



The Bulldog Bark

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



Friday, November 1, 2019

Diablo Athletic League Center Meet # 2 Newhall Park, Concord October 30, 2019

GFS (1.95 miles)
no Alhambra entries



The GFS boys pose against the backdrop of Mt. Diablo at the start.

BFS (1.95 miles)
DAL Valley Division
Alhambra 16, Concord 47
Alhambra 15, Berean 50
Alhambra 22, Benicia 35
Alhambra 15, Mt. Diablo incomplete
Alhambra 15, Ygnacio Valley no team

Final BFS DAL Dual Meet standings:

	Valley	Overall DAL
1 Alhambra	10-0	11-13
2 Benicia	8-2	8-16
3 Concord	6-4	6-18
4 Berean	4-6	4-20
5 Mt. Diablo	0-10	0-24
5 Ygnacio	0-10	0-24

(176 finishers)

1. Sam Smith (Campo)	10:24
20. Cristian Ruiz	11:39 PR :52
24. Joaquin Hinkens	11:49 PR 1:33
31. Juan Herrera	11:59
45. Aaron Manning	12:11 PR :48
60. Vince Montegrando	12:29
63. Jared Lipman	12:34 PR 3:19
67. Caleb McCauley	12:39
72. Ali Sobhy	12:44 PR 1:03

Cristian lead the troops as expected, running with a lot of confidence just behind the front pack of the race. The rest of the boys were packed together not too far behind. As the race went through the 2nd mile, Cristian was able to maintain his position. The rest of the boys worked their way up to close in not far behind him.

Aaron was the bold one with a great 1st mile, dragging the rest of the boys behind him.

Joaquin bided his time, and in the best race of the season, crushed the last half mile to finish right behind Cristian. Juan worked his way up well after a so-so first mile. Aaron held form to scurry in well. Vince woke up and made a late move to close ground, with Jared, Caleb, and Ali all but mere seconds behind him.

The PR's tell the story, and the pack running was exceptional. We were able to easily dispatch our division rivals and nail down the league lead in the BFS.

GJV (1.95 miles)
DAL Valley Division
Alhambra 26, Benicia 29
Alhambra 15, Berean no team
Alhambra 15, Concord no team
Alhambra 15, Mt. Diablo incomplete
Alhambra 15, Ygnacio Valley incomplete

Final GJV DAL Dual Meet standings:

	Valley	Overall DAL
1 Alhambra	10-0	12-12
2 Ygnacio	4-6	5-19
2 Benicia	4-6	5-19
4 Berean	0-10	0-12
5 Concord	0-10	0-12
6 Mt. Diablo	0-10	0-12



Aerial (and her hair) are in full flight mid-race.

(62 finishers)

1. Sydney Roberts (Campo)	13:03
30. Jenny Duncan	15:20
38. Mia Padrique	15:54
43. Aerial Banez	16:32
57. Laila Flahiff	18:44
58. Reina Felson-Lamb	18:32

Mia was our surprise early leader as she is showing off her continuing improvement. It took Jenny to hold the race to chase her down in Jenny's now-patented come-from-behind modus operandi. Aerial opened a lot of eyes with her rapid race improvement. Laila and Reina survived to give us the 5 finishers for a full team score.

And when all the dust had settled, we once again were able to outpoint Benicia to enter the DAL championships in first place.

BJV (1.95 miles)

DAL Valley Division
Alhambra 26, Benicia 29
Alhambra 20, Ygnacio 33
Alhambra 15, Berean forfeit (incomplete var team)
Alhambra 15, Concord incomplete
Alhambra 15, Mt. Diablo incomplete

Final BJV DAL Dual Meet standings:

	Valley	Overall DAL
1 Alhambra	10-0	10-14
2 Benicia	8-2	8-16
3 Concord	3-7	3-21
3 Ygnacio	3-7	3-21
5 Berean	0-10	0-24
5 Mt. Diablo	0-10	0-24



Andres and Chris provide the final punch we needed to beat Benicia to maintain our DAL-Valley lead.

(134 finishers)

1. Sam Morasch (Campo)	10:26
25. Sam Dibetta	11:53
64. Brandon Gray	12:51
78. Deen Sobhy	13:13
92. Tim Truex	13:55
101. Andres Alvarez	14:08 PR 2:52
102. Chris Rucker	14:10
115. Ethan Arnold-Muth	15:10
122. Tino Parenti	15:54
134. Chris Breelove	22:52

This was a nailbiter for us the whole way. With illness and other excuses keeping runners away from workouts, we had diminished expectations. Sam was dropped down from varsity to help out, and the rest of the older boys summoned enough to once again stay in front of Benicia and YV to hold on to our divisional lead.

GV (2.95 miles)
DAL Valley Division
Ygnacio Valley 20, Alhambra 39
Alhambra 23, Benicia 32
Alhambra 15, Concord incomplete
Alhambra 15, Berean no team
Alhambra 15, Mt. Diablo no team

Final GV DAL Dual Meet standings:

	<u>Valley</u>	<u>Overall DAL</u>
1	Ygnacio 10-0	10-14
2	Alhambra 8-2	9-15
3	Benicia 3-7	4-20
4	Berean 0-10	0-24
4	Concord 0-10	0-24
4	Mt. Diablo 0-10	0-24

(66 finishers)

1.	Audrey Allen (Mira)	17:04
26.	Kylee Phillips	20:05
57.	Kadyn Brown	22:46
58.	Skye McKinsey	23:11
59.	Alexia Hisquierdo	23:22
60.	Reyan Arce	23:40
65.	Kaelyn Nguyen	24:58

This was more of an issue of survival than anything else. Most of the girls were still recovering from the Mt. SAC run, and Kaelyn has a heavy head cold. Nonetheless, they toed the line with determination.

