



The Bulldog Bark

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

Sunday, November 10, 2019



• **4 DAL-Valley Team Champs !**
• **26 PR's !**
• **34 runners: 34 Team Medals!**
Diablo Athletic League
Championships
November 9, 2019
Hidden Valley Park, Martinez

• = earned team medal



The finish line -- the scene of much Alhambra glory today.

GFS

no Alhambra entries



Jared had the big PR for the BFS today.

BFS

Team Scores

1.	Campolindo	35
2.	Northgate	72
3.	College Park	88
4.	Las Lomas	90
5.	Clayton Valley	122
6.	Miramonte	173
7.	Alhambra	192
8.	Acalanes	200
9.	Benicia	230
10.	Concord	295
11.	Berean Christian	327
	Mt. Diablo	incomplete
	Ygnacio Valley	no team

(172 finishers)

1.	Sam Smith (Campo)	11:15
• 29.	Cristian Ruiz-Navarro	12:37
• 30.	Juan Herrera	12:37 PR :09
• 42.	Jared Lipman	12:47 PR 1:02
• 49.	Joaquin Hinkens	12:54 PR :07
• 53.	Vince Montegrande	13:04 PR :40
• 63.	Aaron Manning	13:11 PR :09

This was a display of team running at its best. Our scoring group was but a scant :27 apart. Even with Cristian and Juan gimpy with sore legs, they still led our troops who hung in as a tight cluster to easily outdistance our Valley Division rivals for the league title.

The icing on the cake is beating a Foothill Division team as well . . . in this case, the Acalanes BFS squad.

GJV

Team Scores

1.	Campolindo	17
2.	Clayton Valley	53
3.	Northgate	93
4.	Miramonte	110
5.	College Park	121
6.	Alhambra	160
7.	Las Lomas	169
	Acalanes	incomplete
	Benicia	incomplete
	Berean Christian	incomplete
	Mt. Diablo	incomplete
	Concord	no team
	Ygnacio Valley	no team



Jenny was our team leader for the GJV today.

(60 finishers)

1.	Mia Travis (Campo)	13:51
• 19.	Jennifer Duncan	15:51 PR :33
• 30.	Reyna Arce	16:29 PR :42
• 35.	Mia Padrique	16:56 PR :35
• 53.	Pearla Lopez-Cardinale	19:41
• 58.	Reina Felson-Lamb	22:54
dns	Ariel Banez	
dns	Laila Flahiff	

Reyna and Mia took off early to establish the team presence, and Jenny came on strong in the last mile to take over our team lead.

The real story was Pearla, who in rehabbing from minicus surgery had not run for months, was asked to compete today. Unexpected absences had left us with only 4 girls, and we need 5 to field a team. Pearla accepted the call, and was able, on grit alone, to jog the course and help us to the team title.



As an emergency replacement, Pearla came off the injured list to gingerly step through the race to help out the team effort.

BJV

Team Scores

1.	Campolindo	18
2.	College Park	65
3.	Northgate	95
4.	Acalanes	97
5.	Miramonte	128
6.	Clayton Valley	146
7.	Las Lomas	185
8.	Benicia	235
9.	Alhambra	240
	Benicia	incomplete
	Berean Christian	incomplete
	Concord	incomplete
	Mt. Diablo	incomplete

(134 finishers)

1.	Vishal Lashkari (Campo)	11:05
• 34.	Caleb McCauley	13:02 PR :48
• 45.	Badruddeen Sobhy	13:17 PR :05
• 63.	Ali Sobhy	13:34 PR :08
• 100.	Christopher Rucker	14:44 PR 1:33
• 101.	Tim Truex	14:51 PR :04
• 108.	Andres Alvarez	15:12 PR 1:09
• 117.	Ethan Arnold-Muth	15:38 PR :29
• 120.	Parrish Dodson	15:50 PR 3:05
• 123.	Maverick Gonzalez	16:11
• 128.	Santino Parenti	16:39 PR 1:10
• 134.	Christopher Breedlove	22:53 PR 2:25

Injuries, illness, absences . . . these had all plagued the BJV in recent weeks. Caleb and Ali were moved over from the BFS to help bolster the ranks to hopefully stay ahead of division rival Benicia.

The move was nearly successful, but Benicia got us by few points. Our boys put up the great effort with a slew of PR's in the process. This squad ended up in a tie with Benicia for the Valley Division title.



The freshman Caleb was called up to BJV and responded by being our team leader today.

GV

Team Scores

1.	Campolindo	32
2.	College Park	71
3.	Miramonte	84
4.	Northgate	109
5.	Las Lomas	116
6.	Acalanes	145
7.	Clayton Valley	158
8.	Ygnacio Valley	203
9.	Alhambra	240
	Berean Christian	incomplete
	Concord	incomplete
	Benicia	no team
	Mt. Diablo	no team



Kylee attacks the last hill.

(58 finishers)

1.	Audrey Allen (Mira)	18:17
• 32.	Kylee Phillips	22:30 PR :50
• 53.	Kadyn Brown	24:55 PR 1:17
• 55.	Skye McKinsey	25:34
• 56.	Alexia Hisquierdo	25:56 PR :13
• 57.	Kaelyn Nguyen	26:12 PR :09

All the girls that could PR, did PR. (Skye had not raced the 3.0 mile course before). Kylee put on her usual attack mode for as long as she could. The girls were able to continue to improve, and hold onto their 2nd place behind Ygnacio.

BV

Team Scores

1.	Campolindo	31
2.	College Park	62
3.	Northgate	102

4.	Acalanes	111
5.	Clayton Valley	137
6.	Alhambra	150
7.	Las Lomas	153
8.	Concord	192
9.	Benicia	202
10.	Miramonte	253
11.	Berean Christian	339
	Mt. Diablo	no team
	Ygnacio Valley	no team



Ryan, Carson, and Nolin form a nice trio in the early stages of the race.

