



# The Bulldog Bark

The Voice of Alhambra Cross Country

Saturday, February 28, 2021



## DAL # 2 In The Books

### Bulldogs Show Well in Valley Division

We were off to Concord High for the 2nd DAL Valley center meet of the season. The weather was a bit chilly at the start, but the sun warmed things as the meet went along. Spirits were high as 5 schools were represented in this event and the assembled throng was eager to participate in a running competition.

#### Pancake course

We encountered yet another flaaaat course to race on. The "hill" was a bit of a bump right outside the track, but with a mix of track, bike trail, grass, and basketball courts, the course offered enough change of terrain to still make it interesting. This may not be the type of training we do more frequently here in Martinez, but it was nice to have a speed course to continue to hone our racing skills on.

#### Hoopla in spades

We had music. We had electronic timing. We had an informed and verbose announcer give us the stride-for-stride commentary. There were flags and streamers and banners aplenty. Printed name tags. Volunteers were course monitors, timers, chute workers. Cow bells tinkled in encouragement. A great atmosphere.

#### Covid Cross Country Classic

And of course, we had races. Even with the small fields, and few complete teams, the competitive zeal was undampened as the runners contended and vied and jostled and just plain raced. It was easy to see that despite the outcome, all runners were just damn plain glad to get out, put on a uniform, and race some other school.

#### Bulldog Presence

We may be a small team, but in comparison with our DAL Valley competitors, we are a strong imposing presence. Our runners in large part ran to the course and to the competition. And we almost all improved on our previous race, and we are most certainly eagerly looking forward to hosting the culminating DAL-Valley race in two weeks. With hills on the course, we are licking our chops about how much our oppenets will suffer.

## And the races !

### DAL #2 (Valley)

2/27/2021, Concord HS

#### Girls' Junior Varsity (2 Miles)

1.	ALH	15		
1.	12	Erika Martinez	13:49	CON
2.	10	Allison McCabe	14:28	BEN
3.	10	Alexia Hisquierdo	14:37	ALH
4.	9	Renaë Searls	15:28	ALH
5.	10	Laniya Fulsom	15:32	YV
6.	10	Veydi Gonzales	15:37	MD
7.	9	Noura Sobhy	16:07	ALH
8.	11	Reyna Arce	16:30	ALH
9.	11	Kaelyn Nguyen	16:39	ALH
10.	10	Haylie Jacobs	16:53	CON
11.	11	Mia Padrique	17:00	ALH
12.	9	Vila Christensen	17:59	YV
13.	12	Heidy Esparza	18:41	YV



Alexia highsteps to the finish as our top girl today.

We put all of our girls in the JV shorter race (only 2.0 miles) to give them all a chance to get comfortable with a faster race pace. This is of course to see how we have progressed in this short season.

Renaë went out hard early on but then dropped back out of an overabundance of caution. The Concord girls was showing off on her home course and took the race over eary and let the field behind.

The Benicia girl, in her first race, showed she is no slouch and kept a strong pace. Alexia kept the Benicia girl in her sights the entire race but could not quite get close enough to her to make a challenge at the end. Renaë recovered to find a managable pace.

Noura shrugged off her shin pains to stay strong the whole way. Reyna, Kaelyn, and Mia were each holding an aggressive pace, and all had the quick sprint finish.

#### Boys' Junior Varsity (2 Miles)

1.	CON	15		
1.	10	Andrew Hill	12:30	BEN
2.	12	Julien Lutz	12:33	YV
3.	11	Sam Rogers	12:38	ALH
4.	12	Oliver King	12:40	YV
5.	11	Victor Zaragoza Pardo	13:10	YV
6.	11	Erick Rosas Gonzalez	13:18	YV
7.	12	Ernesto Perez Gutierrez	13:31	CON
8.	11	Oswaldo Gomez	13:33	CON
9.	9	Savion Martin	13:57	MD
10.	11	Ethan Arnold-Muth	14:39	ALH
11.	12	Ryan Willsie	14:59	CON
12.	12	Dylan Roberts	15:58	CON
13.	12	Justin Cao	16:38	CON
14.	9	Dean Shahin	17:10	ALH



Sam challenges the leader on the last stretch.