True to form, Kylee took off try to hold on to the leaders. Skye was the early leader of the rest of our pack, and Kadyn slipped past her halfway. All the scoring pack of our girls stayed in a nice group, which allowed us to beat Benicia. We were still behind YV, which places us 2nd in our division going into the finals.



Kylee has a good race to continue her ongoing season as our #1 girl runner.

BV (2.95 miles)

DAL Valley Division

Alhambra 21, Benicia 37
 Ahambra 25, Concord 33
 Alhambra 15, Berean incomplete
 Alhambra 15, Ygnacio Valley incomplete
 Alhambra 15, Mt. Diablo no team

Final BV DAL Dual Meet Standings:

	<u>Valley</u>	<u>Overall DAL</u>
1	Alhambra 10-0	17-7
2	Concord 8-2	8-16
3	Benicia 6-4	6-18
4	Berean 2-8	2-22
5	Ygnacio 1-11	1-23
6	Mt. Diablo 0-10	0-24

(79 finishers)

1.	Sam Roth (Aca)	14:55
23.	Ben Smyers	16:14
26.	Nolin Searls	16:18
29.	Colby Thompson	16:27 PR :50
34.	Tyler Allan	16:32
42.	Carson Edwards	16:49
43.	Ryan McCauley	16:54



Ben ended up our # 1 runner today in a very good team finish.

Perhaps the most striking part of the race was watching Carson once again struggle in a race. (He has since been diagnosed with anemia, and is on a regimen to bring him back to normal soon.). The second most striking part was watching Nolin shoulder the lead runner duties for the bulk of the race until the very end when Ben sprinted past him to the finish. But the very unnoticed third striking part of the race was all of our runners finish in a tight grouping of only 40 seconds.

This is excellent pack running. All of the boys were eyes-up, no-holds-barred, running machines today. When Carson returns to his norm, this group of runners can only get better.

And we easily dismissed the challenges of Concord and Benicia with our superior depth and pack running to remain in 1st place in our division.

Looking Ahead:

DAL Championships 11/9 !!!

Team glory:

We are at the end of our regular season. The DAL finals are Saturday November 9 at Hidden Valley Park. The first race is scheduled for 1:00 p.m.

The Bulldogs are poised to take DAL-Valley titles in 4 of the 6 races, and 2nd in a 5th. This is a significant improvement from last year where we were 2nd in but three race categories.

The athletes and coaches are expecting a slew of PR's, batches of medals, and a team-wide validation for all the hard work the kids have put in this season.

Tee-shirt sales:

Alhambra has in place our fundraiser, where we sell the championship tee-shirts. This sales venture also funds all the medal the DAL does not supply. As a league, the cross country coaches are committed to honoring the efforts of the JV and Frosh-Soph teams and not just the varsity runners. The medals are our way of awarding a tangible affirmation of accomplishment.

What this means is that we will need volunteers are needed to handle the tee-shirt booth for the 4 hours or so of the races. (High degree of visibility, right by the finish line.). Stay tuned for details.

North Coast Championships 11/23

Varsity runners continue:

We will forge ahead with training for the interim two weeks between the DAL and the NCS championships. Our boys are in contention for a top spot, and our young girls are in a position to get valuable experience for next year.

More Tee-shirt sales:

Alhambra has the inside track on another very lucrative fundraiser, where we sell all the NCS souvenirs and get a healthy 5% commission on all sales. This is an easy \$1K or more for the 4-5 hours of the NCS races. We will need to have many hands to handle this. Stay tuned for that.

State Championships 11/30 ? ?

Boys' Varsity in contention:

We are in a very strong position to contend for the third at the NCS Championships in Division IV boys. This is also the last qualifying place for a berth at the State Championships. Should we rise to the occasion, we will be able to take our season to the very end and participate in the best high school championships in the nation.

Hold your breath. This just might happen. And if it does, we train for yet another week. And we will have to travel to Fresno on Thanksgiving break.

Nike Nationals In Portland 12/5- 12/7

Post-season travel:

Coach Brewer once again invites any interested runners to join him on his annual trip to Portland to see the national high school championships.

This is not a school-sponsored event, and involves a travel cost factor. However, it does involve the championship race, a commhnit 5K race on the same course, a college visit, and cultural excursions in the Portland ambience (the food truck scene, Powell's Books, trendy dinner restaurants, et cetera).

Check with Coach Brewer for more information.

Winter Workouts December & January

Winter running

For those who are not transitioning to a winter sport (soccer, basketball, wrestling) we will be offering winter running for those who will be running distance for track.

And for those who want to explore the other track events - - sprints, jumps, hurdles, vaulting, throws - - winter workouts will be starting soon to address both general conditioning and also specic event techniques.

Head track coach Ms. Hern will be announcing this pre-season part of track, and Coach Brewer will be available every weekday afternoon for sessions.