



The Bulldog Bark

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



Saturday, September 25, 2021

5 medals !

Bulldogs Compete In RAM Invitational

The Alhambra team, even though dinged up a bit, ran against some stiff competition at the 39th Annual RAM Invitational hosted by Westmoor HS. We were able to put 17 athletes on the line and came away with 5 medals to show that we can hold our own versus some of the better teams in the area.

Coaches' Race

- Kaylee Phillips 19:09
- Rebecca Breedlove 20:49



Rebecca and Kylee are side-by-side heading into the first hill. They both got medals as top female finishers in the coaches' race.

Our two competitors, waiting to come off the ineligible list, ran to the 2nd and 3rd female finishes in this race. Kylee went after a veteran lady coach early, with Rebecca not far behind. The longish race and hills wore our girls down a bit, but they held on for good places and times in the adult exhibition race.

Freshman Boys

- (164 finishers)
- 1. Colin Jubert (Leland) 15:24
 - 26. Jack Wagner 17:55
 - 36. Sam Regan 18:19
 - 41. Dominic Cataldo 18:27

144. Nathan Jameson 23:42



Jack hustles in as our top Frosh runner today, and snagged a medal in the process.

Our top 3 youngsters finished in the upper 1/4 of the race with another display of their close grouping we saw last week. Jack popped out of the pack to earn the last medal in the race. Sam chased him the whole race, with Dominic only seconds behind. Nathan scurried in well ahead of expectations, beating 20 runners in the process.

Since we only ran 4 boys in the race, one shy of the minimum 5 to qualify as a team, we did not figure into the team scoring.



Nathan is ferocious into the final sprint.

Sophomore Boys

- Team scores:
- 1. Homestead 26
 - 2. Pioneer 60
 - 3. Serra 83
 - 4. Riordan 110
 - 5. Fremont (Sunnyvale) 147
 - 6. Hillsdale 172
 - 7. Alameda 194
 - 8. Leland 225
 - 9. Prospect 250
 - 10. Alhambra 252

- 11. Capuchino 285
- 12. Mills 306
- 13. San Ramon 316

(130 finishers)

- 1. Caleb Leung (Homestead) 15:10
- 32. Paolo Morales 17:20
- 38. Naj Asad 17:43
- 51. Ian Knutson 18:12
- 110. Wyatt Horton 21:01
- 119. Parker Gneckow 22:30

Our sophomores had a complete team today, which for us is an accomplishment. Newbie Wyatt (only 2 days of workouts !) contributed to allow us to have a team score against the assembled field.

Paolo took the lead for us today and was aggressive throughout. Naj kept him in sight the entire race. Ian slipped back early but held on not too far back. Wyatt is strong, but doesn't have enough workouts yet. Parker was more aggressive in his race today.

Paolo ended up missing a medal by one place.



Paolo had the dynamic sprint at the end as our top sophomore runner today.

JV Girls

- (101 finishers)
- 1. Stella Axe (Woodside Priory) 18:56
 - 6. Alexia Hisquierdos 20:09

As our sole entrant, Alexis had our best individual finish on the day. She was cautious on the first lap, aggressive on the second, and had established her position by the time the race had left the stadium. Nice to see her unleash her inner beast a little bit more today.

Nice medal, too.



Alexia put herself in the front of the race early, and aggressively kept herself there the entire race.

Varsity Boys

Team Scores:

1.	Wilcox	126
2.	Sacred Heart Cathedral	143
3.	Serra	146
4.	Bellarmino	152
5.	Pioneer	202
6.	Riordan	204
7.	Evergreen Valley	220
8.	Alisal (Carmel)	224
9.	Sequoia	279
10.	El Camino	312
11.	Aragon	315
12.	Homestead	325
13.	North Monterey County	339
14.	Prospect	348
15.	Hillsdale	361
16.	Alhambra	383
17.	San Leandro	386
18.	Mills	411
19.	Harker	454
20.	San Mateo	471
21.	Alameda	475
22.	Sacred Heart Prep	510
23.	College Prep	518
24.	Capuchino	576
25.	Oakland	658
26.	Drew	693
27.	Apostles Lutheran	748
28.	Summit Shasta	827

(196 finishers)

1.	Tommy Rogers (Serra)	13:43
• 22.	Nolin Searls	14:43
43.	Tyler Allan	15:14
70.	Vincent Montegrando	15:37
148.	Sam Rogers	17:09
170.	Ali Sobhy	17:39



Team spirit shout at the starting line.

Even though we did not finish "above the fold" today, to our credit many of these teams are D-I and D-II teams from schools with far larger enrollments than ours.

Nolin was our clear leader early, middle, and late, and earned his 3rd medal of the early season. Tyler ran through calf tightness. Vince claimed that he had a bad race, but was still only second behind Tyler.

Sam clambered in a minute and a half later, and Ali was even further back.



Nolin is in a death sprint at the end to earn yet another medal as our lead runner.

Our effort overall was strong, but we still have a large gap in our team grouping. 90 seconds in the middle of our varsity grouping which pushes our 1-5 time range to 2:56 is not a recipe for team success. We would like to see no more than a 60-90 second team time gap at the most.

All that means is that we have some work to do before the end of the season.

Did not run:

GFS	Noura Sobhy -- shins
GJV	Mira DesLonde -- shins
GV	Rena Searls -- arch
GJV	Kaelyn Nguyen -- ill
BJV	Ryken Adams-Barnes -- certification
BJV	Juan Herrera -- family
BJV	Jared Lipman -- family
BJV	Ethan Arnold-Muth -- family

Intra-Squad Comparisons

And just where do we stack up against each other this week?

Nolin	Searls	14:43
Tyler	Allan	15:14
Vincent	Montegrando	15:37
Sam	Rogers	17:09
Paolo	Morales	17:20
Ali	Sobhy	17:39
Naj	Asad	17:43
Jack	Wagner	17:55
Ian	Knutson	18:12

Sam	Regan	18:19
Dominic	Cataldo	18:27
Kaylee	Phillips	19:09
Alexia	Hisquierdos	20:09
Rebecca	Breedlove	20:49
Wyatt	Horton	21:01
Parker	Gneckow	22:30
Nathan	Jameson	23:42

Great Parent Support !

Bulldog Families Abound

The distance was an hour's drive. The meet ran all day. The weather started out cold and wet, went through cold and foggy, and ended cold, foggy, and windy. And still, we had stalwart parents braving the travel, the time, and the elements to add support for our brave bunch of bulldog runners.

Hats off to the assembled horde !

Brewer Sez:

Coach Commentary

At the midpoint of the season, we have established in large part our team. The kids are running hard, and everyone is improving, which is always a good sign.

But we are a small program. With only two dozen runners, and having to deal with workout conflicts, nagging injuries, and overcoming the pandemic interruption, we are not always competitive in all of our races.

In our comparison band, we do very well in the boys' races. But with only 8 total girls on the roster, we are a bit thin to be totally competitive.

Nonetheless, the competitive fire burns bright in the Bulldogs, and we definitely tend to contend above our weight class, as the metaphor goes.

The coaches are alternately worried by team size and the impact of the inevitable nagging injuries -- and pleasantly surprised by the high end achievements of our runners once they toe the starting line.

Looking forward to our DAL Center Meet this week, to see how we stack up against our fellow small schools.

Looking Ahead:

Wednesday 9/29 DAL Center Meet #1

Hidden Valley Park
1:45 early release --
3:30 first race -- arrive at least an hour early

Saturday 10/2 Artichole Invitational

Half Moon Bay High School
9:00 first race
90 minute drive -- arrive early
Beach party after races !
Plenty of time to get back to Homecoming