

SOAR Student Training Progress Week 24- 2 Mile Bench, LA Marathon XXXII

Student / WK 24	14-Mar	16-Mar	19-Mar	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Beckwith,Joel	0:16:11	0:17:14	5:16:02	30.2	400.4		1:56:29	11:34	08:53
Carroll-Tramble, Kamari	0:18:05	0:22:05	6:18:18	30.2	402.5		2:19:29	13:51	12:02
Castano, Peter	0:16:26	0:16:11	3:23:36	30.2	401.4		1:18:44	07:49	07:49
Chavarin, Robert	0:16:26	0:17:48	4:20:48	30.2	388.4		1:38:21	09:46	08:48
Chavez, Andy	0:18:24	0:18:24	4:23:54	30.2	413.5		1:40:14	09:57	09:33
DeLapaz, Carlos	0:16:42	0:18:10	4:48:57	30.2	408.5		1:47:56	10:43	10:26
Diaz, Miguel	0:16:26	0:17:48	3:59:50	30.2	403.5		1:31:21	09:05	08:45
Estrada, Aimee	0:19:00	0:19:59	6:17:53	30.2	394.0		2:18:57	13:48	12:40
Ford, Elizabeth	0:18:00	0:17:20	4:41:26	30.2	402.5		1:45:35	10:29	10:09
Garcia, Dale	0:18:05	0:22:30	5:47:52	30.2	378.2		2:09:29	12:52	12:03
Green, Hannah	0:18:22	0:17:22	4:34:45	30.2	402.5		1:43:30	10:17	08:56
Hoglo, Wyatt	0:17:08	0:16:21	4:33:20	30.2	411.5		1:42:16	10:10	08:59
Ibarra, Mario	0:18:05	0:18:05	5:31:37	30.2	406.5		2:02:36	12:11	12:20
Javier, Alexandra	0:19:10	0:19:40	4:55:03	30.2	402.5		1:51:18	11:03	10:37
Lagunas, Jocelyn	0:17:12	0:17:10	4:46:31	30.2	397.4		1:46:58	10:38	09:50
Lima, Mariah	0:17:52	0:16:48	4:52:49	30.2	386.9		1:49:10	10:51	10:51
Loth, Brooke	0:19:07	0:20:42	5:24:39	30.2	414.7		2:01:29	12:04	11:17
Kuhlman, Kevin	0:16:11	0:17:07	5:14:11	30.2	407.5		1:55:50	11:30	08:26
Mansur, Alexis	0:20:07	0:19:45	5:49:02	30.2	402.5		2:09:38	12:53	11:23
Pachucka, Daria	0:18:26	0:19:16	4:53:58	30.2	403.5		1:50:33	10:59	10:13
Purser, Michaela	0:20:58	0:22:00	6:03:24	30.2	415.5		2:15:27	13:27	11:20
Seifert, Angelica	0:17:24	0:17:53	5:21:31	30.2	402.5		1:58:56	11:49	11:15
Sequeira, Syria	0:19:24	0:19:51	5:22:30	30.2	419.5		2:00:35	11:59	11:14
Spiker, Joshua	0:15:50	0:17:07	3:36:00	30.2	401.5		1:22:59	08:15	07:32
Steffy, Laura	0:22:16	0:22:30	6:05:31	30.2	402.3		2:16:46	13:35	12:01
Vazquez, Valeria	0:23:05	0:22:30	6:12:05	30.2	402.5		2:19:13	13:50	12:24
Zamudio, Sarah	0:16:26	0:17:22	4:30:20	30.2	403.5		1:41:23	10:04	09:55
Ziamba, Matthew	0:18:32	0:18:13	6:17:56	30.2	387.5		2:18:14	13:44	12:14

- 1) CONGRATULATIONS TEAM 2017!!!! YOU ARE AMAZING!!!! YOU ARE INSPIRING!!!! YOU ARE REMARKABLE!!! YOU ARE MIRACULOUS!!!!**
- 2) SAVE THE DATE!! TEAM 2017 CELEBRATION DINNER - FRIDAY APRIL 21st 6-8PM. MORE INFO COMING SOON!!!!**
- 3) POST YOUR MARATHON PICS AND VIDEO!! FACEBOOK.COM/SOARSANTACLARITA!**
- 4) VISIT SOAR-SC.ORG FOR TEAM 2018 UPDATES - COMING SOON!!!! HAVE A GREAT SUMMER!!!! WAHOOOOOOOO!!!!**
- 5) Join Team SOAR for the Wings for Life World Run Sunday May 7th!! \$10 for students / \$25 for coaches / charity runners!**
- 6) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC**