



The Bulldog Bark

The Voice of Alhambra Cross Country
Where intensity is not a crime and desire not an aberration



Saturday, September 18, 2021

2 medals !
2 school records !
1 team award !

A Good Day To Be A Bulldog

The drive was a bit longish, the weather stayed damp the entire time, the early start threw a few people off, and the park itself proved to be a bit remote for GPS.

Nonetheless, all the Bulldogs who were going to run were ready to run. Despite the tough week of workouts, our bunch proved to more than ready to test themselves, and everyone had good races.

Some top finishes

The Searls family was once again a medal machine, with Renae and Nolin garnering hardware with top finishes. School records, too. Our freshman boys got a chance to run as a team, and comported themselves well.

And the senior boys put together a fine team effort to take home an award-winning 4th place effort.

Overall improvement

The runners are now starting to see some impressive early season improvement. Generally this course runs about 15-20 seconds faster than the Hidden Valley course that we ran last week. Almost all of our runners were able to match that, and much more besides, in a single week.

Quirky little meet

We saw some of the stronger teams in the North Bay (Santa Rosa, Montgomery), visiting teams from even farther north (Ukiah, Healdsburg, Vintage of Napa, Middletown), and some of our NCS D-IV foes (St. Mary's, Piner, Analay, San Marin). Quite the mixture.

The three-person scoring is also a different feel to it all, allowing smaller programs to have a more equal footing with larger programs.



Sam, Jack, and Dominic are poised for glory on the starting line.

Boys' Frosh

Team Scores:

1. Santa Rosa	28
2. San Domenico	30
3. Montgomery	32
4. Sonoma Academy	33

5. Foothill	41
6. Healdsburg	45
7. Petaluma	54
8. Windsor	81
9. International FAIS	103
10. Maria Carrillo	108
11. Alhambra	117
12. Vintage	121
13. Napa	146
14. Ukiah	149
15. Technology	151
16. West County	164

The youngsters were first up today, and toed the line in the early a.m. drizzle. They were a tight group throughout the race, and excited about being competitive in a freshman-only race. The tight team pack in impressive, and they all finished within 4 seconds of each other.

Sam was the eager one to claim #1 Bulldog status in this race.

(75 finishers)

1. Ome Zuniga (Santa Rosa)	11:19
38. Sam Regan	13:26
39. Dominic Cataldo	13:26
40. Jack Wagner	13:30



Parker thunders in to the finish.

Boys' Soph

Alhambra incomplete

(57 finishers)

52. Parker Gneckow	16:06
--------------------	-------

Parker go into an even pace early on and held it. He even had a bit of a sprint at the end. He chopped almost 2 minutes of his 2 mile time today.

Girls' Frosh-Soph

Alhambra incomplete

(80 finishers)

1. Hanne Thomson (9th Montgomery)	11:20
• 2. Renae Searls	12:03
(New school record; old school record 12:56 Nicole Tria 2018)	

The hard workouts this week took a bit off of Renae's game today, but she still recorded the 2nd fastest time of all the girls' races. School record on this course, too.



Renae shattered the Alhambra girls' record for this course.

Coaches' Race

unscored

(36 finishers)

22. Rebecca Breedlove	14:56
-----------------------	-------

Rebecca showed up to race, albeit in the coaches' race until she gets cleared. All those ex-college runners pulled her into a quick pace, and she held on and sprinted in to record a much-improved time.



Rebecca has her eyes on the finish line.

Boys' Junior

no Alhambra entry

Girls' Junior-Senior

Alhambra incomplete

(71 finishers)

1. Hayley Ballard (11 San Domenico)	12:04
37. Alexia Hisquierdo	14:54
68. Mira DesLonde	18:42

Alexia made the effort to try to get into the top half of the race, and put a bit of finish surge as well.

Mira wanted to merely survive, but she surprised herself by being competitive and knocking time off of her 2 mile mark this season.



Alexia and Mira get photobombed by Renae at the start.

Girls' Open

no Alhambra entry

Boys' Senior

Team Scores:

1	Foothill (Pleasanton)	26
2	Nueva School	28
3	Santa Rosa	40
4	Alhambra	42
5	Vintage	44
6	West County	50
7	Windsor	52
8	Napa	64
9	Petaluma	64
10	American Canyon	93

(58 finishers)

1.	Alex Cocuyt (Nueva)	10:32	
•• 4.	Nolin Searls	10:45	PR 2:03
(new school record; old record 10:52 Carson Edwards 2018)			
• 12.	Vince Montegrande	11:06	
• 29.	Sam Rogers	11:56	PR :17
• 47.	Ali Sobhy	13:03	PR 1:43
• 49.	Ryken Adams-Barnes	13:06	
56.	Jared Lipman	15:32	



School record for Nolin!

This was supposed to be our feature race, and it did not disappoint. Nolin took off hard and pushed in to a top finish. Vince had the race of his career to be close to Nolin. Sam was consistent right in the middle of the race. Ali and Ryken went side-by-side a minute later to help the cause. Jared got into this faster race, and was able to power in at the end and beat people.

We finished a very creditable 4th against good competition, and earned team awards for the top 5 boys. Good work !

Team comparisons today:

Nolin Searls	10:45
Vince Montegrande	11:06
Sam Rogers	11:56
Rena Searls	12:03
Ali Sobhy	13:03
Ryken Adams-Barnes	13:06
Sam Regan	13:26
Dominic Cataldo	13:26
Jack Wagner	13:30
Alexia Hisquierdo	14:54
Rebecca Breedlove	14:56
Jared Lipman	15:32
Parker Gneckow	16:06
Mira DesLonde	18:42

did not run:

Nathan Jameson
Kylee Phillips
Kaelyn Nguyen
Paolo Morales
Ian Knutson
Juan Herrera
Naj Asad
Ethan Arnold-Muth
Tyler Allan
Noura Sobhy

Looking Forward - -

Sat 9/25 Ram Invite @ Westmoot HS
Wed 9/29 DAL #1 @ Hidden Valley Park
Sat 10/2 Artichoke Invite @ Half Moon Bay