



The Bulldog Bark

The Voice of Alhambra Cross Country
"Where Lunacy Has Permanent Residence"

Sunday September 15, 2019



Ed Sias Invitational

Sat September 14, 2019

Hidden Valley Park Martinez

23 PR's !

Bulldogs Continue Improvement In Early Season Invitational

The Alhambra Cross Country team had a very good day in this early-season set of races. Of the 30 athletes who had run this course before, 23 of them improved their time. We picked up two individual medals by virtue of a top-10 performance, and added two names to our All-Time 10 list for this course.

With a team that has lots of rookies and is mostly younger athletes, the Bulldogs put forward very creditable performances. And in a large race featuring several state-ranked teams, the varsity boys squad was able to race to a top 5 finish.

B Frosh

(193 finishers)

1. Shane Babcock (Dougherty Val) 11:01
- 4. Tyler Allan 11:25 PR :11
(#1 All-Time Top 10 Ed Sias BFrosh)

Tyler ran solo for us here to take advantage of the freshman-only race offered here, and came through with a school record race in finishing 4th. He started strong, and was in 2nd at about the mile mark. From there it was a group of 4 that broke away from the rest of the pack, and it took the final surge up the last hill to determine the result. Nice medal, too.



Tyler powers in for his top finish and school record.

BFS

Team Scores:

1	Maria Carrillo	47
2	Dublin	85
3	Dougherty Valley	159
4	Campolindo	171
5	Bellarmino	188

6	Homestead	200
7	Vacaville	229
8	Oakland Tech	266
9	Bishop O'Dowd	317
10	Northgate	321
11	Berkeley	326
12	San Leandro	330
13	St Joseph Notre Dame	350
14	Clayton Valley	368
15	Rodriguez	420
16	Willow Glen	424
17	The King's Academy	437
18	James Logan	451
19	De La Salle	462
20	Miramonte	463
21	Nueva School	480
22	Alhambra	517
23	Antioch	549
24	Newark Memorial	628
25	Beyer	725
26	Concord	739
27	Justin-Siena	839
28	De Anza	899



Juan leads the Alhambra troops the entire race.

(207 finishers)

1	Lodewick, Alexander FR (Campo)	10:41
84	Herrera, Juan	13:05 PR :40
100	Ruiz, Cristian	13:23
118	Manning, Aaron	13:40 PR :12
124	Hinkens, Joquin	13:48 = PR
126	Lipman, Jared	13:49 PR :48
139	McCauley, Caleb	13:58 PR :1:22
145	Montegrande, Vince	14:10 PR :14

In a very fast field our younger crew overall placing was subdued, but the boys all ran to bests, save for Cristian and his tight back. A strong effort against quick opponents.

Juan led our pack today with a steady run. Cristian and his sore back was only a bit back. We had a nice grouping of Aaron, Joaquin, Jared, Caleb and his huge PR, and Vince all were within half a minute of each other.

GFS

Team Scores

1	Dublin	37
2	Campolindo	62
3	Maria Carrillo	68
4	Dougherty Valley	139

5	Vacaville	178
6	Berkeley	215
7	Miramonte	236
8	Clayton Valley	248
9	Newark Memorial	284
10	St Mary's College	292
11	Willow Glen	323
12	The King's Academy	341
13	Benicia	349
14	Bishop O'Dowd	358
15	College Park	368
16	Carondelet	380
17	San Leandro	384
18	Alhambra	403
19	Concord	407
20	Northgate	448
21	Rodriguez	612
22	Beyer	627
23	Antioch	664

(167 finishers)

1	Buckley, Ellie FR (Campo)	13:00
35	Phillips, Kylee	15:03 PR :29
98	Hisquero, Alexia	16:44 PR :25
99	Nguyen, Kaelyn	16:45 PR :12
104	Duncan, Jennifer	16:50
112	Arce, Reyna	17:11 PR :43
119	Padrique, Mia	17:31 PR 1:51
163	Felson-Lamb, Reina	24:24

Our younger girls' team, which is completely full of rookies, toed the line in what was a first team effort for all of them. Kylee got all excited and was in 2nd place early in the race. She settled down into a safer pace as the race went on. Reyna led our next group for the bulk of the race until the last hill got her. As our group neared the finish, Alexia had the best ending sprint to edge Kaelyn, Jenny, and Reyna. Mia had a huge PR to stay close to the rest. Reina was apprehensive about her first race ever, but overcame her nerves to grit out the full distance.

