

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

Student / WK 2	10-Oct	12-Oct	14-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armenia, Maria	21:32	35:30	34:13	8.0	15.0		30:25	11:24	11:06
Beliveau, Zack	18:44	28:29		5.0	5.0	10.0	23:37	09:27	09:27
Breault, Charlie	24:17	40:20	37:40	8.0	15.0		34:06	12:47	12:24
Cabrera, Alexis	16:46	26:44	27:19	8.0	15.0		23:36	08:51	08:59
Cain, Nicholas	16:23			2.0	6.0	9.0	16:23	08:11	09:15
Carroll-Tramble, Kamari	23:33	39:22	34:02	8.0	15.0		32:19	12:07	12:03
Chavarin, Robert	16:30	27:09	24:25	8.0	15.0		22:41	08:30	08:43
Choballa, Daija	18:25	29:58	28:58	8.0	15.0		25:47	09:40	09:44
Commons, Carlee	18:21	29:22	28:56	8.0	15.0		25:33	09:35	09:40
Corona, Luis	16:48	29:13	52:40	10.0	15.0		32:54	09:52	09:58
Dalgan, Abraham	21:57	32:18	32:15	8.0	12.0	3.0	28:50	10:49	10:54
DeLaPaz, Jonathan	18:30	29:48	30:54	8.0	15.0		26:24	09:54	09:54
Diaz, Nadia	24:15	40:18	41:32	8.0	15.0		35:22	13:16	13:09
Doughergy, Eric	23:18	36:32		5.0	9.0	6.0	29:55	11:58	12:31
Estrada, Aimee	23:33	37:24	34:02	8.0	15.0		31:40	11:52	11:25
Ford, Elizabeth	20:11	32:36	32:03	8.0	15.0		28:17	10:36	10:38
Garcia, Dale	20:56		35:31	5.0	12.0	3.0	28:14	11:17	11:32
Gaytan, Peter	17:44	32:20	30:00	8.0	15.0		26:41	10:01	10:20
Godinez, Isis	20:09	35:02	36:50	8.0	12.0	3.0	30:40	11:30	11:26
Green, Hannah	17:46	26:26	26:09	8.0	15.0		23:27	08:48	08:27
Hoglo, Lukas	22:42	37:20	33:58	8.0	15.0		31:20	11:45	11:42
Hoglo, Wyatt	16:17	25:09	25:04	8.0	15.0		22:10	08:19	08:09
Islas, Willow	23:33	34:45	24:11	7.0	14.0	1.0	27:30	11:47	12:06
Kim, Hana	22:56	34:48	35:50	8.0	12.0	3.0	31:11	11:42	11:22
Kuhlman, Kevin	14:28	23:44	25:42	8.0	15.0		21:18	07:59	07:53
Lagunas, Jocelyln	19:42	29:32	30:02	8.0	12.0	3.0	26:25	09:54	09:55
Mendoza, Alejandro	20:40	34:56	34:31	8.0	15.0		30:02	11:16	11:14
Nadeau, Kelly	19:30	33:12	30:03	8.0	15.0		27:35	10:21	10:11
Olsen, Schuyler	22:45	36:10	34:02	8.0	13.0		30:59	11:37	11:35
Perez, Ally	23:33	37:24	1:12:40	11.0	18.0	3 UP	44:32	12:09	11:36
Philips, Ryan	16:54			2.0	9.0	6.0	16:54	08:27	08:59
Rojas, Jaret	15:57	28:07	25:15	8.0	15.0		23:06	08:40	08:16
Seifert, Angelica	20:12	31:35		5.0	12.0	3.0	25:53	10:21	10:25
Solis, Johnny	15:21	24:02	1:08:20	12.75	14.8	0.25	35:54	08:27	07:49
Song, Erin	24:34	38:40	36:12	8.0	12.0	3.0	33:09	12:26	12:23
Spiker, Katelyn	19:43	31:33	1:01:58	11.0	15.0		37:45	10:18	10:21
Toothman, Anika	22:26	21:45	34:32	8.0	15.0		26:14	09:50	10:28
Vazquez, Valeria	23:54	36:02		5.0	12.0	3.0	29:58	11:59	12:00
Ziamba, Matthew	22:57	34:45		5.0	12.0	3.0	28:51	11:32	12:26

1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 29th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!
2) 2nd Annual SOAR / HMFC Biathlon Saturday October 21st - 6-8am. Permission slips to Coach Sarkissian by Thursday 10/19.

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3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 10/21! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!

4) SUPPORT SOAR 2018! Team FUNraiser Califorina Pizza Kitchen Thursday November 2nd!!!!

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 26th 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 - Snapchat - SOAR_SC

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