



# The Bulldog Bark

The voice of Alhambra High School  
Cross — CC-> Country  
Saturday, September 29, 2018



## Ram Invitational

### Good Day To Be A Bulldog; Medals Galore & Records Set

It took some doing, but we got 22 of our 27 runners to the starting line today. And a very good day it was, too. Bulldog runners took home 12 medals. 13 runners climbed onto the All-Times top-10 lists for this meet. 5 runners finished in the top 10 individually of their races. And not only did we have runners in all 7 of the races, we earned medals in all seven races. So I guess it was worth the long drive to and from Daly City to make this event after all.

= earned medal

#### Boys' Frosh Race # 2

1.	Bellarmine	36
2.	<b>Alhambra</b>	<b>52</b>
3.	Berkeley	93
4.	St. Francis	95
5.	Alisal	132
6.	Aragon	170
7.	Crystal Springs Uplands	182
8.	University	197
9.	Fremont (Sunnyvale)	238
10.	Alameda	250
11.	Washington (SF)	302

(94 finishers)

1.	Dustin Smith (Windsor)	13:18
• 3.	Sam Rogers	13:58
	(#1 ALH All-Time)	
• 8.	Colby Thompson	14:12
	(#2 ALH All-Time)	
• 11.	Sam Dibetta	14:30
	(#3 ALH All-Time)	
48.	Cristian Ruiz	16:14
58.	Joaquin Hinkens	16:34
64.	Ali Sobhy	16:44



Sam had a monster race for us today.

The B Frosh team continues to be the highlight race for us at each invitational. Our top

freshman boys, after the shock of their varsity promotion earlier in the week, were very happy to run in their own age group at a shorter distance. Sam R. took a risk, went out strong earlier in the race, and came in very strong for the best race of his young career. Colby and Sam D. chased after him to provide us with a very strong upfront presence.

It remained for our trailing group to supply the rest of the scoring. Cristian stepped forward with a his best effort yet to help close the gap for our team, and Joaquin and Ali pushed themselves to stay in the chase.

The 2nd place finish in the race is fine indication that all of our younger boys are improving, and proof that all runners on a team are important to establish the overall team score.

#### Girls' Frosh-Soph Race # 2

Alhambra incomplete

(63 finishers)

1.	Cherling Padilla (North Salinas)	15:40
• 23.	Pearla Lopez-Cardinale	18:35
	(#2 ALH All-Time)	
49.	Skye McKinsey	20:18
	(# 8 ALH All-Time)	

This was a pleasant surprise, with Pearla able to stay consistently near the front of the race early, and hold on for a medal. Skye, in her first race ever, got excited and went out too quickly for her conditioning and faded. She showed some true determination by not giving up, and regrouped to hold a consistent pace.



Pearla and Skye are downright perky at race start.

#### Frosh-Soph Boys' Race # 2

1.	St. Ignatius	26
2.	Westmoor	78
3.	Stuart Hall	91
4.	Alhambra	92
5.	Latino College Prep	112
6.	Leland	163
7.	Galileo	167
8.	North Salinas	177

(79 finishers)

1.	Landon McAlister (Windsor)	13:47
• 9.	Billy Skinner	14:43
	(PR 3:00; # 7 ALH All-Time)	
• 17.	Ben Smyers	14:53
	(# 8 ALH All-Time)	
• 22.	Ryan McCauley	15:05
	(# 9 ALH All-Time)	
34.	Kai Badavinac	15:25
58.	Topher Skinner	17:03
66.	Jonas Knopf	18:10

This race provided more excitement for our younger boys. Our usual trio of front runners were the same, but it was Billy who woke up today and scampered in as our lead runner, and a completely unexpected top-10 finish. And the huge PR.

Ben and Ryan were not far behind with good races of their own and took home medals of their own. Kai is still learning the racing process, and was a bit uneven in spots. Still, he significantly closed the gap to the other Alhambra boys.



Billy provided the Alhambra spark in the BFS race.

Topher galloped in a bit later to close our scoring. Jonas, still very hesitant about this whole racing business, trotted safely through the course in his first race ever, and perhaps surprised himself with the ability to challenge himself.

#### Girls' JV Race # 2

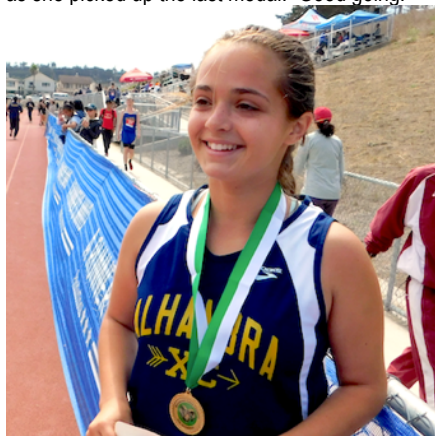
Alhambra incomplete

(50 finishers)

1.	Freya Werheim (Galileo)	16:44
• 25.	Clara Duran	19:45
	(# 3 ALH All-Time)	

Clara arrived earlier than she had planned, and given how the Bulldog medal brigade was going, suggested running in the JV race rather than the varsity race. The coaches agreed, and without even a course walk, she set off.