The overall effort was excellent, as they almost all PR'd. The team pack grouping is nice to see, and will be a strong factor towards their improvement this season.



Kylee showed a lot of gumption going out strongly at the beginning of the race.

BV (Small schools)

Team Scores

1	Maria Carrillo	23
2	Campolindo	62
3	Northgate	116
4	Newark Memorial	138
5	Alhambra	157
6	Bishop O'Dowd	161
7	Nueva School	256
8	St Joseph Notre Dame	260
9	Benicia	273
10	Concord	288
11	Miramonte	315
12	The King's Academy	349
13	International FAIS	363
14	Justin-Siena	376
15	Berean Christian	404
16	Hercules	416
17	Bentley Upper	450
18	Beyer	525
19	St Patrick/St Vincent	537
20	Jesse Bethel	553
21	Leadership Richmond	602

(150 finishers)

1	Swinth, Colton SR (Maria Carrillo)	10:20
• 8	Edwards, Carson	10:45 PR :26
(# 6 All-Time Top-10 BV list)		
27	Smyers, Benjamin	11:28 PR :12
41	Thompson, Colby	11:42 PR :18
51	DiBetta, Sam	11:52 PR :19
53	McCauley, Ryan	11:53 PR :22
60	Searls, Nolin	12:00 PR :07



Carson established himself near the front of the race early and pressed the entire race to put himself into a medal position and a spot in the Alhambra records books.

This was the feature race of the day for us. We knew that we could be a factor, but with several strong area teams in the race along with perennial state powers Campolindo and Maria Carrillo there were no guarantees. After all the dust had settled, we were a solid 5th place, even with Tyler running in the B Frosh race.

Carson led us off with a sizzling race for a medal place, a good PR, and a spot on the All-Time List for this course. Ben made the effort to move out of pack to try to stay close to Carson. Colby is getting his legs back after a recent bout with a sore knee. Ryan, Sam, and Nolin formed a solid trailing group for us, with Sam winning the final sprint.

All of these boys PR'd. And we kept our team grouping real close to the 1:00 minute gap. And we scored ahead of DAL opponents

Benicia, Concord, Miramonte, and Berean Christian. By time comparison, we are better than Clayton Valley, College Park, and Ygnacio Valley in the large school races.



Kayden and Sky scurry in to the finish.

GV (Small Schools)

(128 finishers)

1	Allen, Audrey, JR (Miramonte)	12:07
78	Brown, Kayden	16:37 PR :56
80	McKinsey, Skye	16:43

Our older girls got a chance to run nose-to-nose with excellent varsity squads, and came away with very good performances. Kayden improved by almost a minute, and has to scurry to outspurt a rapidly-improving Skye at the end.

BJV

Team Scores:

1	Maria Carrillo	72
2	Dougherty Valley	74
3	Bellarmine	75
4	Homestead	116
5	Dublin	123
6	Campolindo	135
7	Monte Vista	137
8	San Leandro	218
9	Clayton Valley	223
10	Bishop O'Dowd	291
11	Miramonte	314
12	Willow Glen	382
13	Newark Memorial	398
14	Rodriguez	409
15	Northgate	410
16	James Logan	414
17	Alhambra	520
18	Oakland Tech	536
19	College Park	537
20	De La Salle	545
21	The King's Academy	555
22	St Patrick/St Vincent	565
23	Leadership Richmond	687

(173 finishers)

1	Menezes, Tanay SR (Bellarmine)	11:21
89	Gray, Brandon	13:55 PR 2:42
94	Sobhy, Ali	14:09 PR :26
119	Truex, Tim	15:04 PR :19
122	Sobhy, Badruddeen	15:07
149	Alvarez, Andres	16:29
154	Arnold-Muth, Ethan	16:53 PR :17
dnf	Maverick Gonzalez	n.t. injured



Maverick gets carried to the medical tent by his teammates.

At the risk of sounding like a broken record, this group of Bulldog runners compiled a strong list of PR's. Brandon bolted out strongly, held a good pace, and surprised us with a large PR. Ali was not far behind with his own PR. Tim chipped in with his own improvement. Deen was a bit cautious today. Andres and Ethan finished up our pack.

