



The Bulldog Bark

The Voice of Alhambra Cross Country

-- Where intensity is not a crime --



Saturday, September 11, 2021

- 12 PR's !
- 2 medals !
- 1 school record !

Bulldogs Open the Season With Strong Showing



Coach Angela, thrilled by Bulldog success today

Community Race (123 finishers)

1.	Jacob Guidacci	11:00
2.	Carson Edwards (alum)	11:27
36.	Lisa Allan (parent)	14:15
44.	Kylee Phillips	14:47 PR :16
75.	Rebecca Breedlove	16:44 PR 3:27
?	Mitch Edwards	??:??

It was nice to be able to get Kylee and Rebecca into the community race while we wait for their clearances. Both responded well with strong races and PR's.

Carson, now a sophomore at UCLA, showed off his conditioning with a great run of his own. And Tyler's mom made an appearance too and showed off her talent as well. Mitch, Carson's dad, ran the race, but evidently a chip malfunction kept him from showing up in the results.



2019 Alum Carson takes a strong second.



Kylee motors in with a strong PR.



Rebecca powers in for a huge PR today.

Boys' Frosh Soph

1	Maria Carrillo High	58
2	St. Ignatius College Prep	60
3	Homestead High School	78
4	Campolindo High School	95
5	Monte Vista High (NC)	124
6	Bishop O'Dowd High School	220
7	De La Salle	225
8	College Park High	251
9	Alhambra	279
10	Willow Glen High School	285
11	Archbishop Mitty High	336
12	Clayton Valley Charter High	341
13	Mission San Jose High	357
14	Benicia High School	375
15	College Preparatory School	386
16	Beyer (Fred C.) High School	410
17	St. Joseph Notre Dame	421
18	Concord High School	431
19	Miramonte High	457
20	Heritage High	549



The BFS stands tall and menacing at the start.

(137 finishers)

1.	Jack Wilson (Maria Carrillo)	11:21
41.	Paolo Morales	13:08 PR :24
52.	Najmedin Asad	13:23
53.	Ian Knutson	13:28 PR :12
62.	Jack Wagner	13:41 PR :41
80.	Dominic Cataldo	14:13 PR 1:24
119.	Nathan Jameson	17:17

It is always nice to be able to showcase our youngsters as a team. This year's edition did very well in their first outings as Bulldogs. With no prior races, we did not have a clear idea of how this young squad would do, outside of last week's scrimmage on this same course.

Paolo went out a bit too fast but was able to settle into a pace. Naj and Ian got jostled around in the race, but still ran in the upper third of the pack. Jack continues his recent improvement surge, and Dominic chopped off another large chunk of time. Nathan continues to impress with his improved racing.

Finishing 9th out of 20 teams is pretty good, given that we are definitely a small squad overall, and also giving a nod to teams that are state powers (Maria Carrillo, St. Ignatius, Campolindo, et cetera).

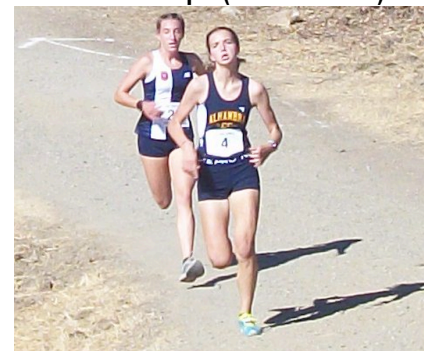
What is the next area of positive take-aways from this race is the comparison with our local opponents. In our league we go head-to-head with Benicia, Berean Christian, Concord, Mt. Diablo, and Ygnacio Valley. By that measure we are well ahead of them at this point in the season. A good start there for the youngsters.

And a little more icing on the cake -- the upper division of our league consists of Acalanes, Campolindo, Clayton Valley, College Park, Las Lomas, Miramonte, and Northgate. We were able to be competitive with College Park, and well ahead of Clayton and Miramonte today.



Nathan strides tall early in the race.

Girls' Frosh-Soph (106 finishers)



Renea takes charge of the race early.

Alhambra incomplete team

1	Renea Searls	12:13 PR :49
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(new school record: old record 12:50 Marisa d'Atri 1990)

We only had one girl in the race, but apparently it was the right girl, as she powered her way to the front of the race early, pulled away from the opponents, and then blew the race away. A dynamic win, especially so early in the competitive season.

By comparison, not only was it a dynamic win in the GFS, she would have been a close 2nd in both of the varsity races as well.

Boys' Varsity (small school)

1	Campolindo High School	34
2	Maria Carrillo High	38
3	St. Ignatius College Prep	111
4	Miramonte High	155
5	Bishop O'Dowd High School	166
6	St. Mary's College High	185
7	Alhambra	190
8	St. Joseph Notre Dame	195
9	Beyer (Fred C.) High School	226
10	College Preparatory School	236
11	Berean Christian	359
12	Justin-Siena High	368
13	Concord High School	372
14	St. Patrick - St. Vincent High	395
15	Benicia High School	399
16	Ygnacio Valley High	428

(104 finishers)

1.	Jacob Donohue (Maria Carrillo)	10:22
• 7.	Nolin Searls	11:02 PR :26
31.	Tyler Allan	11:48
32.	Vince Montegrando	11:49 PR :18
57.	Sam Rogers	12:46
71.	Juan Herrera	13:09

Well, we knew that our team was pretty good, but there were some questions. Tyler had a tender calf tendon. Juan's shins were suspect. Sam is still improving. How would this play out in a race with state-caliber opposition?

