operative term is OYO -- On Your Own. This means that each runner, on his or her own (or with a buddy) runs on the weekends independently. This allows the runner to get in the miles, and to recover from the races while chugging out the 45 minutes or more.

Learning Independent Running

This is also a drill in learning independence in running. We cannot always rely on coaches or teammates to prod us towards running. At some point each individual has to be his or her own motivator.

Long Term Benefits

What's the payoff? Well, running those extra miles on the weekends not only helps "shakeout" the sorenesses from workouts and races, it also adds the strength of those additional miles. Putting it all together, you get: Faster times. Stronger races. Better conditioning. Ability to handle harder workouts. All good things.



The boys practice their game face at the starting line.

Ed Sias Invitational

Regular Season Opener; Back To Hidden Valley

We are embarking on our season this coming Saturday with the always-popular Ed Sias Invitational at Hidden Valley Park. This is the beginning of the heart of the season, where we will be running 6 of the next 7 weekends. Welcome to the whirlwind of cross country!

Early Early Early

This is a larger meet, and with 40 or so teams in attendance, the parking dries up very early and very quickly. The athletes need to arrive well before the start time of the first race so there is no scramble to find parking and rush to the team area.

Stay to the end

Since the course is so close to home, we are asking all athletes to be there for all the races. We are in full support mode here.

Race Assignments

The coaches are still figuring out the race arrangements for our runners to maximize our presence here. Stay tuned through the week for final details on that.

ED SIAS RACE SCHEDULE

8:30 am	Community & Coach Race
9:00	Boys' Frosh
9:25	Boys' Frosh Soph
9:50	Girls' Frosh Soph
10:15	Boys' Varsity SMALL SCHL
10:40	Girls' Varsity SMALL SCHL
11:05	Boys' Varsity LARGE SCHL
11:30	Girls' Varsity LARGE SCHL
11:55	Boys' Junior Varsity
12:20	Girls' Junior Varsity
12:45	Boys' FS & JV Overflow "A-M" Schools
1:10	Girls' FS & JV Overflow
1:35	Boys' FS & JV Overflow "N-Z" Schools

Looking Ahead:

Week IV Schedule

- Monday 9/3
 - Labor Day workout 3:10 p.m.
- Tuesday 9/4
 - Workout 3:12 p.m.
 - Weights 4:30 pm.
 - AHS Trainer teaching foam rolling
- Wednesday 9/5
 - Workout 3:12 p.m.
- Thursday 9/6
 - Workout 3:12 p.m.
 - Weights 4:30 p.m.
- Friday 9/7
 - Race Prep
- Saturday 9/8
 - Ed Sias Invitational 8:00 a.m.
 - Hidden Valley Park