



# The Bulldog Bark

The Voice of Alhambra Track & Field  
Where Intensity is Not a Crime



Wednesday, March 24, 2021

## Our first competition

### Bulldogs Rep Well at Campo Distance Race

We started our 2021 track competition with a distance-only meet hosted by Campolindo High school. This was a small affair, with only DAL schools Campolindo, Acalanes, College Park, Miramonte, and Alhambra in attendance.

Our athletes faired well, with a slew of improvements from our athletes against some to the traditional top distance powers in the Bay Area.

#### Girls:

The Dogs led off in the girls' 1600 in the 1st heat with Kaelyn Nguyen grabbing a second place, but only after Mia Padrique had pushed the pace for Alhambra for three laps. Alaina Lipary, in her first ever distance race, hung tough to record a solid opening time.

The 2nd 1600 girls heat saw cross country veteran Alexia surge to the lead with a half lap to go, only to be barely outsprinted to the finish in a thrilling race.

#### Boys:

Ethan was our sole representative in the 1600, and held pace for the entire race.

In the fast heat of the 3200, our trio of Ben, Nolin, and Ryan were clumped in with some of the top area runners. It took most of the 8 laps to claw back into the race after a very quick start, and the boys were able to close quickly to excellent early season times.



Ben scurries in as our top boy today.



Alexia in the lead with 100 to go.



#### Still Need a Uniform?

### See Coach Hern - -

Several Bulldog track athletes have still not gotten their uniforms. Coach Hern has mentioned this several times at recent workouts. So, what are you waiting for?

#### Talk to Coach

Ask Mrs. Coach Hern about the uniforms if you do not have one. That way she knows that you are listening, and actually want to compete in a uniform.

#### Stay after the workout

Uniforms are issued after the regular workouts, out of the track shack shed. So stick around, wait a bit, and get your official track garb.

#### Next Set of Races

### Distance & Hurdles 3/27 @ Concord High School

We have one more "preseason" meet set up before we enter our DAL-Valley league competitions. This one is distance oriented, as was Wednesday's meet, but also includes the 300 hurdles.

This meet is more closely aligned to our DAL-Valley league, as we will be running just against the 6 teams in our league: Benicia, Berean Christian, Concord, Mt. Diablo, St. Vincent-St. Paul, and Ygnacio Valley.

This gives some of our runners a preview of just how we stack up against our league, before we enter actual full-team competition.

The races start at 9:00 a.m. Park in the front lot at Concord High, and follow the signs to the track at the back of the campus. Look for the Alhambra canopy in the bleachers.

## NorCal Multi-Events 4/7

### Dogs Host Unique HS Meet

We are the host to a special type of meet this year. High school athletes do not often get a chance to compete in a multi-event event. Even though this is a college, national, and Olympic event, it is often largely ignored at the high school level.

This is a chance of young athletes to try the multi-events in a low-key setting, especially the ones who are talented in several events and willing to learn a few others. College teams are eager to accept athletes who demonstrate this type of versatility.

To this point, Alhambra is now the host of this on-going event. Already we have several area schools interested, as well as some northern schools, and even one out-of-state athlete.

#### Dogs Wanted

We have many multi-talented athletes who would benefit from this type of competition. We also have the smaller (pentathlon or 5-event) multis for the curious athletes who want to give it a try.

#### Volunteers

As always, putting on a meet requires helpers. This one is easy, since it is only one event at a time. But it is also all day long, so it takes stamina. Any and all bodies, regardless of experience, are welcome to lend a hand.

#### Spring Break !

This is deliberately scheduled during the Spring Break, so that an all-day event does not conflict with any class attendance obligations.

#### Special Addition ! 5K & 10K !

Most high schools do not have records for the 5K and 10K events. Not a lot of meets want to put on a 12 1/2 lap event, much less a 25 lap event. But this meet does.

So athletes arrive early, check in, toe the line, and run either the 12.5 or 25 laps. get officially timed, and walk away with a school record.

#### 1600 Results:

Ethan Muth	6:26.4
Kaelyn Nguyen	6:51.5
Mia Padrique	7:01.3
Alaina Lipary	7:33.3
Alexia Hisquierdo	6:13.9

#### 3200 Results:

Ben Smyers	10:17
Nolin Searls	10:28
Ryan McCauley	10:44

#### Missed The Memo?

### Here's Our Season Schedule

Sat	3/27	distance & 300H	@ Concord
Sat	4/3	DAL Meet # 1	@ YV
Wed	4/7	Multi-Events	@ Alhambra
Sat	4/17	DAL Meet # 2	@ Alhambra
Sat	4/24	DAL Meet # 3	@ Alhambra
Sat	5/1	DAL Finals	@ YV