



The Bulldog Bark

The Voice of Alhambra Cross Country
Where intensity is not a crime.

Saturday September 4, 2021



"Little Ed" Scrimmage

2.0 miles

Hidden Valley Park

Friday, September 3, 2021

Boys

Team Scores

Campolindo	29
College Park	50
Alhambra	75
James Logan	81

(87 finishers)

1.	Alex Lodewick	Campo	10:29	
5.	Tyler Allan		11:09	PR :16
9.	Nolin Searls		11:28	PR :20
16.	Vince Montegrande		12:07	PR :57
31.	Sam Rogers		13:19	
37.	Paolo Morales		13:32	
41.	Ian Knutson		13:40	
44.	Juan Herrera		13:57	
48.	Ali Sobhy		14:04	
56.	Ethan Arnold-Muth		15:03	PR :35
61.	Jack Wagner		15:26	
63.	Dominic Cataldo		15:37	PR 4:35
72.	Jared Lipman		17:16	
78.	Nathan Jameson		18:20	
79.	Parker Gneckow		18:42	

Did not run:

Ryken Adams-Barnes	injured
Naj Asad	job
Sam Regan	injured

Girls

Team Scores

Campolindo	20
College Park	49
Alhambra	77
James Logan	100

(34 finishers)

1.	Ellie Buckley	Campo	12:21	
5.	Renae Searls		13:10	
20.	Alexia Hisquierdo		16:24	PR :05
22.	Kaelyn Nguyen		16:50	
23.	Noura Sobhy		17:05	PR :06
33.	Verose Deslonde		21:36	

Did not run:

Kylie Phillips	not cleared
Rebecca Breedlove	not cleared

The annual "Little Ed" scrimmage (so named because it affords teams a chance to check out the Hidden Valley course before the

actual Ed Sias Invitational) was a nice affair, with 4 teams giving their athletes a preview competition.

The Alhambra Bulldogs did pretty good, considering that we are a smaller team than usual, possibly due to post-pandemic blues. Despite a spate of aches and pains, almost all of us were able to lace 'em up, get to the starting line, and race. And even though it was a scrimmage, the unofficial scoring showed that we can run right along bigger squads just fine.

The girls' race saw Renae take after the top Campolindo girl early and hard in the race. She could not quite sustain that pace, and slipped back a bit in the 2nd mile. Still, a top place for us. In a surprise grouping, Noura and her sore shins closed in on Kaelyn, who herself was but a tick or two behind Alexia, who took a bit too much time to get untracked. This little cluster is great teamwork. Verose, in her debut effort, has struggled through only a few workouts and still survived well.

Turns out we beat James Logan, a school 3 times our size.



Renae went out hard early today.



Alexia and Kaelyn work together.



Verose puts on a pretty good stride in her first ever race.



The boys all look focused at the start.



Sam popped out of our middle pack today to be our 4th boy overall.



Dominic had the HUGE PR today.

On the boys' side, Tyler, Nolin, and Vince all ran to the competition, and posted some nice PR's. We are still trying to sort out the complete boys' varsity picture, and Sam Rogers today established himself as a varsity candidate along with the sophomores Paolo and Ian, and seniors Juan and Ali, trailing not too far behind.

Veteran Ethan led the next Bulldog wave. Jack ran consistently, Dominic improved vastly over his summer workout time, Jared had a nice finish sprint, Nathan dug in to run consistently, and Parker kept up a steady pace.

When we run this course again this coming Saturday, each athlete should be looking at his or her PR and use that as a target to beat.

Scoring In Cross Country

Scoring is a bit different in this sport. The lowest score is best, much like golf. Each runner's score is the value of the place he or she finishes. So, if you finish 15th, you score 15 points for your team. Team scores are the total of the top 5 runners for each school. So, the lower that total is, the more your team finished towards the front of the race.

The perfect score is 15, which happens when your team goes 1-2-3-4-5 in a race, and the total of those 5 places is 15 points.

If a school does not have 5 runners, that school cannot have a team score in that race. The runners are still eligible for individual honors, but there is no team presence in the standings.

This week coming up: Week 5

9/5 Sunday -- OYO -- On Your Own Running 30-60 minutes
 9/6 Monday -- Labor Day Holiday -- no school OYO
 9/7 Tuesday -- 3:30 workout
 9/8 Wednesday -- 3:30 workout
 9/9 Thursday -- 3:30 Picture Day: Coach Angela handed out the forms already
 9/10 Friday -- 3:30 workout
 9/11 Saturday -- Ed Sias Invitational @ Hidden Valley Park