



The Bulldog Bark

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

Saturday, October 12, 2019



Boys' Frosh

2.1 miles

(98 finishers)

1. Jacob Bull (Castro Valley) 12:50
25. Caleb McCauley 14:23
- did not run
- Chris Breedlove

Caleb was determined to get himself into medal consideration, which was top 20 for this race, and so pushed himself early in the race. He nibbled at the edge of that top 20 spot the entire race and came up on a few seconds short.



Caleb thunders in to record another top 25% finish in frosh races.

Girls' Frosh-Soph

2.1 miles

Team Scores:

1. Castro Valley 33
2. Clayton Valley 62
3. Santa Rosa 69
4. Northgate 88
5. **Alhambra 130**
6. Mercy 131
7. San Leandro 134
8. Antioch 227



Alexia zooms in to earn her medal.

(72 finishers)

1. Cameron Huynh (Castro Valley) 14:33
- 7. Kylee Phillips 16:02
- 18. Alexia Hisquierdo 16:45
35. Kaelyn Nguyen 18:15
36. Reyna Arce 18:25
37. Jenny Duncan 18:27
47. Mia Padrique 19:37
67. Laila Flahiff 22:32
71. Reina Felson-Lamb 23:07
- did not run

Ariel Banez

Even with slipping and falling at the start, Kylee bounced back up and assumed her normal place among the race leaders. Alexia had a breakthrough race to earn her first medal of the season. Kaelyn was suffering a bit today, but she, Reyna, and Jenny formed a nice pack to close out our scoring.

Mia is now comfortable in competing higher up in races, and finished in the middle third of the race. Laila did well on a tough course. Reina showed off her new-found sprint in the last finish loop.

Boys' Frosh-Soph

2.1 miles

Team Scores:

1. Santa Rosa 41
2. De La Salle 86
3. Clayton Valley 99
4. Northgate 109
5. **Alhambra 118**
6. Fremont 134
7. San Leandro 144

8. College Park 172



Tino cheers on Joaquin and his man bun en route to a medal winning finish.

(99 finishers)

1. Dylan Mooney (Santa Rosa) 12:09
- 8. Cristian Ruiz 13:03 PR 2:14 (tie #10 All-Time BFS list)
- 10. Juan Herrera 13:07
- 17. Joaquin Hinkens 13:25 PR 2:52
49. Vince Montegrando 14:17
50. Jared Lipman 14:19
54. Ali Sobhy 14:29 PR 1:54
87. Ethan Arnold-Muth 17:03
- did not run
- Aaron Manning

We had some nice surprises in this race. Cristian again put him self into the front of the race early and challenged throughout. Juan is continuing his steady season-long improvement and closed strongly to be but seconds behind Cristian.

Joaquin joined the medal parade while chasing after Juan and came away with a gaudy PR to boot. Vince, Jared, and Ali were a tight trio right in the very middle of the race. Ethan is showing more confidence in every race.

We were only a few spots from team medals in this race, even after all those big PR's and tough efforts.

Girls' Junior Varsity

2.1 miles

(48 finishers)

1. Tiare Vasconcellos (Cal) 16:10
23. Kady Brown 18:11
32. Skye McKinsey 19:06

Kady kept up a good stride today, and was very close to a medal spot. Skye seems to be past her hip soreness, and was able to maintain a consistent pace.

Boys' Junior Varsity

2.1 miles

Team Scores:

1.	Casa Grande	52
2.	Clayton Valley	69
3.	Fremont	86
4.	San Leandro	91
5.	Santa Rosa	132
6.	Northgate	173
7.	Castro Valley	182 (70)
8.	California	182 (72)
9.	Arroyo	206
10.	Mt. Eden	224
11.	Alhambra	322
12.	Antioch	325



Kadyn in full flight in her finish sprint.



The JV boys have their game face on at the start.

(120 finishers)

1.	Chris Dolcini (Casa Grande)	12:50
62	Deen Sobhy	15:47
66.	Brandon Gray	15:53 PR 1:24
97.	Chris Rucker	17:05
112.	Maverick Gonzalez	18:13
117.	Andres Alvarez	18:27 PR 1:41
??	Santino Parenti	???
did not run		
	Jonas Knopf	
	Tim Truex	

We were missing two of our top JV boys today, and so the overall team results suffered from that. Nonetheless, the Dawgs all put in strong efforts. Deen once again used the last mile to establish himself as our team leader. Brandon has finally learned a bit patience in pacing himself and cruised to a nice PR. Chris

has become more of a factor with each race. Maverick is still coming back from a thigh injury. Andres popped a quality PR of his own.