It turns out that with what the coaches felt was essentially a good team performance turned out to be pretty good against the field. We finished in the top third of the team standings, and clearly beat our division rivals Berean, Benicia, Concord, and Ygnacio Valley.

Upon inspection, even with Tyler's subpar race, we were close to our NCS D-IV rivals Miramonte, Bishop O'Dowd, and St. Mary's. This is good positioning early in the season as teams jostle for recognition.



Nolin motors in as our # 1 runner today.

Nolin took off hard from the start, and was able to hold on to a top spot even among the horde of Maria Carrillo and Campolindo runners who

dominated the front of the race. Tyler was rusty after sitting out the whole week in consideration of a sore muscle. Vince ran to a nice PR. Sam was within a few seconds of his PR. Juan's shins, although improving, hampered him today.

Girls' Varsity (small school)

Alhambra incomplete

(85 finishers)

1.	Ellie Buckley (Campolindo)	12:09
56.	Alexia Hisquierdos	15:45 PR :39
60.	Kaelyn Nguyen	16:00 PR :45



Kaelyn runs hard to earn her PR.

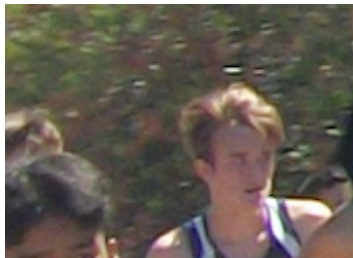
We ran an incomplete team, because we have only a few girls to begin with. Veterans Alexia and Kaelyn carried the banner for us today with solid PR performances. They both started conservatively, warmed to the task, and ran well to move up places the last mile of the race.

Boys' Junior Varsity

Alhambra incomplete

(119 finishers)

1.	Benjamin Inocencio (Monte Vista)	11:19
70.	Ali Sobhy	14:13
92.	Ethan Arnold-Muth	15:10
107.	Jared Lipman	16:37
115.	Parker Gneckcow	18:25 PR :17



Ethan is the very picture of concentration.

Another incomplete team (a small squad is prone to this happening) but some strong efforts. Ali, coming off his pandemic year-long layoff and shin soreness, couldn't quite muster the competitiveness he wanted. Still, a great finishing sprint. Ethan was just a second or two off his PR. Jared is rapidly improving after his pandemic-extended absence from running. Parker is quietly improving by the week.

The hidden bright spots are that none of our league division opponents (Benicia, Berean, Concord, or Ygnacio Valley) were able to field any teams, or barely a runner or two in this category. With all of our boys running, we will be a force.

Did not run:

Ryken Arnold-Barnes	ACT test
Noura Sobhan	resting sore shins
Verose DesLonde	resting sore shins
Sam Regan	needs physical clearance
Chris Breedlove	not cleared

Commentary;

1. As of now, it is apparent that with the pandemic lull in sports, and the trickle-down effect for cross country, we are at what appears to be, right now, what our team will be for this year.

2. It is equally apparent, even with our reduced team numbers, that we are a hard-working team with lots of improvements under our belts, and more to come.

3. And what's the takeaway? As a team, we have established a large number of personal bests today, and on the boys' side, have established ourselves as contenders on the BVar, BJV, and the BFS levels within our league.

4. On the boys' side, we are the clear DAL-Valley power . . . and not too shabby against the DAL - Foothill crowd, either. And nose-to-nose with the NCS crowd we'll be contending with at season's end, we are clearly in the conversation.

5. On the girls' side, once we get Kylee and Rebecca cleared, we appear to have the firepower to contend for a league title there.

Looking Ahead:

Sat 9/18 Viking Opener Santa Rosa

A bit of a drive (60 miles) to test ourselves against the Redwood Empire teams (north of the Golden Gate Bridge). A different format (3-person age-group teams) designed to allow smaller programs to compete with larger squads, which suits us just fine.

This will be our first road trip of the season. This means since we don't get bussing for cross country, we have to rely on the families to get their children to the events. Schedules, race times, and maps soon to follow.

This Week's Team Rankings:

Nolin	Searls	11:02
Tyler	Allan	11:48
Vince	Montegrando	11:49
Renae	Searls	12:13
Sam	Rogers	12:46
Paolo	Morales	13:08
Juan	Herrera	13:09
Najmedin	Asad	13:23
Ian	Knutson	13:28
Jack	Wagner	13:41
Dominic	Cataldo	14:13
Ali	Sobhy	14:13
Kylee	Phillips	14:47
Ethan	Arnold-Muth	15:10
Alexia	Hisquierdos	15:45
Kaelyn	Nguyen	16:00
Jared	Lipman	16:37
Rebecca	Breedlove	16:44
Nathan	Jameson	17:17
Parker	Gneckcow	18:25