



The Bulldog Bark

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



Saturday, October 2, 2021

9 Medals !

2 All-Times Marks !

1 race winner !

Bulldogs A Presence At Artichoke Invitational

My, what a difference a few days make. After a squad-wide lackluster performance on Wednesday, the Bulldogs woke up and barked long and loud at the Artichoke Invitational this weekend. We may have a small squad, and we may have a few athletes dinged up and feeling a bit less than 100%, but there was no lack of enthusiasm, effort, and just plain grit with our runners today.

We took home 9 medals (out of 23 Bulldogs in competition), ran to 4 PR's, and earned 2 spots on the All-Time list, (which goes back 30 years on this course). Not bad at all.

There was a bit of confusion at the start, as the meet management had a big dip in attendance to not only the pandemic hangover, but also the unexpected competition from other meets in the area. This resulted in some conflicting voices about cancelled races and changing race times. It all got worked out.

The allure of the venue, the challenge of the layout, and of course - - the beach, all brought more than enough runners to the site for some very good competition.

All races are 2.33 miles.

• = earned medal



Renae took the lead early and never let up. Big win.

GFS -- Alhambra incomplete
(44 finishers)

- 1. Renae Searls 14:23
(#2 All-Time Alhambra GFS)
- 22. Rebecca Breedlove 18:34

Both of our girls earned medals. Renae got hers the easy way, surging to the lead early and then running away from the race completely. She was just seconds away from the school record on this course. Rebecca is getting into much better shape, and was able to hold her early aggressiveness further into the race.

BFS

Team scores:

- 1. Archie Williams 25
- 2. St Mary's 87
- 3. Half Moon Bay 89
- 4. Scotts Valley 98
- 5. Fremont (Sunnyvale) 138
- 6. **Alhambra 155**
- 7. Healdsburg 164
- 8. Terra Linda 209
- 9. Harker 219
- 10. Summit Demali 257
- 11. Summit Shasta 268

incomplete:

- California School For the Deaf
- South San Francisco
- Amador County
- Soquel
- Bay School
- Jefferson
- Kipp San Jose
- Oakland Military
- Summit Prep

(100 finishers)

- 1. Hideto Hara (Half Moon Bay) 13:00
- 13. Paolo Morales 14:17
- 36. Naj Asad 15:11
- 47. Jack Wagner 15:33
- 52. Dominic Cataldo 16:06
- 57. Sam Regan 16:26
- 66. Ian Knutson 17:00
- 73. J Wyatt Horton 17:33



Dominic and Wyatt work in tandem near the end of the race.

With all the Frosh combined with all the Soph, we had a pretty good ensemble here. Paolo seems to be improving with

each race. Naj has had a few distractions recently, but put his intensity to work to try to stay close to Paolo.

The real effort was with Jack overcoming his sloooow start to catch fire in the last part of the race, and Dominic and Sam using his effort to also finish strong. Ian had more trouble with his sore legs, and Wyatt is rapidly rounding into form after just a week or two on the team.

GJV -- Alhambra incomplete
(49 finishers)

- 1. Anna Bikle (Half Moon Bay) 16:00
- 6. Alexia Hisquierdos 18:13
(# 5 Alhambra GJV All-Time)
- 32. Mia Padrique 22:28
- 33. Mira Deslonde 22:44

Alexia ran to the front of the race right away, held on to position after the leaders took off, and even had a bit of a sprint at the end. And she put herself on the All-Time list for this course.

Mia, just a week into training, had a strong start and a slow fade albeit slower than Wednesday's race. Mira was a steady performer, and put on a nice sprint at the end to finish right after Mia.



Alexia's aggressive start paid off with a top finish

BJV

Team Scores:

- 1. Scotts Valley 32
- 2. Archie Williams 47
- 3. Fremont (Sunnyvale) 80
- 4. Terra Linda 104
- 5. Harker 110
- 6. **Alhambra 149**
- 7. Soledad 161
- 8. Oakland Military 191
- 9. Kipp San Jose 218

incomplete:

- Half Moon Bay
- Bay School
- Jefferson

Amador
 SF Waldorf
 Novato
 Justin Sienna
 Riverbank
 Summit Denali
 Heladsburg
 Kipp Navigate

(81 finishers)

1. Barrett Acker (Archie Williams) 13:28
- 15. Ryken Adams-Barnes 15:26
42. Jared Lipman 17:52
45. Ethan Arnold-Muth 17:54
65. Nathan Jameson 19:37
67. Parker Gneckow 19:39

Ryken went out strongly, as ordered, suffered a bit in transition, and then found another gear as he ran to a medal. Jared is getting better each race, and outsprinted teammate Ethan, who had missed a week but still ran consistently.

