



The Bulldog Bark

The Voice of Alhambra Cross --CC-> Country
"Excellence Every Day"



Sunday September 28, 2019

Ram Invitational

Westmoor High School
Saturday, September 28, 2019

3 School Records !

9 PR's !

11 medals !

14 All-Time list additions !



The early crowd shivers in the morning chill and breeze.

• = earned medal

Boys' Frosh

(110 finishers)

- 1. Tyler Allen 13:34
(new school Boys' Frosh record;
old record 13:58 Sam Rogers 2018)
 - 48. Caleb McCauley 16:01
- did not run: Chris Breedlove

Our first race of the day was a good one. Tyler held back a bit on the two lap start of the race, but took command of the race up the first little hill and never looked back, cruising to a dominating win. Caleb held his own, and worked the hills to his advantage. He finished "above the fold," that is, in the upper half of the race.



Tyler races to a 1st place and a school record.

Girls' Frosh-Soph

(91 finishers)

- 2. Kylee Phillips 16:30
(new school GFS record;
old record 16:35 Nicole Tria 2016)
 - 27 Alexia Hisquierdo 18:36
(#4 All-Time GFS List)
 - 34. Kaelyn Nguyen 18:48
(#6 All-Time GFS List)
 - 59. Reyna Arce 19:46
(#9 All-Time GS List)
 - 63. Mia Padrique 20:06
 - 70. Aerial Banez 20:52
 - 73. Jenny Duncan 21:00
 - 87. Laila Flahiff 23:21
 - 90. Reina Felson-Lamb 25:56
- did not run:

Pearla Lopez-Cardinale



Kylee takes 2nd place, and a school record.

The team buzz about Tyler's race win had barely abated when the GFS toed the line. Under orders to hold back on the tempting two-lap start on the track, Kylee still zipped up towards the top of the race. Alexia and Kaelyn were following coaching directions a bit more than that, Reyna and Mia were not far behind, Ariel looked strong for her first race ever, and Jenny, Laila, and Reina formed a cautious trio near the back.

Kylee kept up her quick start pack, and Alexia and Kaelyn started picking off runners as the race swept around the bleachers to disappear on the backside of the course. And when the race re-emerge for the final segment, Kylee had positioned herself solidly in 2nd place and sprinted in to hold onto it. Alexia and Kaely were caught up in the big bulk finish of the upper third of the race. Reyna and Mia had paired up to give us our final scoring pack. Aerial was a big surprise, improving nicely with just a week of workouts. Jenny and her tweaky ankle and moved up a bit, and

Laila and Reina kept plugging along to finish with a consistet pace.

We ha to hold our breath for a bit after the race for the official results to find that Alexia had earned a medal and Kaelyn was but one spot out of the medal awards.

Boys' Soph

(91 finishers)

- 3. Colby Thompson 13:40 PR :32
(#2 All-Time BSoph list)
 - 10. Cristian Ruiz 14:14 PR 2:00
(#5 All-Time BSoph list)
 - 11. Sam Dibetta 14:15 PR :15
(#6 All-Time BSoph list)
 - 38. Juan Hernandez 15:18
 - 51. Joaquin Hinkens 15:43 PR :51
 - 57. Jared Lipman 15:58
 - 77. Ali Sobhy 16:26 PR :18
- did not run:

Nolin Searls
Aaron Manning
Vince Montegrando
Brayden Van Den Baard



Cristian and Sam sprint in to top finishes and earn medals.

This was to be our feature race, but evidently it was the feature race for other teams as well. We had dropped down from varsity our top sophomores to pack into this race, hoping for a chance to perhaps steal a race. Well, it was close, as we were but 11 points from winning it all but in a close contest took 4th as a team.

Colby, Sam, and Cristian were careful at the start, and diligently took off a bit into the race to assert themselves well. After the first 1/3 of the race, Colby was in 2nd with Sam and Cristian not too far back. Juan got caught up in the middle of the race a bit back, with Joaquin close behind him. Jared and Ali were a bit of a pair in the chase pack.

Colby got-outsprinted at the end but still finished 3rd. Cristian and Sam had

picked up the pace and in an intra-squad duel grabbed 10th and 11th places, giving us a very nice 1-2-3 grouping at the top of the race. Juan and Joaquin came in with the middle of the race, Jared moved up to get close to Joaquin, and Ali trotted in a ways back.

Lotsof nice PR's.



Kadyn strides in for a medal-winning finish and a school record.

