

SOAR Student Training Progress Week 22- 5 Mile Bench, 20 Mile Qualifier

Student / WK 22	28-Feb	2-Mar	4-Mar	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Beckwith,Joel	0:52:00	0:53:10	4:03:06	29.0	352.2		1:56:05	12:01	08:42
Carrroll-Tramble, Kamari	0:59:43	0:45:29	4:23:43	29.6	354.3		2:02:58	12:28	11:56
Castano, Peter	0:41:00	0:30:01	2:37:25	29.6	353.2		1:16:09	07:43	07:49
Chavarin, Robert	0:58:16	0:35:45	2:46:56	29.6	340.2		1:26:59	08:49	08:37
Chavez, Andy	0:45:51	0:34:45	2:56:00	29.6	365.3		1:25:32	08:40	09:32
DeLapaz, Carlos	0:59:10	0:34:51	3:47:15	29.6	360.3		1:47:05	10:51	10:22
Diaz, Miguel	0:58:16	0:34:51	2:46:56	29.6	355.3		1:26:41	08:47	08:37
Estrada, Aimee	1:10:14	0:52:30	4:29:52	29.6	354.8		2:10:52	13:16	12:21
Ford, Elizabeth	0:54:30	0:42:09	3:48:00	29.6	354.3		1:48:13	10:58	10:06
Garcia, Dale	1:00:36	1:48:50	4:22:41	34.6	335.0		2:24:02	12:29	11:56
Green, Hannah	0:50:26	0:39:21	3:34:09	29.6	354.3		1:41:19	10:16	08:45
Hoglo, Wyatt	0:42:04	0:32:40	3:33:30	29.6	363.3		1:36:05	09:44	08:53
Ibarra, Mario	1:06:45	0:50:30	3:51:45	29.6	358.3		1:56:20	11:47	12:19
Javier, Alexandra	0:58:16	0:46:45	4:20:48	29.6	354.3		2:01:56	12:22	10:30
Lagunas, Jocelyn	0:48:30	0:38:00	3:47:17	29.6	349.2		1:44:36	10:36	09:46
Lima, Mariah	0:47:43	0:41:06	3:49:42	29.6	338.7		1:46:10	10:46	10:53
Loth, Brooke	0:58:16	0:46:45	4:20:53	29.6	366.5		2:01:58	12:22	11:09
Kuhlman, Kevin	0:47:05	0:33:39	3:43:13	29.6	359.3		1:41:19	10:16	08:15
Mansur, Alexis	1:34:20	1:49:40	4:21:18	37.6	354.3		2:35:06	12:22	11:17
Pachucka, Daria	0:52:24	0:40:41	3:45:54	29.6	355.3		1:46:20	10:47	10:09
Purser, Michaela	0:54:40	0:41:38	3:57:26	29.6	367.3		1:51:15	11:16	11:13
Seifert, Angelica	0:52:25	0:42:09	3:54:55	29.6	354.3		1:49:50	11:08	11:13
Sequeira, Syria	0:59:28	0:42:24	4:36:00	29.6	371.3		2:05:57	12:46	11:10
Spiker, Joshua	0:42:07	0:30:25	2:34:25	29.6	353.3		1:15:39	07:40	07:29
Steffy, Laura	0:29:28	0:52:30	4:26:40	26.6	354.1		1:56:13	13:06	11:53
Vazquez, Valeria	1:05:15	0:52:00	4:23:21	29.6	354.3		2:06:52	12:51	12:18
Zamudio, Sarah	0:45:00	0:41:30	3:29:00	29.6	355.3		1:38:30	09:59	09:53
Ziamba, Matthew	1:10:19	0:52:30	4:29:52	29.6	339.3		2:10:54	13:16	12:08

1) Congrats on completing the SOAR 20 Miler! You are ASTOUNDING!!! Marathon Uniforms / Info Packets Distributed this WEEK!!

2) LA Expo rally time 9am Saturday at Lowes. All permission slips to Coach Sarkissian!!

3) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! ALL Miles owed must be made up by Sunday, March 12th!! NO MILES MAY BE MADE UP MARATHON WEEK!!

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

5) Proper nutrition and maintaining your recovery regiment is CRITICAL from this point forward!! 80-100 oz of Water per day!!!