Nathan exhibited a lot more confidence in his running, and once again was able to hold off Parker, who once again unleashed a wicked finish sprint.



The BJV are the very picture of ferocity at the start.

GV - - Alhambra incomplete

(65 finishers)

1. Ashlyn Boothby (Scotts Valley) 13:52
- 22. Kylee Phillips 16:55

Kylee started out on fire, and was in the top 10 about halfway in the race. Calf cramps caught up to her and she battled to stay in medal contention.



After a calf cramp nearly hobbled her, Kylee still gamely held on to a medal position.

BV

Team scores:

1. Scotts Valley 32
2. St. Mary's 107
3. Fremont (Sunnyvale) 111
4. **Alhambra 124**
5. Terra Linda 154

6. Harker 173
7. Novato 175
8. Soquel 178
9. Healdsburg 201
10. Riverbank 255
11. Soledad 280
12. Justin-Sienna 286
13. Marysville 320
14. Oakland 361
15. Kipp Navigate 413
16. Pacific Bay Christian 432
17. Kipp San Jose 433

incomplete:

Amador County
 St. Abraham's
 Summit Shasta
 Turlock Christian
 Summit Prep

(115 finishers)

1. Ryder Brabo (Scotts Valley) 12:02
- 5. Nolin Searls 12:43
PR :52
- 10. Tyler Allan 13:08
= PR
- 15. Vince Montegrando 13:23
PR 3:09
29. Sam Rogers 14:02
71. Ali Sobhy 15:37
PR :53

This was our feature race, and it played out well for us. With Nolan leading the charge, and Tyler finally turning the corner on his leg soreness, and Vince having the biggest PR of his career, we put 3 boys in the top 15 of the race to be a presence.

Sam slipped in with his best race of the season to provide our best 1-4 grouping of the year. Ali was back, but pushed to establish his own quality PR.

This all produced our best overall team grouping and our best team showing of the season. 4th place in an invitational is not shabby at all.

Good work all around.



Nolin and Ryan as our lead tandem propelled us to a top team finish in the race.



Crowned Homecoming royalty the night before, Kaelyn continued her regal standing as our Queen of Cowbell.

And the Beach Party! Bulldogs Splash In the Surf

And for the real reason to show up early on a Saturday, we all tromped down to the beach after the races and had a couple of hours of fun and frolic.

As anticipated, the water was brain-numbing cold, but that didn't deter too many of the kids. As promised, Coach Brewer did his annual "tough old guy" routine and jumped into the surf himself.

The pizzas got showed down, the families sat around and chatted, and we all had a pretty good time.



Athletes play in the water.



Athletes attack the pizzas.



Parents chill on the sand.

Looking Ahead:

Saturday October 9

Castro Valley Invitational @ Canyon Middle School

This mid-sized meet features one of the toughest courses around, with the fabled Canyon mile as a center piece of the difficulty.

Friday October 15

Rough Rider Invitational @ Woodward Park, Fresno.

We will be taking just the varsity to this meet. It is a preview of the State Meet course, as well as a chance to run against Central Valley teams.

Wednesday October 20

DAL Center Meet # 2 @ Newhall Park, Concord

We continue our quest for DAL glory.

And How Do We Stack Up?

Team Comparisons

Nolin Searls	12:43
Tyler Allan	13:08
Vince Montegrando	13:23
Sam Rogers	14:02
Paolo Morales	14:17
Renaë Searls	14:23
Naj Asad	15:11
Ryken Adams-Barnes	15:26
Jack Wagner	15:33
Ali Sobhy	15:37
Dominic Cataldo	16:06
Sam Regan	16:26
Kylee Phillips	16:55
Ian Knutson	17:00
J Wyatt Horton	17:33
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Alexia Hiasquierdos	18:13
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