GJV

(56 finishers)

- 14 Kadyn Brown 18:50
(new school GJV record:
old record 19:14 Erica Guevara 2013)
- 26 Skye McKinsie 19:35 PR :43
(#4 All-Time GJV list)

This was a small race, we had only two entrants, Skye had a balky hip, and Kadyn was a bit nervous. Expectations were on hold for this race. Still, coaching directions to stay to the outside and not get caught up in the sprint start were issued, and the athletes followed that well, Kady made her move up the first hill and found herself in the top 1/3 of the race early on. She made a strong move on the last downhill to move up 5 or 6 places and zipped in to earn a medal and a unexpected top spot on the All-Time list. Skye's hip flaired up and she had to limp in, then get taken over to the trainer. Still, she PR'd from last year.



Tino powers in to the finish.

BJV

(176 finishers)

- 131. Jonas Knopf 17:06 PR 1:04
(#6 All-Time BJV list)
- 165. Parrish Dodson 19:44
(#10 All-Time BJV list)

172. Santino Parenti 21:18
did not run:

Andres Alvarez
Maverick Gonzalez
Ethan Arnold-Muth
Brandon Gray
Chris Rucker
Tim Truex

Our plans for a full team experience took a large hit with all the absences, so our brave little bunch were left to run just to see. Jonas started out well and then settled into the race. Nice PR. Parrish looked more comfortable than previous races. Santino was his usual steady self, powering nicely up the hills and showing off his finish sprint.



Carson is nothing but determination in recording yet another top place and time.

BV

(107 finishers)

- 6. Carson Edwards 12:59
- 26. Ben Smyers 13:29 PR 1:24
(#4 All-Time BV list)
- 34 Ryan McCauley 13:37 PR 1:28
(#5 All-Time BV list)
- 101. Buddradeen Sobhy 16:45

With our younger runners all entered in the age-level races, the goal for our upperclassmen runners was to get more experience in a fast race on a challenging course. Unlike the other races, the coaching directive here was to not get squeezed out of the front of the race by being cautious at the start, but to take a bit of a risk by going out faster than previous races and then get into the racing mode from there.

Carson needed no such reminder, and zipped into the front pack in the first 100 yards. As the race stretched out, he ended up with a fine 6th place in strong field. Ben and Ryan got themselves into that top portion of the race early and not only held on, but still had excellent finish surges. Excellent PR's. Deen, even though not feeling all that well, got the nod as a team senior to get into the varsity race, and trotted in safely.

The real positive takeaway from this race was not so much Carson's now-expected top finish but also the smaller gap between Carson and the rest of our top varsity boys.

And just how do you stack up?

Well, since we all ran the same course, we can do a full team comparison. Here's the Alhambra pecking order based on this race:

Carson Edwards	12:59
Ben Smyers	13:29
Tyler Allen	13:34
Ryan McCauley	13:37
Colby Thompson	13:40
Cristian Ruiz	14:14
Sam Dibetta	14:15
Juan Hernandez	15:18
Joaquin Hinkens	15:43
Jared Lipman	15:58
Caleb McCauley	16:01
Ali Sobhy	16:26
Kylee Phillips	16:30
Buddradeen Sobhy	16:45
Jonas Knopf	17:06
Alexia Hisquierdo	18:36
Kaelyn Nguyen	18:48
Kadyn Brown	18:50
Skye McKinsie	19:35
Parrish Dodson	19:44
Reyna Arce	19:46
Mia Padrique	20:06
Ariel Banez	20:52
Jenny Duncan	21:00
Santino Parenti	21:18
Laila Flahiff	23:21
Reina Felson-Lamb	25:56

did not run:

Chris Breedlove
Pearla Lopez-Cardinale
Nolin Searls
Aaron Manning
Vince Montegrando
Brayden Van Den Baard
Andres Alvarez
Maverick Gonzalez
Ethan Arnold-Muth
Brandon Gray
Chris Rucker
Tim Truex

Notes:

1. **Chill, wind, chill, wind, more wind, lots of wind** - - The notoriously quirky Daly City weather was in full evidence today. The morning chill was intensified by the wind, and when the chill wore off the wind picked up. We had to take down the canopy because even though it was

anchored to the bleachers, it was being buffeted so severely.

2. Lots and lots of PR's. Workouts work. Even the sick and injured runners improved over last year.

3. Continued assault the top-10 lists - This is now the 8th year Alhambra has attended this invitational, and we are just now starting to fill out all of the Top-10 lists for this course. Today we set 3 school records, and had 8 others join those lists.

4. A more impressive number is the amount of medals we garnered. There were 54 schools competing, with over 1500 runners in the races (Bellarmine alone brought 150 boys). And we were able to put 11 of our runners into medal consideration out of all that.

5. Illness, injury, family, conflicting obligations - - it all added up to 1/3 of our team not in races today. Hopefully today was just a blip on the screen in that regard.