For some reason the Concord coach decided to break up the BJV race into two segments. The field wasn't that big to begin with, so who knows. We ended up running with just 5 boys in the whole race.

Sam got aggressive, and ran beyond what his conditioning has indicate the last two weeks. With a bit of a quicker start, he may actually have run down the Benicia boy on the last track portion. Great effort.

Ethan settled into a pace and was unable to break out to a quicker finish. Dean has only had a few workouts so far, and so suffered for two miles. He'll get better.

#### Girls' Varsity (3 Miles)

1.	YV	15		
1.	12	Quinn Whiteley	19:49	YV
2.	10	Alana Sevier	20:47	CON
3.	12	Araceli Castro	20:57	YV
4.	12	Piper Kunesh	21:53	YV
5.	11	Sirena Saldivar	22:10	YV
6.	12	Alexa Rios-Adame	22:24	YV
7.	11	Amelia Porter	23:06	CON

We had no runners in this race. Still, we got to see the DAL-Valle lead girl, Quinn from YV, run away from the field in a no-doubt-about-it performance. Strong running.

## Boys' Varsity (3 Miles)

1.	ALH	22	
2.	CON	33	
1.	12 Benjamin Smyers	16:19	ALH
2.	12 Logan Jacobs	16:27	CON
3.	11 Nolin Searls	16:51	ALH
4.	10 Tyler Allan	16:53	ALH
5.	12 Aidan Donovan	16:55	YV
6.	12 Ryan McCauley	17:20	ALH
7.	12 Brandon Simpson	18:02	CON
8.	9 Cameron Crow	18:25	CON
9.	10 Zachary Dahl	18:26	CON
10.	11 Vince Montegrando	18:30	ALH
11.	10 Evan Lewis	20:49	CON
12.	10 Zachary Willis	20:55	CON



Ben shows off his finish speed in putting the race away in the last 150 meters.

And this was the showcase event of the day for us, and the anticipation was in large part fulfilled by the result. With our top 5 boys finally in a single race for the first time in over 15 months, we devastated the rest of the field.

Sure, the Concord boy was defending his home turf and had a heroic final mile push to challenge Ben, but the Smyers jet-stream finish took care of him. Nolin got the jump on the rest of the field before even entering the stadium for the last push, which he needed to hold off the dynamic duel between Tyler and the lead YV boy.

Ryan, finally following orders to run evenly, contributed a strong 4th man effort. Vince continues to work on making the 3rd mile stronger.

Nonetheless, the effort was a dominant one in our DAL-Valley league, and impressive enough to lead to speculations about future improvements, even in a mini-season of only 5 weeks.



JV boys are ready at the start.

## Looking Ahead

**Wed Mar 10 - - Scrimmage vs. Campolindo & Acalanes @ Hidden Valley**

The details are still being worked out for this one, but it allows us to step up to race against the more established and successful programs in our league, and on a familiar course with some PR's to challenge.

## Sat Mar 13 - - DAL-Valley Culminating meet @ Alhambra HS

We will be hosting this affair. The coaches have agreed to call this the league championships, and we will award medals to the winning teams and the top individual runners (7 var, 5 JV).

## Monday Mar 15 - - Track season starts.

And with all the distance runners still in top form, there should be some excellent track races in their future. Mr. Searls will be taking over the distance runners, as Coach Paradise will be heading to Campolindo to be the hurdle/sprint coach there, and Coach Brewer will be toddling off to Northgate to be sprint and jumps coach over there.



Assistant Coach is happy with the team's performance today.



The hills of the Concord Naval Weapons Station site were an unexpected bucolic backdrop to the races today.



Varsity boys get ready to race.



Ethan in the finish chute, with Coach Angela and Mrs. Searls handling the data retrieval chores.



Mia sprints in to the finish.



Tyler has lots left at the end of 3 miles. Nice sprint finish.



Noura adds another strong race to her 2021 resumé.