



The Bulldog Bark

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



Saturday, November 20, 2021

The Season Continues !
1 State Meet Qualifier !
2 Top 10 finishes !
3 All-Time Top 10 Times !
5 PRs !

Bulldogs Make Mark at NCS Finals !



The boys pose after the race: Nolin, Tyler, Jack, Juan, Sam, Paolo, Ali, and Ryken.

Division IV Boys

(3.0 miles)

Team Scores:

1	Albany	46
2	Archie Williams	89
3	Piedmont	103
4	Acalanes	123
5	Bishop O'Dowd	171
6	St. Mary's College	209
7	Kennedy (Fremont)	212
8	Miramonte	224
9	Marin Catholic	244
10	Moreau Catholic	246
11	Alhambra	281
12	Encinal	306
13	Arcata	347
14	Piner	359
15	Terra Linda	380
16	San Marin	418
17	San Rafael	475
18	Eureka	481
19	Hercules	543

(144 finishers)

1	Morello, Sean (Albany)	15:16
10	Searls, Nolin	16:08
	PR :50	
	#7 ALH All-Time Hayward Course	
46	Rogers, Samuel	17:25
68	Montegrande, Vince	17:53
	PR 2:11	
72	Allan, Tyler	18:04
98	Morales, Paolo	18:44
102	Wagner, Jack	18:54
	#10 ALH All-Time Frosh Hayward Course	
105	Herrera, Juan	19:00
	PR: 04	

As has been the norm for us all season, this race was a series of ups and downs.

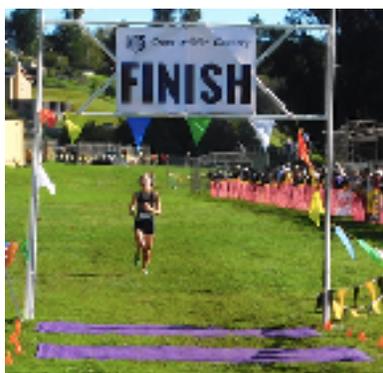
Ryken could not answer the bell due to a troublesome ankle. Juan was subbed in, but he had missed several weeks due to his own knee issue. Jack was promoted off of the frosh-soph squad to give us a full 7 runners. And Ali was in the wings if we needed an emergency last minute sub.



Nolin crosses the line to nail down 10th place.

Nolin ran the race of his life to be in the top-10, which gave the Alhambra crowd a momentary thrill of possibility that he might have run to an individual state meet berth. Turns out he was two spots away, but a great race nonetheless. Sam had his best race ever to surge from our normal #4 runner to be our #2 today with a great last mile push. Vince and Tyler were a nice duo for us. Paolo moved up to be our #5 today to close out our scoring. Juan was game, but his limited conditioning held him back a bit. Jack got more confident as the race went on and passed Juan late. Not bad for a freshman.

The PR's are all from 2019, when we last raced here.



Renae punches her ticket to the State Meet with an excellent 3rd place finish today.

Division IV Girls

(3.0 miles)

Alhambra incomplete

(105 finishers)

1	Williams, Olivia (Acalanes)	16:15
3	Searls, Renae	17:59
	#2 ALH All-Time Hayward Course	
	#1 ALH Soph All-Time Hayward Course	

83	Nguyen, Kaelyn	23:22
	PR :47	
90	Hisquierdo, Alexia	24:00
98	Padrique, Mia	25:09
	PR :34	

With an incomplete team, we were not a factor in the team scoring, so the race became a statement of pride in individual participation. Renae ran a smart race in letting the two studettes in the race take off on their own race, and focusing on establishing herself as the #3 runner today. Halfway through she shrugged off the pesky Miramonte girl to do exactly that. Her time was overall the 7th fastest mark on the day of all the 541 girls in all of the divisions.

Kaelyn jumped out to be our #2 today with a determined effort and earned a sizeable PR in the process. Alexia, dealing with comeback from her ferritin deficiency, was able to at least have consistent race. Mia, even with only a third of a season under her belt, responded with a determined run and a PR.

Renae's finish makes her 1st team All-NCS.

State Meet !!!

Renae To Rep Alhambra In Fresno

Renae's top finish today propels her to the State Meet next Saturday. The Bulldogs have an impressive history at this pinnacle of Championship racing, and Renae looks to be a strong contender in her debut at this level of running.

