

SOAR IS
OUT OF
THIS
WORLD!

FEBRUARY 2018



SUN	MON	TUE	WED	THU	FRI	SAT
SOAR				1 4.0 Miles 3:30-5:30p (Lowe's) Hallen	2	3 15.0 Miles 6-10a (Lowe's) Sarkissian
4	5	6 4.0 Miles 3:30-5:30p (Lowe's) Sarkissian	7	8 3.0 Miles 3:30-5:30p (Lowe's) Hallen	9	10
11 Event SRLA Friendship Run (Sylmar) 6:00a-1:00p	12	13 3.0 Miles 3:30-5:30p (Lowe's) Sarkissian	14 	15 5.0 Miles 3:30-5:30p (Lowe's) Hallen	16	17 15.0 Miles 6-10a (Facey) Sarkissian
18	19	20 4.0 Miles 3:30-5:30p (Lowe's) Sarkissian	21	22 MGM 5K Run Thru 3:30-5:30p (Valencia) Sarkissian	23	24 10.0 Miles 6:00-10:00a (Lowe's) Sarkissian
25 Event Mardi Gras Madness Team Fundraiser (Valencia)	26 	27 5.0 Miles 3:30-5:30p (Lowe's) Sarkissian	28			

SOAR MARATHON TRAINING SCHEDULE 2017-2018