Apparently the computer ate Tino's place and time. We'll have to sort that out as soon as we can.



Colby rounds the corner to the finish in his best race yet.

Girls' Varsity

3.0 miles

no Alhambra entries

Boys' Varsity

3.0 miles

Team Scores:

1.	Northgate	54
2.	Casa Grande	84
3.	Clayton Valley	89
4.	Alhambra	105
5.	Santa Rosa	111
6.	San Leandro	194
7.	Sonoma Academy	203
8.	St. Joseph's	218
9.	Castro Valley	241
10.	Fremont	279
11.	Arroyo	283
12.	Antioch	295
13.	Edison (Fresno)	307
14.	College Park	327
15.	Milpitas	334
16.	De La Salle	426

(119 finishers)

1.	Andrew McKamey (Santa Rosa)	16:42
• 6.	Colby Thompson	17:30
	(#5 All-Time BV list)	
• 15.	Tyler Allan	18:06
• 16.	Ben Smyers	18:09
38.	Ryan McCauley	18:49
39.	Carson Edwards	18:50
53.	Nolin Searls	19:12
did not run		
	Sam Dibetta	

The varsity boys again were our feature race, but not without a bit of mixed results. Colby had the race of his career for us, coming back from a slowish start to surge towards the front at about the halfway point and racing hard the rest of

the way. He grabbed a spot on our All-Time list as well. On the other hand, Carson apparently is not completely over his recent illness, and getting a bee sting right before the race didn't help. He was unable to maintain his desired pace, but still grimly held on as best he could to help out our scoring. Tyler and Ben took the initiative to pass Carson and move up into the small numbers at the front of the race and earned medals as well. Ryan and Carson formed the rest of our scoring pack. Nolin fell back early and couldn't get close to the rest of our pack. He still was above the fold.

While this was all going on, it was hard to think about the team scoring. The end result was a pleasant surprise to earn team medals, score close to established power teams in the race, and still beat 2/3 of the rest of the field.

Notes:

1. Great support team - -

The Alhambra travel squad is simply outstanding. We had a double bucketload of family, friends, siblings, and assorted enthusiasts congregating in the team area the entire meet. What a remarkable set of of support for the squad.

2. Helpful bunch of athletes - -

Once again, the Dawgs assisted in meet teardown to help out Coach Brewer in cleaning up after all the races were completed. Pulling up stakes, rolling up fencing, dismantling the finish arch . . . many hands make light the load. With the team's help, the course was completely cleared and all the materials stashed away within an hour of the last race.

3. The "flat spot" . . .

In every season there is a period of time where the PR's may not come so easily, where the energy is not quite there, where the workouts and race feel a bit tougher . . . and we have entered that little phase.

Part of the overall workout plan is to prepare for this inevitable lull in both performance and enthusiasm. We have established a consistent workout routine, and now we get to work on the little details to refine our running and training. Persistence always pays off, and in another week we'll be back with the bright smiles.

4. But still - - medals and PR's are still happening

We came home with 8 individual medals, team medals for the BV, and were only one spot away from team medals in the GFS and BFS. And those runners who could PR (that is, having run the same course the year before) almost all PR'd,

and hugely, too. If that's our mid-season "slump" then we're doing just fine.

Analysis

1. Improvement - -

Incrementally, we are gradually developing a serious core of girl runners. We have not made much of an impact on the overall competitive picture, but what we do have is a dedicated core of young ladies who are now are very serious about their running. And since almost all of them are brand new to running, with little or no background in distance running prior to this season, their persistence and personal commitment can only provide improvements over time.

If we can take this high level of involvement and carry it through track and summer running, by next year this team of lady runners will be a real factor.

2. What are the limits?

Apparently, improvement does not have a ceiling. Our boys' varsity team is having a series of quality races showing a steady climb up the comparison ladder. And if we can have the bulk of our runners, both boys and girls, put in the necessary miles between this season and the next (think track and summer running) then we can be very optimistic about 2020.

3. What's all this talk about next year?

Well, for one, the current 2019 success of our boys' varsity is largely based on the miles they accomplished during the summer. Exercise physiologists have proven that between 60% -70% of a team's success derives from summer miles. So far the improved performances of the Dawgs BV has validated that.

And for another . . . it's never too early to calendar in advance. With both the boys' and girls' programs so young, looking forward is an incumbent responsibility.