



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Saturday, September 15, 2018



Viking Opener Invitational Spring Lake, Santa Rosa September 15, 2018

The trip to Santa Rosa turned out well for the Bulldogs. We got almost the entire team into races, and had strong results across the board. Of note was the chance to get a complete girls' team to score, with the help of the three-person scoring format of this meet. Our freshman boys once again finished near the top of their division. And our boys overall tightened up their time grouping as their workouts have started to take hold and bear fruit. And our top individuals once again raced to the front of their races and garnered medals.

Despite the distance and the early departure and the limited parking, all of the runners and families made it in time. And with the short races and quick schedules, we were raced and done with it all just a bit after noon and with plenty of time for the rest of the day.

And the remarkable Bulldog parent presence was once again in full force . . . rides for everyone were arranged, photographs were snapped, food and drink were in abundance, and good cheer was spread everywhere.

All races 2.0 miles
• = earned award



Nolin ran well today as he is almost fully back from knee injury.

Boys' Frosh

3rd of 24 scoring teams
3rd of 37 total teams

- (115 finishers)
- | | | |
|-------|--------------------------|-------|
| 1. | Liam Alexander (Vintage) | 10:53 |
| ••15. | Colby Thompson | 11:49 |
| •26. | Sam Rogers | 12:13 |
| •27. | Sam Dibetta | 12:14 |
| •45. | Nolin Searls | 12:48 |

Once again the youngsters provided the best team performance of the day for us. Despite being caught up in a quick race, the boys worked their way through the pack to top individual finishes and a fine 3rd place overall.

Colby was not especially pleased with his race, but he still earned an individual award. Sam D. faded a bit after a quick start, but he and a consistent Sam R. were together at the finish. A very bright spot was a healthier Nolin improving his race over last week's performance.



Billy and his hat, in a tree, being, well . . . just Billy.

Boys' Soph

15th of 25 scoring teams
15th of 34 total teams

- (115 finishers)
- | | | |
|-----|------------------------------|-------|
| 1. | Godebo Chapman (West Campus) | 10:19 |
| 54. | Ben Smyers | 12:11 |
| 55. | Billy Skinner | 12:17 |
| 59. | Ryan McCauley | 12:24 |

This race was a very pleasant surprise for the Alhambra cause. Ben, Billy, and Ryan started on the conservative side, but as a pack pulled themselves to the middle of the race and once again all finished with seconds of each other. The grouping is great, and their times compared very well with the team overall.



Ben was our soph leader again today with a late race surge.

Boys' Juniors

10th of 21 complete teams
10th of 37 total teams

- (102 finishers)
- | | | |
|-----|---------------------------|-------|
| 1. | Andrew Engel (Santa Rosa) | 10:25 |
| •6. | Carson Edwards | 10:52 |
| 65. | Sidney Keuhn | 12:46 |
| 68. | Delano Roderick | 13:05 |

Carson was as usual our star boy today, moving steadily up through the front pack to an individual top-10 finish in his race. Sidney and Del were steady but could not muster the full spark today. The team overall did well finishing above the fold.



Chris has that determined look today.

Boys' Seniors

incomplete

- (96 finishers)
- | | | |
|-----|-----------------------------|-------|
| 1. | Russell Sullivan (Foothill) | 9:56 |
| 50. | Graham Manning | 12:00 |
| 82. | Christopher Cota | 13:38 |

With only two seniors on the team, we were not going to score so the boys had to run as individuals. Graham was consistent in the middle of the race. Chris once again showed very good improvement from the start of the season.

Boys' Overflow

11th of 14 scoring teams
11th of 19 total teams

- (140 finishers)
- | | | |
|-----|----------------------------|-------|
| 1. | Leonard Garcia (Northgate) | 11:27 |
| 49. | Deen Sobhy | 13:41 |
| 83. | Aaron Manning | 14:33 |

84.	Riley DeGeorge	14:36
93.	Ali Sobhy	14:56
96.	Joaquin Hinkens	15:02
98.	Topher Skinner	15:07
99.	Cristian Ruiz	15:07
111.	Joshua Flores	15:46
131.	Andres Alvarez	18:22

With the small-team format for the races, it was a bit of a surprise to see that even our small squad was able to be a sizeable presence in the Overflow race. Deen led the way for the troops today. Riley strode out well the first mile until his ankle flared up again. We had a nice cluster of six boys - - Aaron, Riley, Ali, Joaquin, Topher and Cristian - - all within 30 seconds of each other. Josh was not far behind. Andres was much more confident than last week's race, and had an excellent finish sprint.