She also went out a bit quicker than she should have, and had a bit of an early-race fade. However she kept at it, used the hills to pass people, and had enough to sprint past a girl right at the finish line. That last effort was the decider, as she picked up the last medal. Good going.



Someone is happy about getting a medal.

### Boys' JV Race # 2

1.	St. Ignatius	30
2.	Junipero Serra	61
3.	Cupertino	104
4.	Stuart Hall	107
5.	Latino College Prep	142
6.	Westmoor	158
7.	Alhambra	178
8.	Galileo	197
9.	Hillsdale	240

(104 finishers)

1.	Axel Martinez (Latrino CP)	13:19
• 17.	Del Roderick (# 2 ALH All-Time)	14:54
• 28.	Deen Sobhy (# 3 ALH All-Time)	15:22
43.	Chris Cota (PR 2:00; # 4 ALH All-Time)	15:48
77.	Josh Flores (# 7 ALH All-Time)	17:37
95.	Andres Alvarez	20:18



Josh and Del practice their pre-race snarl for Coach Evan.

Our older boys seemed to also be infected with the medal-winning fever of the day, and had on their game faces even during the warmup and drills. Del delivered with a gritty effort in a big race. Deen took too much of the race to get untracked, and had to hustle just to get close to medal position. He did manage to snag the last medal. Chris looked very confident in the race, was our #2 boy for most of it. Great PR. Josh came through with a steady performance and a confident finish. Andres was a quiet hero for us

today, with a modest goal of just finishing the race. Beating 9 people was a nice bonus.

### Girls' Varsity Race # 2

Alhambra incomplete

(45 finishers)

1.	Evie Cohen (St. Ignatius)	15:05
• 3.	Nicole Tria	15:21
(PR 1:14; # 2 ALH All-Time)		

Confident; competent; competitive . . . that's our Nicole. She started strongly, attacked the hills, and challenged the leaders throughout the race. Another top finish to add to the continuing luster of her senior season.



### Boys' Varsity Race # 2

Alhambra incomplete

(75 finishers)

1.	Cedric Salvador (Santa Clara)	12:26
• 3.	Carson Edwards	13:18

This race was faster than expected, and Carson was stretched early on to hang with the leaders. He stayed aggressive throughout, and was able to respond to all the race surges, and came in with a strong 3rd.



The top three finishers were already in the front of the race on the first lap.

did not run today:

Graham Manning -- scouts  
Aaron Manning -- scouts  
Nolin Searls -- scouts  
Jared Lipman -- injured  
Riley DeGeorge -- ill

### Notes:

- Looking good:** Yes, the coaches were expecting the team to run a bit better as a team. The workouts have been happening, daily attendance is pretty good, and team cohesion is strong. But we did not expect this strong of a surge in Bulldog effort. This was a very good eye-opener for many of our runners as they found out just how competitive they can be.
- Lots of medals.** This is good. And lots of top 10 finishes. Also very good.
- It took a bit of wiggling and plotting,** especially with a small roster, to get at least one Alhambra runner in each race. And with the

absentees, we were only able to field three complete teams for the boys. The take-away from this is that regardless, we are becoming competitive at all levels of our squad - - varsity, JV, Frosh-Soph.

4. **Above the fold** - - as always, the mark of success in a season or a meet or a race is if we can point to being "above the fold." This means being in the upper half of the results. And again, we come out well by this regard. 13 of our 22 runners, and 2 of our 3 complete teams, were able to achieve this mark.

5. **Great parent presence again.** Snack table looking good. Outstanding team support for each other. Whatta team!

6. **About the All-Time top 10 lists:** Alhambra has been attending the meet for only 7 years, and with a small program, it takes a while to fill up the All-Time lists. Today was a good day there as well. 15 current Bulldogs are now on those lists.

Also, construction on the Westmoor HS campus has forced several alterations to the course over the last few years. The course has remained almost the same distance, and the same geographical features have been incorporated, but the time times are not entirely comparable. Still, for the basis of history, we will continue to assemble these lists, along with the asterisk of explanation.

### And just how do we all stack up this week?

Here is the time comparison for the team for this week. Invitationals like this, with all races at the same distance, allow us to see how the total team is developing. While moving up on the list is always a good thing, what is more important is to see just how we are closing the gaps between our runners as we are trying to improve "the pack" that makes good teams better teams.

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