Alhambra Girls' State Meet & Woodward Park History

Top 11 Girls:

1	12	Allie Timbrell	18:30	2014
2	11	Marissa D'Atri	18:35	2016
3	11	Amy Loper-Riley	18:57	1998
4	12	Jewelz Andrews	19:01	2010
5	12	Jessica Neu	19:08	1999
6	12	Nicole Tria	19:32	2018
7	12	Samantha Jones	19:45	2002
8	10	Renae Searls	19:53	2021
9	10	Tanya Rosengren	20:49	2001
10	10	Shannon Manuel	21:10	2002
11	11	Lindsay Lightsey	21:11	2002

Renae's race is at 10:00 a.m. this coming Saturday. If you want to watch the races, it takes 3 hours to drive to Fresno, and another 30-45 minutes to get into the park, park the vehicle, and then find the team area. Plan accordingly if you want to come and watch.

Season Summation

Well, perhaps it is a bit too early to call it a summary, since we still have a runner in competition, but we can still be reflective of the season in general.

Post-Pandemic Blues

Coming out of the 18 months of general stop-and-go interruptions to steady training, the Bulldogs found that we also were short on numbers. Our recruiting yielded fewer new runners than we wanted. Several veterans elected to not return at all. And of course the injuries kept a few runners on the shelf for periods of time.

Small Numbers

With few girl runners, we had a hard time putting a full team (5 runners) on the line at any one time all season long. In that regard the program was on the shy side of things.

Boys' Teams Works in Progress

We were faced with an interesting mix of veterans and rookies, older and younger runners, healthy and injured athletes. With a larger group of boys, we were able to mix and match all year to out together a respectable squad.

Even though we were buried in the standings within our own league, when we were matched against teams our own size, we were more than just respectable. Top varsity finishes at Artichoke and Roughrider, in particular, showed that in our bracket we could field a respectable squad. Which is precisely what we did today.

Quality end of season

The boys ended with a solid middle-of-the pack finish at North Coast, with Nolin running to a top 10 individual finish. For the girls, Renae ran tough to take a 3rd in her race to extend her season to the very end - - the State Championships.

The future?

Well, the Bulldogs need more runners. There will be a solid core of experienced runners for the boys, but the small girls' team numbers remain problematic.

The best attribute is the overall work ethic of the runners, who have learned that improvement in running can only be gained by persistent, consistent, and insistent running over a extended period of time.

Whatta League !

DAL Shows Off Prowess

We belong to a strong league. Even though the individual schools tend towards middle to small enrollments, as a group we tend to punch well about our weight class, as the metaphor goes.

Here is reference to how we as a league stack up against the rest of the North Coast - - 6 schools from the DAL are sending a team or individuals to the State Meet.

2 schools are NCS division champions

2 schools are sending both girls and boys' teams to the State Meet

53 total DAL athletes off to the State meet. Cool, eh?

Boys: (94 boys' teams)

• = State Meet Qualifying team or individual:

Campolindo: • 1st D-II
2nd overall NCS

Northgate: • 4th D-III
11th overall NCS

College Park • 4th D-II

Acalanes	15th overall NCS 4th D-IV 17th overall NCS • 5th Tyler Hunt 15:37
Clayton Valley	10th D-II 29th overall NCS
Las Lomas	8th D-III 30th overall NCS
Miramonte	9th D-IV 41st overall NCS
Alhambra	11th D-IV 49th overall NCS
Benicia	16th D-III 69th overall NCS
Berean	17th D-V 80th overall NCS

Girls: 74 girls' teams

Campolindo	• 1st D-III 2nd overall NCS
Miramonte	• 1st D-IV 5th overall NCS
Acalanes	• 3rd D-IV 11th overall NCS
College Park	5th D-II 14th overall NCS • 8th Lindsey Reed 18:29 • 13th Hailey Haliford 18:58
Las Lomas	5th D-III 15th overall NCS
Northgate	• 4th D-III 16th overall NCS
Clayton Valley	10th D-II 44th overall NCS
Benicia	16th D-III 58th overall NCS
Berean	14th D-V 61st overall NCS
Alhambra	incomplete D-IV • 3rd Renae Searls 17:59

Photos:



Jack surges into the last mile of the race.



Sam attacks the last hill.



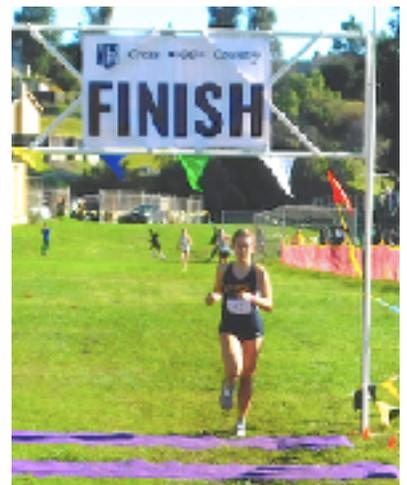
These three girls started the race in this order, and ended in the same order 3 miles later.



Kaelyn in full stride in the first mile.



Mia contends with opponents early in the race.



Alexia makes the best of her opportunity to race.