Maverick yanked a thigh muscle in the middle of the race on the back side of the course, and had to be carried back to the medical tent. He had to be carried back, but it did not appear to be as catastrophic as we first feared.

Again, even with all the improvements, we did not appear to make much of an impact in the larger team picture. On the micro DAL Valley division level, we were able to field a full team which is more than Concord, Benicia, Berean, or Ygnacio Valley could do today.

BJV Overflow

(161 finishers)

1	Walker, Gavin SO (Clayton)	12:19.8
147	Dodson, Parrish	18:55 PR 1:40
156	Parenti, Santino	20:10 PR 1:07

What a luxury . . . we have so many boys on the team we had to put a few in the Overflow race. Parrish and Tino were at first glad to just finish, but then were elated at the large PR's.



Tino fights his way up Finale Hill.

Injured and not running:

Jonas Knopf
Brayden Van Den Baard
Pearla Cardinale-Lopez
Laila Flahiff

Notes:

1. The word went out that we wanted the best team snack table at the meet. Mission accomplished. Goodness and grub overwhelmed our meager table. Let's keep this up.



2. We had lots of cowbell:



And some more cowbell:



Even more cowbell:



And more and more cowbell:



3. Getting on the Top-10 lists is hard. We had two of them today:



Carson and Tyer - - our medal winners

4. Team frolics - - yes, we run hard but still have a bit of fun now and then.



Some of the girls have a cuddle-puddle on the team tarp.

Looking Ahead:

Next Week at Hayward High

Farmer's Invitational Sat 9/21

We are off to Hayward High School for the Farmer's Invitational. This is the site of the NCS Championships at the end of the season, and this meet allows us to preview the course in preparation for that race.

Here is the schedule for the races:

8:30 Will Matthews Memorial community race
9:05 GFS
9:35 BFS
10:10 GV
10:40 BV
11:15 GJV
11:45 BJV
12:20 Open Girls
12:50 Open Boys Frosh
1:15 Open Boys 10-12

The coaches will have the race assignments firmed up early this coming week. All the races except the Memorial race are 3.0 miles, so we get to see how the team stacks up at the varsity distance.

Hayward High has very limited parking due to extended campus construction, so most parking will be on the street and involve a bit of walking. It's a good idea to get there early. Look for the Alhambra canopies near the finish line.

Commentary and Analysis

1. Love the PR's

For our veterans, it was tough enough to improve from the last race of last season (when they were in top shape) to this season early. And most of them did that last week during the scrimmage. To ask them to cut even more time in a week is a tough go, and most of the team did it.

Our newbies ran well last week in their inaugural race, and almost all of them came back at improved upon that. This willingness to continue to push in races is what this sport is all about.

2. Hidden comparisons

Aside from the BV, the rest of our squad appears to be buried in the overall results. It's good to see that regardless of that, all our runners are improving and hopefully will continue that trend through the season. However, if we look at how we stack up against the rest of the teams in our league, suddenly the picture is much brighter.

We compete in the Diablo Athletic League, Valley Division. Our competing teams are Benicia, Berean Christian, Concord, Mt. Diablo, and Ygnacio Valley. Most of them were in competition today in one or another race, and we did very well against them. Our boys' teams compared strongly across the board. Our young and new girls' runners are not that far behind Benicia and compare well to Concord.

3. And not so hidden comparisons

It is obvious that our BV squad is our top-performing squad. Perhaps not so obvious is that we are becoming competitive against the teams in the DAL Foothill Division. Perhaps Campolindo, College Park, and Acalanes are outside our reach right now, but we certainly are not humbled by Northgate and we look very good compared to Miramonte, Las Lomas, and Clayton Valley.

4. Cautious optimism

Our whole team is on an upswing. The workouts for the most part bring out intensity. The group has a strong team identity and clearly has a lot of fun as a group. The races are examples of strong effort. However - - the road to success is seldom smooth, and there will be the inevitable bumps and burbles along the path. Other teams improve, too, and so these comparisons change weekly.

But here we are, looking good in the early competitions, and hoping to add on as the season progresses. Go Dawgs !

Data, Statistics, Numerical Overload

Looking For Results?

The major site for all of our results is **athletic.com**. It is a rich repository for scores, individual results, comparisons, team/league rankings.

Other sites are timing services that do a lot of races in the Bay Area, and we can check out other teams:

diablotiming.com
highspeedtiming.com
adkinstrakwest.com
fordtiming.com