(75 finishers)

1.	Dylan Gunn (Campo)	15:56
• 24.	Benjamin Smyers	17:17 PR :11
• 27.	Colby Thompson	17:20 PR :24
• 30.	Tyler Allan	17:30 PR :13
• 31.	Ryan McCauley	17:32 PR :13
• 39.	Nolin Searls	17:54
• 50.	Carson Edwards	18:20
• 67.	Sam DiBetta	19:21

With Carson still on recovery from anemia, the varsity boys had the challenge to continue their already impressive season without Carson's usual front-runner position. As with the BFS, it fell upon the team grouping to make this happen.

And so it did. Our 1-5 time span was an excellent :37. Only Campo, College Park, and Northgate had a faster # 5 runner today. We were the class of the Valley Division. And we were able to Las Lomas and Miramonte from the Foothill Division.

Additionally, we were but 39 points behind Acalanes, who is ranked right ahead of us in the NCS preview.

For the race itself, Tyler and Ben were the quickest Bulldogs off the line. A bit back were Ryan, Carson, and Nolin. Colby was in lurk mode further back, and Sam was having a rough day.

Up the final hill, Ben and Tyler had been joined by Colby and Ryan, and the final sprint sorted out our close-knit top 4. Nolin gutted out a solid #5 spot for us. Carson was in cruise mode under coaches' direction. Sam struggled in.

Even with all the minor in-race variations, the outcome was still strong. We have two weeks to finesse this team into even more of a contending squad.

Final DAL - Valley Standings

(combined Center Meet races - 50% and Finals races - 50%)

GFS

1. Benicia

Did not field a complete team this year:

Alhambra

Berean Christian
Concord
Mt. Diablo
Ygnacio Valley

BFS

1. **Alhambra**
2. Benicia
3. Concord
4. Berean Christian

Did not field a complete team this year:

Mt. Diablo
Ygnacio Valley

GJV

1. **Alhambra**
2. (tie) Benicia
2. (tie) Ygnacio Valley

Did not field a complete team this year:

Berean Christian
Concord
Mt. Diablo

BJV

1. (tie) **Alhambra**
1. (tie) Benicia
3. (tie) Concord
3. (tie) Ygnacio Valley

Did not field a complete team this year:

Berean Christian
Mt. Diablo

GV

1. Ygnacio Valley
2. **Alhambra**
3. Benicia

Did not field a complete team this year:

Berean Christian
Concord
Mt. Diablo

BV

1. **Alhambra**
2. Concord
3. Benicia
4. Berean Christian
5. Ygnacio Valley

Did not field a complete team this year:

Mt. Diablo

Notes and Commentary - -

1. **Bulldogs are on a roll.** Here are some comparisons:

DAL finals	# boys	# girls
2017	11	4
2018	22	4
2019	24	10

Division place	2017	2018	2019
GFS	inc	no team	no team
BFS	inc	2nd	1st
GJV	no team	inc	1st
BJV	inc	2nd	1st (tie)
GV	inc	inc	2nd
BV	inc	2nd	1st

2. Everyone's a winner and it isn't charity.

With all of our entered teams finishing in the top end of their races, all of them ended up in team medal positions. So, all of our runners today ended up with medals. 34 runners; 34 medals. That's the type of math coaches like to see.

3. We compete in a strong league. Many of our teams make the rankings. Campolindo dominates the landscape with top NCS and State considerations. Acalanes, Miramonte, College Park, and even our own Boys' Varsity have appeared so far on the radar. Here's the latest:

State Rankings

Campolindo - D-III Boys # 3
D-III Girls # 3

NCS Rankings

Campolindo D-III Boys # 2
D-III Girls # 1
College Park D-II Boys # 4
D-II Girls # 3
Acalanes D-IV Boys # 2
Miramonte D-IV Girls # 1
Alhambra D-IV Boys # 3

4. NCS Races

We will continue training with our North Coast Section squads, boys and girls, for the next two weeks. Workouts will be at the standard time and place. The training will continue as before.

5. NCS Tee shirt sales - -

Now that we have had our taste of customers clamoring for shirts, we get to move on to the NCS sales table. Instead of dealing with 576 athletes and assorted coaches and parents who evidently all wanted shirts yesterday, we get to deal with about 1300 athletes who will all want shirts and caps and patches at the NCS races. We get to handle the sales and in return we get a generous commission from the NCS office for doing so.

Be sure to check your e-mail inbox for the Sign-Up Genius link to get in on the action. Athletes can work the counter too.

6. Post-Season Training

All runners are encouraged to keep on running. After Thanksgiving, Coach Brewer will be on the track daily to handle the distance runners wishing to stay in shape. Let's call it Pre-Season training for track. Not running between Cross Country and Track is not a good idea. And for those athletes who want an even better season for 2020 cross country, that preparation starts right away.

7. Awards Night - - our team awards night will be Wednesday, December 4. Put that on your calendar, and stay tuned for the details.

8. Next Season Already - - even though we have not yet put the 2019 season to bed entirely, the 2020 season is already in its formative stages. In broad strokes, here is a general prognosis for next year's cross country team:

Strengths - -

- momentum from this year's string of successes
- almost all of our impact runners from this year will be returning
- the team atmosphere of support, athletes and families alike, is exceptional

Needs - -

- more athletes, especially girls. Recruiting is in order.
- continuing to work on focus and screening out distractions
- expectations - - continue to raise the bar for individual and team outcomes

9. Diving Into the Record Book

The last time the Boys' Varsity won a league title was in 1988. The Girls' Varsity was league champion in 1990, and also placed 2nd in 1984 and 2008.