

SOAR Student Training Progress Week 1- 2 Mile Bench, 3 Mile Long

Student / WK 1	4-Oct	6-Oct	8-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	16:34	17:49	28:02	7.0	7.0		20:48	08:55	08:55
Beckwith, Joel	14:38	14:54	26:54	7.0	7.0		18:49	08:04	08:04
Benito, Edgar	21:30			2.0	2.0	5.0	21:30	10:45	10:45
Carroll-Tramble, Kamari	23:01	23:20	32:30	7.0	7.0		26:17	11:16	11:16
Castano, Peter	13:12	14:41	22:11	7.0	7.0		16:41	07:09	07:09
Castano, Sarina	17:13	23:09	31:40	7.0	7.0		24:01	10:17	10:17
Chavez, Andy	19:32	20:20	31:21	7.0	7.0		23:44	10:10	10:10
Commons, Carlee	25:00	22:00	32:00	7.0	7.0		26:20	11:17	11:17
DeLapaz, Carlos	17:16	17:00	28:50	7.0	7.0		21:02	09:01	09:01
DeLapaz, Jonathan	Injured	Injured	Injured	0.0	0.0		#DIV/0!	#DIV/0!	00:00
Diaz, Miguel	15:08	13:36	25:02	7.0	7.0		17:55	07:41	07:41
Estrada, Aimee	26:40	30:55	36:55	7.0	7.0		31:30	13:30	13:30
Ford, Elizabeth	18:24	18:56	38:53	7.0	7.0		25:24	10:53	10:53
Fragoza, Christian	17:15	15:55	28:51	7.0	7.0		20:40	08:52	08:52
Garcia, Dale	22:56	24:01	34:51	7.0	7.0		27:16	11:41	11:41
Green, Hannah	15:50	16:06	25:17	7.0	7.0		19:04	08:10	08:10
Hoglo, Lukas	24:16	24:32	34:41	7.0	7.0		27:50	11:56	11:56
Hoglo, Wyatt	15:53	15:28	24:12	7.0	7.0		18:31	07:56	07:56
Ibarra, Mario	24:16	26:36		4.0	4.0	3.0	25:26	12:43	12:43
Javier, Alexandra	17:07	17:17	27:00	7.0	7.0		20:28	08:46	08:46
Javier, Dannah	26:40	30:55		4.0	4.0	3.0	28:47	14:24	14:24
Loth, Brooke	22:56	22:22	34:51	7.0	7.0		26:43	11:27	11:27
Kuhlman, Kevin	13:12	12:35	22:11	7.0	7.0		15:59	06:51	06:51
Mansur, Alexis	24:02	23:30	34:32	7.0	7.0		27:21	11:43	11:43
Martinez, Michael	13:30	12:36	22:26	7.0	7.0		16:11	06:56	06:56
Nunez, Paulina	20:08	20:18	30:05	7.0	7.0		23:30	10:04	10:04
Ortiz, Dariana	21:30	20:19	33:07	7.0	7.0		24:59	10:42	10:42
Pachucka, Daria	18:23	18:35	30:03	7.0	7.0		22:20	09:34	09:34
Padilla, Tanya	18:12	17:30	28:40	7.0	7.0		21:27	09:12	09:12
Priester, Angela	17:33	18:13		4.0	4.0	3.0	17:53	08:56	08:56
Purser, Michaela	21:39	24:14	31:29	7.0	7.0		25:47	11:03	11:03
Rojas, Jaret	14:16	14:36	24:10	7.0	7.0		17:41	07:35	07:35
Seifert, Angelica	20:58	20:48	32:00	7.0	7.0		24:35	10:32	10:32
Sequeira, Syria	21:00	22:09	32:32	7.0	7.0		25:14	10:49	10:49
Spiker, Joshua	13:12	13:22	22:07	7.0	7.0		16:14	06:57	06:57
Steffy, Laura	22:44		33:37	7.0	7.0		28:10	08:03	08:03
Vazquez, Valeria	22:42	23:20	35:00	7.0	7.0		27:01	11:35	11:35
Zamudio, Sarah	17:00	17:58		4.0	4.0	3.0	17:29	08:44	08:44
Ziamba, Matthew	23:47	24:29	33:10	7.0	7.0		27:09	11:38	11:38

1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 30th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!

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2) Program Info Night Wednesday October 12th. 7-830pm Attendance mandatory - all students and one parent / legal guardian.

3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 10/31! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!

4) SUPPORT SOAR 2017! Team FUNraiser California Pizza Kitchen Thursday November 10th!!!!

5) 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, October 27th at coaches discretion to participate in the LA Cancer Challenge 5K.

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

7) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D