



# The Bulldog Bark

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



Sunday September 22, 2019



Alhambra parents know how to chill before a race.

• = earned medal

## Community Race

2.25 miles

(32 finishers)

9.	Jonas Knopf	16:06
16	Parrish Dodson	18:51
20	Tino Palenti	20:29
32.	Reina Felson-Lamb	24:38



Jonas is our leader in the Community Race.

## Girls' Frosh-Soph

3.0 miles

### Team Scores

1	Lick Wilmerding	38
2	Granada	39
3	St Joseph Notre Dame	118
4	Dublin	133
5	San Leandro	161
6	St Mary's College	162
7	San Mateo	171
<b>8</b>	<b>Alhambra</b>	<b>184</b>
9	Washington	186
10	Northgate	221
11	Athenian	225

(101 finishers)

1.	Kate Kreutzen (Lick)	19:26
• 11.	Kylee Phillips	21:35
41.	Alexia Hisquierdo	23:02
50.	Kaelyn Nguyen	24:01
66.	Reyna Arce	25:16
69.	Jennifer Duncan	25:22
72.	Mia Padrique	25:43

The young ladies got a taste of the real varsity stuff with a fast three mile race. Nerves and apprehension were evident at the starting line, but the racing instincts took over once the gun went off. Kylee moved into the lead pack early, as has been her modus so far this season. She was able to weather a few pains of the longer distance and came on very strong over the last hill for a nice time and a medal.



Alexia strides out with a mile to go.

Alexia has her best race of the young season with an even pace and a confident approach to the course. Kaelyn also had a steady race. Jenny put on a brave push, but was hobbled by her balky ankle and couldn't hold up as fast as she wanted to. Reyna came on strong on the last mile to move up nicely opposing runners. Mia was able to hang on to the rest of the girls for the duration of the race, and still had a bit of a sprint at the end.

## Boys' Frosh-Soph

3.0 miles

### Team Scores

1	Dublin	29
2	Granada	80
3	Lick Wilmerding	135
4	Livermore	148

5	Aragon	185
6	Moreau Catholic	208
7	Northgate	218
8	Albany	225
9	Piner	225
10	San Mateo	231
<b>11</b>	<b>Alhambra</b>	<b>260</b>
12	Healdsburg	263
13	San Leandro	269
14	Urban of San Francisco	361
15	St Joseph Notre Dame	394
16	Athenian	464
17	Fremont Christian	485
18	Washington	501
19	Skyline	520

(155 finishers)

1.	Diego Arroyo (Dublin)	16:27
• 20.	Cristian Ruiz	18:15
52	Juan Herrera	19:04
69	Joaquin Hinkens	19:41
76	Aaron Manning	19:56
78	Vince Montegrando	20:04
86	Jared Lipman	20:15
93.	Caleb McCauley	20:37

This was a very quick race, with very strong programs flooding the field with lots of conditioned runners. Our brave little bunch was right in the middle of it all. Our lead runners Cristian and Juan went out a bit conservatively on their first foray over three miles, and so were stuck weaving through traffic the rest of the race. Cristian battle his way into the edge of the race to earn his medal.



Brandon roots on Vince and Aaron.

Juan came back in the third mile for a strong finish. A bit back, Joaquin led the rest of our pack, with Vince

surprising the coaches by hanging right onto Joaquin's pace. Aaron gamely followed close behind, and Jared and Caleb stayed in touch.

The boys looked to be mired in the back third of the pack, but moved up nicely over the last mile, and especially over the last hill to pass opponents. Aaron, Jared, and Caleb closed nicely to close up the team grouping.

It's nice to see 1) the continuing trend of improved races individually and 2) the team grouping getting closer.

### Girls' Junior Varsity

3.0 miles

(54 finishers)

#### Team Scores:

Ahambra incomplete

1. Ashley Ochoa (Gonzales) 21:27
- 23. Kady Brown 24:48
36. Skye McKinsey 26:41

Our small team numbers limited us to just these two in the older girls' race. Skye is working through a tight thigh muscle, and so ran only a steady pace for the workout. Kady started out conservatively, but rose to the task as the race went on and worked her way up into medal contention. She pass a small cluster of girls going into the last hill to snag her award.



Kady chases down opponents to secure her medal.

### Boys' Junior Varsity

3.0 miles

#### Team Scores

1	Dublin	24
2	Granada	41
3	San Leandro	104
4	Northgate	156
5	Albany	165
6	James Logan	169

7	Aragon	193
8	Gonzales	197
9	Lick Wilmerding	209
10	Piner	265
<b>11</b>	<b>Alhambra</b>	<b>321</b>
12	Skyline	326
13	Moreau Catholic	329
14	Oakland Military Institut	333
15	San Mateo	350

(118 finishers)

1. Ari Stassinopoulos (Dublin) 16:56
52. Tim Truex 20:43
54. Brandon Gray 20:44
72. Ali Sobhy 21:14
96. Christopher Rucker 24:10
106. Andres Alvarez 25:09
107. Ethan Arnold-Muth 25:11

This race was a large question mark for the coaches. New runners, not a lot of racing experience, the three mile distance, strong competitors . . . what would transpire here?

The net result of the race was a strong positive. Tim took control of the Bulldog contingent early and has a very steady and smooth race. Brandon bolted out early, and then faded back as he is wont to do, but recovered to come back and nearly nip Tim as the fiish. Ali held steady. Chris has had ony a single week of workouts, and survived. Andres and Ethan, who have been tag-teaming so far this season, were at it again with Andres taking his teammate in the sprint.