The Bulldog fans cheer Cristian and Topher in at the finish.

Girls' Junior-Senior

14th of 24 scoring teams
14th of 32 total teams

(118 finishers)

1.	Gabrielle Peterson (Healdsburg)	11:24
• 9	Nicole Tria	12:56
74	Pearla Lopez-Cardinale	15:58
77	Clara Duran	16:14

With only three girls on the entire team, this was our chance to have a scoring girls' team at least once this year. As a team we did well, and Nicole raced to a fine top finish with an even-pace race to get a top-10 medal. In the process she managed to beat all the Northgate girls in a show of league rivalry.



Our girls' team is all smiles.

Commentary and observations:

Above the fold - -

We were able to finish in the top half of team scoring in 4 of the 6 races we were entered in. 6 of our athletes earned medals or ribbons. We had 24 of our 27 total runners race today, with Jared and his injury there to cheer as well, so our team presence was near 100 %.

Team times coalescing - -

Even this early in the competitive season, we can see some very significant improvements not only in individual performances, but in the overall team grouping. The sophomore boys made the biggest surge this race with their times challenging for top spots on the overall team picture. With more boys running more closely together and all of them closer to the front of races, our prospects for doing well the rest of the season continue to look brighter.

There is still a ways to go, but right now the prospects are getting stronger.

Comparisons with rivals - -

Our boys have to be considered co-favorites for the varsity DAL-Valley title, along with Concord and Benicia. Those two teams ran at the DLS Invitational this weekend, and finished within a few points of each other. Last week we were a few points better than both of them. However, none of us have run full strength yet on varsity so it remains to be seen just how we will match up. We'll find out at our next race, which is the DAL # 1 9/26 @ Hidden Valley Park.

Some glitches:

The timing system was not completely accurate, as Del was initially left off the results. The timer put him back into the results, but 30 seconds faster than he actually ran. Riley was also left off, but we didn't catch that until after we left the site. However, Coach Brewer was able to look at the photos and figure out his place and time for our purposes.

And how do we all stack up?

After today's races we get a more clear focus on our evolving team picture:

Carson Edwards	10:52
Colby Thompson	11:49
Graham Manning	12:00
Ben Smyers	12:11
Sam Rogers	12:13
Sam Dibetta	12:14
Billy Skinner	12:17
Ryan McCauley	12:24
Sidney Keuhn	12:46
Nolin Searls	12:48
Nicole Tria	12:56
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Clara Duran	16:14
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Coach Angela is proud of her medalists.

Notes:

Photos !

Team photographer Darren has a ton of great pictures on Shutterfly. Check 'em out !
<https://alhambtrack.shutterfly.com/pictures/9989>

PR lists:

Web page master and team statistician Joel Timbrell is keeping an updated PR list for 2018 on the website. Follow all the runners' progress through the season as he updates this after each race:

<https://alhambtrack.shutterfly.com/pictures/9989>

Pretty Snazzy, eh?

First it was the new uniforms. Then the new team canopy. And just now it is the new team shirts. The 'Dawgs are sporting the look ! Kudos to Coach Angela for stylin' the team.

Looking Ahead:

Workouts - -

We are now entering Week 6 of the season, which marks the halfway point to the league finals. The team is in the 2nd month-long phase of the season, where we are going to gradually intensify the workouts now that the squad is in reasonable shape.

This Saturday off !

We don't race this weekend, so the families get a breather on this upcoming Saturday. After that, we have another string of weekend invitationals.

Team Pictures September 25 3:30 p.m.

Be sure to give your checks and order forms to Coach Angela for the pictures. Be prompt, so we can get the shots and still get in our workout.

Wed September 26 DAL # 1 @ Hidden Valley

This is the first of two league center meets. This is where we start our quest for DAL-Valley glory.