

SOAR Student Training Progress Week 18- 5 Mile Bench, 15 Mile Long

Student / WK 19	7-Feb	9-Feb	12-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Beckwith,Joel	0:41:36	2:40:00	3:11:07	41.0	290.0		2:10:54	09:35	08:28
Carrroll-Tramble, Kamari	1:25:00	0:45:33	3:49:45	31.0	291.5		2:00:06	11:37	11:52
Castano, Peter	0:32:06	0:22:14	2:29:46	26.0	290.4		1:08:02	07:51	07:49
Chavarin, Robert	1:00:08	0:51:16	3:08:30	27.0	277.4		1:39:58	11:06	08:25
Chavez, Andy	0:44:09	0:28:03	2:54:13	26.0	302.5		1:22:08	09:29	16:09
DeLapaz, Carlos	0:51:16	0:27:46	3:10:54	26.0	297.5	5 UP	1:29:59	10:23	10:12
Diaz, Miguel	0:51:16	0:27:46	2:35:53	26.0	292.5		1:18:18	09:02	08:26
Estrada, Aimee	0:57:21	0:37:41	4:01:54	26.0	292.0		1:52:19	12:58	12:10
Ford, Elizabeth	0:40:15	0:28:35	3:17:45	26.0	291.5		1:28:52	10:15	09:58
Garcia, Dale	0:52:43	0:33:50	Injured	7.0	272.4		0:43:16	12:22	11:52
Green, Hannah	0:37:35	0:27:54	0:45:32	12.0	291.5		0:37:00	09:15	08:36
Hoglo, Wyatt	0:44:45	0:32:04	2:30:48	24.0	300.5		1:15:52	09:29	08:49
Ibarra, Mario	1:31:30	0:33:30	3:50:36	31.0	291.5		1:58:32	11:28	12:21
Javier, Alexandra	0:38:59	0:34:19	3:42:02	26.0	291.5		1:38:27	11:22	10:21
Lagunas, Jocelyn	0:36:51	0:29:20	3:21:06	28.0	286.4	2 UP	1:29:06	09:33	09:44
Lima, Mariah	1:09:25	0:30:34	3:30:14	31.0	276.9		1:43:24	10:00	10:57
Loth, Brooke	2:31:00	0:34:14	3:51:32	36.0	303.7		2:18:55	11:35	11:05
Kuhlman, Kevin	0:39:31	0:40:50	2:51:13	29.0	296.5	4 UP	1:23:51	08:40	08:08
Mansur, Alexis	1:26:30	0:34:25	4:04:02	30.0	291.5		2:01:39	12:10	11:48
Pachucka, Daria	0:40:48	0:29:50	3:09:48	26.0	292.5		1:26:49	10:01	10:39
Purser, Michaela	0:46:44	0:43:59	3:55:04	27.0	304.5	2 UP	1:48:36	12:04	11:13
Seifert, Angelica	0:46:04	0:30:57	3:52:37	26.0	291.5		1:43:13	11:55	11:14
Sequeira, Syria	0:57:10	0:43:14	3:50:03	28.0	308.5		1:50:09	11:48	10:56
Spiker, Joshua	0:32:06	0:22:21	2:14:34	24.0	290.5		1:03:00	07:53	07:30
Steffy, Laura	2:30:00	0:35:27	3:55:00	35.0	295.5		2:20:09	12:01	11:41
Vazquez, Valeria	0:51:18	0:35:43	4:16:09	26.0	291.5		1:54:23	13:12	12:12
Zamudio, Sarah	1:28:10	0:26:03	3:22:11	30.0	292.5		1:45:28	10:33	09:49
Ziamba, Matthew	1:50:00	0:37:41	4:01:53	31.0	276.5		2:09:51	12:34	12:05

1) Next marathon benchmark - SRLA Friendship Run 18 Miler! Sunday February 12th! Meet at Lowes 6am!

2) SUPPORT MARDI GRAS MADNESS 2/19/17!! WWW.MGM5K.COM

3) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, February 9th at coaches discretion to participate in the SRLA Friendship Run.

4) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC

5) Afternoon training resumes next week! Happy New Year from SOAR!!