



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Saturday, October 6, 2018



Nice Day At The Beach

Bulldogs Perform Well At Artichoke Invitational: Lots of Medals and PR's



The Bulldog families gather in the early a.m. at the team compound.

The Alhambra squad did quite nicely at the always fun Half Moon Bay races. The Bulldogs came away with 9 medals spread out over all the races we entered. All of our veteran runners PR'd. And we had 6 additions to the Alhambra All-Time lists for this course. Not a bad day at all.

One of the aspects of having a small team is that there really isn't a lot of wiggle room for entries. With a couple of race-day scratches, the coaches had to scramble to re-arrange the roster to maximize the Alhambra impact. After a bit of confusion, we ended up consolidating the BFS and BJV squads into one BJV race.

Not only did we medal in every race, which means that we have individual talent at all levels, our scoring teams finished "above the fold" in all their races which means that we are in the top half of our competitions with team talent as well.

• = earned medal

Boys' Frosh-Soph

1.	Stuart Hall	35
2.	Scotts Valley	41
3.	Alhambra	57
4.	San Marin	114
5.	Summit Shasta	128
6.	Latino College Prep	135
7.	KIPP	158

13 incomplete teams

(74 finishers)

1.	William Burns (Stuart Hall)	13:30
• 5.	Colby Thompson # 9 ALH All-Time	14:07
• 8.	Sam Dibetta	14:29
• 11.	Nolin Searls	14:45
• 12.	Cristian Ruiz	15:08
37.	Aaron Manning	17:06

did not run:

Sam Rogers (knee)

The boys started out well, with Colby, Sam, and a now-healthy Nolin a strong presence near the front. Cristian was a surprise factor early in the race as well. The boys stayed strong through the middle of the race, and were able to use their hill strength to move close to the front as the race went on. Colby popped out of the pack for us, and Cristian opened lots of eyes with a breakthrough performance to finish close behind Nolin. Aaron trotted to complete our scoring.



Colby, Sam, Nolin & Cristian show off their pack running early in the race.

Girls' Frosh-Soph

no Alhambra entry

Boys' Frosh-Soph

no Alhambra entry



The JV girls are a happy bunch on the starting line.

Girls' Junior Varsity

Alhambra incomplete

(65 finishers)

1.	Ella Shenkar (University)	15:58
• 13.	Pearla Lopez-Cardinale # 4 ALH All-Time	18:12
31.	Carla Duran # 8 ALH All-Time	19:11
42.	Skye McKinsey	20:01

Again, it was the hill that we emphasized in the pre-race strategies as one of our team strengths, a place where we could pass other runners and move up in the pack. Pearl took this to heart, and moved up 10 or so places to earn her 2nd straight medal at an invitational.

Clara ran steadily, and Skye continues to improve rapidly.

Boys' Junior Varsity

1.	University	22
2.	Stuart Hall	67
3.	Alameda	77
4.	Soquel	84
5.	Oceana	142
6.	Alhambra	166
7.	Justin-Sienna	223
8.	Moreau Catholic	242
9.	Newark Memorial	271
10.	Scotts Valley	279
11.	KIPP	294
12.	Monte Vista Christian	301
13.	River Valley	327

17 incomplete teams

(150 finishers)

1.	Colin Cooper	13:10
• 15.	Ben Smyers # 2 ALH All-Time	14:23
• 23.	Ryan McCauley # 7 ALH All-Time	14:39
40.	Kai Badavinac	15:17
86.	Joaquin Hinkens	16:52
90.	Jonas Knopf	16:57
91.	Ali Sobhy	16:58
110.	Joshua Flores	17:37
139.	Andres Alvarez	20:27

did not run:

Billy Skinner (family)



Joaquin sports the headband today.

This race was a blind spot for the coaches after the last minute shifting of personnel. It was gratifying to see Ryan take the initiative to lead the Bulldog presence with a strong early race effort to be in medal position. Ben lurked behind him for about 2 miles. In the last stretch, Ben woke up and turned on the jets to move up considerably.

Kai once again showed flashes in his race, and gave us a nice # 3 man position. Joaquin, Jonas, and Ali, all also promoted to the older boys race, ran as their own little pack and

were able to hold a pace the entire race. Joshua was steady. Andres found his competitive band early, and continues to improve.

The real satisfying feature of this race turned out to be the much better team finish than expected. We were able to beat half the field, and with a team that did not materialize until the last minute.



Nicole sprints to the finish.

Girls' Varsity

Alhambra incomplete

(109 finishers)

1. Callie Jones (Branson) 14:06
- 4. Nicole Tria 14:55
PR 1:01; #6 ALH All-Time

Nicole once again got right into the race early, established a pace near the front, and used the duration of the race to pick off unwary runners for her top finish. Nice PR, too.