All the boys were able to manage the longer race distance, and felt good about the finish sprints to close out their races.



Tim and Brandon right at the finish line.

### Boys' Varsity

3.0 miles

#### Team Scores

1	Granada	54
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2	Dublin	72
3	James Logan	138
4	Aragon	142
5	Northgate	158
<b>6</b>	<b>Alhambra</b>	<b>160</b>
7	Skyline	244
8	Lick Wilmerding	288
9	Sonoma Academy	313
10	Piner	323
11	St Joseph Notre Dame	338
12	Moreau Catholic	353
13	Urban of San Francisco	355
14	San Leandro	359
15	Washington	392
16	Albany	398
17	Athenian	434
18	Arroyo (Nc)	450
19	St Mary's College	484
20	Healdsburg	486
21	Bentley Upper	506
22	Hercules	553
23	Eastside College Prep	628
24	Mt Eden	629
25	Fremont Christian	655
26	Hayward	670
27	St Patrick/St Vincent	701

(178 finishers)

1. Anthony Guerra (Granada) 15:16
- 7. Carson Edwards 15:57
29. Colby Thompson 16:48
31. Benjamin Smyers 16:50
44. Tyler Allan 17:11
49. Ryan McCauley 17:15
60. Sam DiBetta 17:21
70. Nolin Searls 17:34

This was our feature race. The BV has been doing well this season, and this race allowed us to go head-to-head with several schools who are State Ranked - - Granada & Dublin (D-II) and Lick Wilmerding (D-V). This was our first full three mile race, it is a preview of the championship course for the end of the season, and had a chance to run against Moreau, a D-IV contender.

All of that played out and even more. Carson ran out with the front pack, and stayed right at that top 10 mark the entire race and even moved up a few spots to be in the mix for a top 5 finish. Tyler took off with abandon, and was in about the 25th spot for the first half of the race with Ben and Colby close behind and Ryan only steps off. Nolin and Sam trailed a bit.



Colby and Ben together at the finish.

Tyler went into a slow fade, but held on well. It took Colby and then Ben some time to reel him in, and that propelled them well into the 20% of the race. At the finish, with Ryan in tow, the Bulldogs packed the rest of our scoring into a 36 second window.

Sam made a strong move to get past Nolin in the last mile to be right behind Ryan. And when the dust had settled, we had place a very strong 6th in a tough race.

**did not run:**

Pearla Lopez-Cardinale	injured
Maverick Gonzalez	injured
Brayden VanDenBaard	injured
Ariel Banez.	not cleared
Chris Breedlove	injured
Deen Sobhy	ill

**Notes:**

**1. 3 miles? Ha !**

There really was no more than a token bit of weirdness about running the longer distance in a race. . . after all, our workouts have gradually increased to the point where a three mile run is a day off. (or a varsity boy cooldown).

**2. You call that a hill?**

Likewise, running the hill twice in the race was not an impediment at all in the race. In all truth, it was an advantage as almost all the runners reported that they were able to make up lots of places precisely because the hill was so challenging to other teams.

**3. The snacks again are the best.**

It's hard to beat the Alhambra snack table, which continues to offer lots of water, crackers, energy bars, fresh fruit of all sorts and more . . . our parents continue this amazing level of support.

**4. De Camp with Decor**

And the festive blue and yellow floral strands that showed up twined around the canopies . . . Alhambra cross country love knows no bounds. Next thing you know, we'll all have blue and yellow leis.

**5. What an audience !!**

Lots and lots of parents and siblings and alumni . . . for a team of 39 athletes, we had that and more in our compound and out along the course in a mavelous show of Bulldog support.

**Analysis - -**

It is clear, even in the early races of our season, that the strongest component of our team is the Boy's Varsity. Without wishing to ignore or downplay any aspect of our team, the excellent races our BV have put up so far merit some substantial commentary:

**Boys' Varsity looking strong -- Part I**

On the historical side, our boys' varsity team stacks up well against the 20+ years of Alhambra races on this course:

- Carson PR 1:08
- # 5 All-Time Boys' list
- # 3 All-Time Senior list
- Ben # 9 All-Time Junior list
- Colby # 5 All-Time Sophomore list
- Sam # 9 All-Time Sophomore list
- Tyler # 5 All-Time Freshman list

And the team time of 84:02 is the 2nd fastest in Alhambra history, behind only the very quick 81:36 of the 2009 team.

**Boys' Varsity looking strong - Part II**  
Diablo Athletic League - Valley Division

So far we have been considerably better than any of our Valley Division opponents. Only Benicia looks like they might improve enough to challenge us.

What has been an eye-opener is that we have beaten a few teams from

the DAL-Foothill division as well. Campolindo, Acalanes, and College Park are still atop the heap, but we have bested Miramonte, Las Lomas, and Clayton Valley so far, and came within two points of Northgate yesterday.

**Boys' Varsity looking strong -Part III**

NCS D-IV - - The top 3 teams at the NCS championship race will advance to the State Meet. So far the top two teams are clearly Drake and Acalanes. The third and final spot to the State Meet appears to be a toss up between Eureka, Aracata, Fortuna, Bishop O'Dowd, Piedmont . . . and Alhambra.

**Looking Ahead:**

Saturday 9/28 - - Ram Invitational @ Westmoor High School

Wednesday 10/2 - - DAL Center Meet # 1 @ Hidden Valley Park

Saturday 10/5 - - Artichoke Invitational @ Half Moon Bay High School