



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Saturday, September 15, 2018



Mt. SAC Invitational

Mt. San Antonio College
Walnut, CA
Friday, October 19, 2018

Always one of the feature events of the season, this year's edition of the Mt. SAC Invite expedition turned out to be not only a grand adventure and a good time by all, but also yet another exhibition of Bulldog excellence.

One school record. 5 team medals. 4 individual medals. 2 second place individual finishes. 3 additions to an already-impressive top 10 list for this course. And all the veterans of this race PR'd significantly. Not a bad haul at all for a traveling squad of 13 runners.

Boys' Frosh - Race # 11

- | | | |
|-----|----------------------|-----------|
| 1. | Half Moon Bay | 84 |
| 2. | South Pasadena | 89 |
| 3. | Alhambra | 95 |
| 4. | Covina | 103 |
| 5. | Bishop Montgomery | 112 |
| 6. | Foothill Technology | 122 |
| 7. | Oaks Christian | 133 |
| 8. | Marshall Fundamental | 172 |
| 9. | Classical Academy | 176 |
| 10. | Bret Harte | 270 |



Colby having the great race. Here he is cresting the last hill on his way to nearly winning the race.

(129 finishers)

- | | | |
|-------|--------------------------------|-------|
| 1. | 9 Connor Moore (Half Moon Bay) | 18:06 |
| •• 2. | 9 Colby Thompson | 18:07 |
| | # 6 ALH All-Time | |
| •• 6. | 9 Sam Rogers | 18:41 |
| • 32. | 9 Sam DiBetta | 20:19 |
| • 39. | 9 Nolin Searls | 20:55 |
| • 67. | 9 Aaron Manning | 21:52 |

This has been our feature group of runners all season long. Traveling this far means that we have no idea of our competition, so each race is a complete mystery.

That mystery took a while to unravel as the boys were patient in the first mile lurking back of the leaders by about 20 places or more in the

first flat mile. After the first set of hills Colby and Sam R had moved up towards the top 10, with Sam D. and Nolin still back a ways. Then they really showed their comfort level with the longer 3 mile distance and the hills.

Colby and Sam R. pulled themselves in the top 10, and Sam D. and Nolin were a strong pair not too far back also making up ground. Aaron was fighting well in our 5th man position.

Colby flew up the last hill, turned on the jets and chased the race leader all the way to the finish. Sam R. was seconds behind, and Sam D. and Nolin gained even a few more spots. Aaron gave his all to secure our final scoring. When the dust had finally cleared, we were a close 3rd, only points away from 1st and 2nd.



Skye continues her rapid improvement as a runner. Lots of determination in grinding up the last of the big hills.

Girls' Frosh - Race 12

Alhambra incomplete team

(128 finishers)

- | | | |
|----|----------------------------------|-------|
| 1. | Ryley Burns (Linfield Christian) | 20:09 |
| 50 | 10 Skye McKinsey | 25:34 |
| 52 | 9 Pearla Lopez-Cardinale | 25:43 |

It was gratifying to see our young girls toe the line with very little apparent trepidation. The trip, the hype, the heat, the big-meet atmosphere . . . Skye and Pearla took on the challenges and did very well. They got out in the middle of the race, and worked their way into the upper third as the race ground on. Kudos for finishing well "above the fold" in their first attempt at a 3 mile course.

Girls' Varsity - Race 18

Alhambra incomplete team

(70 finishers)

- | | | |
|------|--------------------------------|-------|
| 1. | Sydney Morrow (South Pasadena) | 19:19 |
| • 2. | 12 Nicole Tria | 19:31 |
| | PR :58; # 6 ALH All-Time | |
| dnf | 11 Clara Duran | n.t. |



The race leaders established themselves early in the first mile. Nicole is already on the shoulder of the eventual race winner.

Nicole was right in the thick of the lead group from the start, and worked her way up as the race went along. This has been her motif all season, and it worked well again today. It came down to a two-girl race over the last half mile, and the South Pasadena girl got the jump on Nicole early on the last downhill to pull away.

Clara was caught unawares by the "gate" feature of this meet, where the monitors pulled trailing runners off the course at the cross-over point in races that had stretched out. These decisions were made on the spot, and in Clara's case, the coaches felt it far too arbitrary.



Carson races to the finish in a strong medal position.

Boys' Varsity - Race 21

Alhambra incomplete team

(142 finishers)

- | | | |
|-------|------------------------------|-------|
| 1. | Kai Dettman (South Pasadena) | 15:57 |
| • 11. | 11 Carson Edwards | 16:57 |
| | PR :31; #10 ALH All-Time | |
| 68. | 12 Graham Manning | 19:04 |
| | PR :29 | |
| 93. | 11 Delano Roderick | 19:51 |
| 125. | 10 Ryan McCauley | 22:03 |

By this time of day, the heat was at its most oppressive, but our boys soldiered on regardless. Carson immediately established

himself in the top 10 group for the entirety of the race, and competently managed the heat, terrain, and competition to cement yet another medal-winning finish.

Graham and Del were a strong pair for us, with Del stretching himself to hang with Graham for as long as he could. A brave strategy that worked for over two miles before a bit reality set in.

Ryan dealt well with his last-minute promotion to varsity, but never could get untracked as the heat seemed to sap his performance significantly. Still, he exhibited true Bulldog grit and pounded out the full race effort.

And Some Moments Along the Way:



We arrive at the hotel.



Our chariot for the weekend.



Our happy camp.



In case we didn't know where we were already, a handy hillside reminder.



The construction of the new stadium here. Impressive edifice, even in the early stages.

Our Hidden Heroes:

Clara Duran



Clara was more than ready for her varsity race, and eager to prove her improved conditioning on this big stage. However, she fell victim to the "gate" which is the meet management's way of managing the cross over when the races overlap. She was pulled off the course by the monitors at the halfway point of what would have been her best race of the season. Next year for sure.

Aaron Manning



Aaron was our all-important 5th runner, closing out the scoring in our feature race of the day in the Boys' Frosh. His placing was key in securing the 3rd place finish and the team medals. Here he is charging over the top of the last hill, passing runners in his best race of the season. And afterwards he was still chiding himself for not trying harder.

And What An Entourage !



The moms (and Carson and Coach Angela) taking lots of pictures of the team after the races.

We had quite the tour party to accompany the coaches and runners to this meet. At last count, we had two dads, five moms, and one little sister all come along for the festivities. It's one thing to get out a lot of support for a local race . . . it's quite another to get this amazing turnout that involves a 500 mile road trip.

Best Quote of the Day

"That finish line kept getting farther and farther away." -- Skye

Hey, There Are Race Videos on Line, Too !

RunnerSpace has videos of each race. It takes a subscription to their service to access the videos so there is a cost factor. The videos do a good job of capturing all the runners for large portions of the race, including the finish line.

You can find this all at:

http://mtsacinvite.runnerspace.com/eprofile.php?event_id=422&year=2018&do=videos

You'll see a menu of races. Our races were:

- Boys' Freshman D4 Blue
- Girls' Freshman D4&5 Green
- Girls' Varsity D4 Yellow
- Boys' Varsity D4 Red