Boys' Varsity

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|-----|-----------------------------------|------------|
| 1. | Scotts Valley | 24 |
| 2. | Half Moon Bay | 111 |
| 3. | Stuart Hall | 119 |
| 4. | Saratoga | 142 |
| 5. | Notre Dame Sherman Oaks | 221 |
| 6. | Justin-Sienna | 230 |
| 7. | Moreau Catholic | 231 |
| 8. | Vanden | 254 |
| 9. | Oceana | 266 |
| 10. | James Lick | 295 |
| 11. | Amador (Sutter Creek) | 345 |
| 12. | Alhambra | 351 |
| 13. | Intern. French-American HS | 397 |
| 14. | Sonoma Valley | 421 |
| 15. | Marysville | 441 |
| 16. | St. Mary's (Berkeley) | 443 |
| 17. | Bentley | 445 |
| 18. | KIPP (Knowledge is Power Program) | 449 |
| 19. | River Valley | 451 |
| 20. | Harker | 460 |
| 21. | Latino College Prep Academy | 464 |
| 22. | Hayward | 491 |
| 23. | Technology | 497 |
| 24. | Summit Denali | 614 |
| 25. | Summit Shasta | 677 |
- 11 incomplete teams

(194 finishers)

1. Mitchell Ross (Scotts Valley) 12:31
- 7. Carson Edwards 12:49
PR :15
62. Graham Manning 14:06
PR :06

- | | | |
|------|--------------|------------------|
| 112. | Del Roderick | 15:04 |
| 113. | Deen Sobhy | 15:05
PR :32 |
| 143. | Chris Cota | 15:48
PR 2:13 |



Carson is all business mid-race.

This was the meet to allow our older and veteran boys to handle the varsity duties. All of the veterans PR'd, especially Chris who chopped off loads of time from last year.

Carson, even with his top finish, was not completely satisfied with his race. He finished in a cluster of 5 boys in a mad dash to the finish and though he should have beaten more than he did. Still a good race.

Graham held position as our #2 again, and eked out a small PR of his own. Del was a ways back of Graham and stayed at a solid pace. Deen was way back, and it took him the entire race to work his way up to finish right with Del. Chris was a nice consistent figure with his new-found confidence at his new faster pace.

And again, with no real expectations, it was satisfying to see that here again the team finished "above the fold" to place in the top half of the race.

And the Beach Party . . .

Perhaps the biggest draw of the day was not the chance to race, or the allure of earning medals, but opportunity to get to the seashore. The kids splashed around in the water, waded in the tidal backwash, ran in the sand, and gobbled down lots of pizza.

The adults stood around bundled up against the wind and chatted. Everyone seemed to have a real good time.

As an interesting side note to the community of runners, it turns out that the Searls family knows the owner of the Half Moon Bay pizza parlor since they were all college runners at the same time. A bit of texting ensued, and lo and behold -- the Alhambra team got their pizzas for half-off today.

Hats off to all the families who made the long drive early in the morning to get to Half Moon Bay, brought their sleepy children, and helped with the Beach Party.

Commentary:

Workouts Work --

The Alhambra squad, across the board, showed improved times, solid running, good hill work, ability to finish well, and increased confidence in racing in general. All of our

runners who could PR (that is, had run this course before) did PR over last year.

This a nice mid-season validation of the effort put out in workouts. There is still more to do, and more improvement to some, but it is nice to be able to see the fruits of the efforts so far.

The quality results we saw last week at the Ram Invitational turned out not to be a fluke. And hopefully today's good team showing will continue into next Saturday's Castro Valley Invitational as well.

Only 4 Weeks Left --

Yes, we are down to the last month of the season. The workouts will continue, and continue to be challenging as we head into the final phase of our regular season.

The culmination of the regular season is the DAL championships November 5th. After that, we have the the North Coast Championships to prepare for, and we will continue to train with our top runners for those two weeks.

And this week's depth chart:

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|------------------------|-------|
| Carson Edwards | 12:49 |
| Graham Manning | 14:06 |
| Colby Thompson | 14:07 |
| Ben Smyers | 14:23 |
| Sam Dibetta | 14:29 |
| Ryan McCauley | 14:39 |
| Nolin Searls | 14:45 |
| Nicole Tria | 14:55 |
| Del Roderick | 15:04 |
| Deen Sobhy | 15:05 |
| Cristian Ruiz | 15:08 |
| Kai Badavinac | 15:17 |
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| Joaquin Hinkens | 16:52 |
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| Aaron Manning | 17:06 |
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| Pearla Lopez-Cardinale | 18:12 |
| Clara Duran | 19:11 |
| Skye McKinsey | 20:01 |
| Andres Alvarez | 20:27 |

Just a casual glance shows that the concern from last week still remains. We're giving up too much time between Carson and the rest of the boys. The positive takeaway is that more of the boys have joined the group that is poised in behind Carson's team leading times. We will continue to work on trying to get some boys to accept the challenge to try to close that gap.

Coming up:

- Sat Oct 13 Castro Valley Invitational
- Fri Oct 19 Mt. SAC Invitational
- Wed Oct 24 DAL # 2 @ Newhall Park, Concord
- Sat Nov 3 DAL Finals @ Hidden Valley Park