



The Bulldog Bark

The Voice of Alhambra Cross Country

"The bright flame of pure running desire burns incandescently in our souls"



Friday, July 2, 2021

Hidden Valley Scrimmage

Summer Assessment Race

We got a chance to run against two of the better teams in our immediate area on a familiar course just to see where we are in our preparation for the summer. The Bulldogs that made it to the line did well.

Of course, it was a bit disappointing to see Campoolindo with about 30 kids, and College Park with about 25. Our small brave bunch of souls only numbered 8 today. Recruiting will be a priority for the rest of the summer.

Hidden Valley Park, Martinez
2.0 miles

1	Alex Lamoureux	11	11:01.6	CP
2	Rhys Pullen	12	11:17.1	CAM
3	Diego Flores	12	11:45.2	CP
4	Nolin Searls	12	11:48.9	ALH
PR :12				
5	Thomas Singh	12	12:01.8	CAM
6	Cody Firman	11	12:07.7	CP
7	Alejandro Canales	12	12:19.8	CAM
8	Maxson Cook	9	12:26.5	CAM
9	Max Baril	11	12:30.6	CP
10	Harley Santos	12	12:49.2	CP
11	Alex Thomasson	10	12:57.7	CAM
12	Renae Searls	10	13:02.0	ALH
13	Tyler Allan	11	13:03.8	ALH
14	Blake Webster	11	13:04.1	CAM
15	Marlo Taylor	12	13:06.6	CP
16	Cale Anderson	10	13:11.5	CAM
17	Shea Volkmer	10	13:13.2	CAM
18	Caden Nakamura	11	13:16.3	CP
19	Gabriel Sekel	11	13:20.1	CP
20	Lindsey Reed	12	13:23.5	CP
21	Henry Jaffe	10	13:25.9	CAM
22	Ethan Cho	12	13:26.5	CAM
23	Grace Reed	11	13:27.1	CP
24	Paulo Trento	10	13:27.5	CAM
25	Max Marino	10	13:29.9	CAM
26	David Bawolski	12	13:30.5	CP
27	Tai Lee	11	13:32.2	CAM
28	Ellie Buckley	11	13:40.5	CAM
29	Makena Weberski	10	13:41.1	CAM
30	Tyler Ngo	10	14:03.5	CAM
31	Emilio Penate	10	14:04.9	CAM
32	Blake Leung	9	14:10.5	CP
33	Daisy Penney	10	14:19.6	CAM
34	Missy LeClaire	10	14:22.7	CP
35	Toby Barton	11	14:43.4	CAM
36	Isabella Alviz	12	14:43.4	CP
37	Peter Smith	9	15:13.6	CAM
38	Henry Heidersbach	10	15:28.9	CAM
39	Joey Floyd	10	15:36.7	CAM
40	Sloan Pullen	9	15:37.4	CAM
41	Christian Prizeman	10	15:47.4	CAM
42	Sidd Iyer	9	15:48.0	CAM
43	Kyle Ettinger	9	15:50.2	CP
44	Ethan Arnold-Muth	12	15:59.4	ALH
PR :08				
45	Cole Hickey	10	16:10.6	CAM
46	Alexia Hisquierdo	11	16:29.2	ALH

PR :15				
47	Haelee Chung	12	16:34.1	CAM
48	Kate Kabenina	10	16:36.5	CAM
49	Brock Campbell	10	17:43.9	CP
50	Finnian Schmidt		18:11.6	CP
51	Kaelyn Nguyen	12	18:18.9	ALH
52	Milan Stoyanov	9	18:27.3	CAM
53	Eva Canales	10	18:48.7	CAM
54	Erin Koziel	12	18:59.4	CAM
55	Dominic Cataldo	9	20:11.9	ALH
56	Marcella Monopoli	9	20:14.9	CAM



A low-key scrimmage? With 56 runners?



The mighty Dogs toe the line.

Nolan went out hard, and was able to hang on to the lead bunch well into the first mile. A solid 3rd over the last hill, he succumbed to a superior sprint but still had a strong showing. Renae showed the potential she demonstrated in middle school and was the fastest girl in the field today, which is saying something when running against Campoolindo. Tyler is coming off of illness, and so was instructed to run this as a workout, so he stayed right behind Renae and looked comfortable.



Nolin is uber-aggressive early in the race as he surges to 2nd after 500 meters.

Ethan loped in with a mild PR, and looked very comfortable. Alexi too was able to eke out a bit of a PR herself. Kaelyn was consistent, but a bit timid about attacking the race. Dominic, with only a few workouts ever under his belt, unleashed a surprising competitiveness by hanging with the rear crowd, and sprinting in ferociously. Good rookie moves.

The conclusion is that our runners, at least the ones that ran today, showed that the workouts they have been doing are working. The ones who have been the most diligent so far this summer are the ones that had the best experience in today's scrimmage. This is a correlation that needs to be a central part of each athlete's understanding.



Renae established her lead on the girls' side early in the race. Tyler is in reserve mode a bit behind.



Dominic was in last place the whole way until he sprang to life and sprinted in. Good going.

And about those workouts . .

We're Not Backing Down

Tuesday's workout called for repeat 200's, which almost all coaches would consider a sprint workout. Distance coaches recognize that speed is an essential part of endurance running, so we have to address getting our athletes conditioned to be fast, especially when they are already tired.

So, we run shorter repeats every so often just to check in to make sure our athletes are getting the necessary speed work in. Here's what the kids ran:

Nolin	34	34	34	31	33	33	32	28
Ali	36	36	34	31	33	33	32	28
Renae	35	35	34	34	34	34	33	30
Kylee	37	40	37	39	37	36	35	31

Alexia	39	42	40	40	41	40	40	37
Noura	41	43	41	41	40	43	42	42
Kaelyn	39	43	39	41	39	41	40	39
Ethan	39	41	39	40	38	40	39	38
Corina	47	49	50	50	48	51	52	50
Dominic	47	49	--	43	51	--	56	--

Bulldogs In Eugene

Olympic Trials Wind To A Close

"The greatest track meet in the world" is a common description of the USA Track Championships. In choosing the American representatives for the Olympics, the athletes come through with superlative performances across all the events. The 2021 version of this was no exception: two world records, American records, meet records, world-leading marks.

And the Bulldogs had some representatives to see this. Coach Angela was a volunteer official. Coach Brewer was an avid spectator. And the entire Searls family reconnected with their collegiate running buddies, as well as also reveling in seeing the best of the best the US has to offer in one 8-day meet.



Renae and Coach Brewer chill with national women's pole vault champion Kate Nogeotte.

It's Time

Summer Running: Key to Cross Country Success

There really is no alternative - - distance running is a specific skill sport that demands repetition as the key to improvement. And summer running, where the athlete does a steady diet of increasingly longer and faster runs, interspersed with track work, is the pivotal essential core of the bulk of the success we would all like to have within the fall season.

Summer Program

We are now closing out Week 5 of our summer program, with 5 more weeks to go before the official season of sport begins. There is still plenty of time for the newbies, the late-returning veteran, the vacationers, et cetera, to get back into the fold.

Question: What are the three best ways to have a great cross country season?

Answer: June, July, August



Renae and Nolin hang with Hobbs Kessler, fastest US high school distance runner.



Coach Angela (and her sling) profile with the hurdles in her official's role.