

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

Student / WK 2	11-Oct	13-Oct	15-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	17:34	28:30	26:38	8.0	15.0		24:14	09:05	09:00
Beckwith, Joel	14:21			2.0	9.0	6.0	14:21	07:10	07:37
Carroll-Tramble, Kamari	22:24	34:35	33:35	8.0	15.0		30:11	11:19	11:18
Castano, Peter	13:14	21:26	20:44	8.0	15.0		18:28	06:55	07:02
Castano, Sarina	19:20	34:26	17:00	6.0	13.0	2.0	43:35	51:48	01:03
Chavez, Andy	16:08	26:40	30:14	8.0	15.0		24:21	09:08	09:39
Commons, Carlee	20:00	34:00	33:00	8.0	15.0		29:00	10:52	11:05
DeLapaz, Carlos	16:26	26:43	26:48	8.0	15.0		23:19	08:45	08:53
DeLapaz, Jonathan	Injured	Injured	Injured	0.0	0.0		#DIV/0!	#DIV/0!	00:00
Diaz, Miguel	14:03	22:33	24:30	8.0	15.0		20:22	07:38	07:40
Estrada, Aimee	24:06	33:05		5.0	12.0	3.0	28:36	11:26	12:28
Ford, Elizabeth	17:43	28:12		5.0	12.0	3.0	22:57	09:11	10:02
Fragoza, Christian		25:37		3.0	10.0	5.0	25:37	08:32	08:42
Garcia, Dale	20:36	34:35	32:09	8.0	15.0		29:07	10:55	11:18
Green, Hannah	15:17	25:27	26:11	8.0	15.0		22:18	08:22	08:16
Hoglo, Lukas	23:35	37:22	36:32	8.0	15.0		32:30	12:11	12:03
Hoglo, Wyatt	15:11	24:51	26:11	8.0	15.0		22:04	08:17	08:06
Ibarra, Mario	21:50	36:40	34:16	8.0	12.0	3.0	30:55	11:36	12:09
Javier, Alexandra	20:22		26:54	5.0	12.0	3.0	23:38	09:27	09:07
Javier, Dannah	28:14	41:50	42:50	4.0	8.0	3.0	37:38	28:14	21:19
Loth, Brooke	20:45	33:53	34:01	8.0	15.0		29:33	11:05	11:16
Kuhlman, Kevin	14:02	22:43	23:01	8.0	15.0		19:55	07:28	07:10
Mansur, Alexis	24:00	35:16	34:01	8.0	15.0		31:06	11:40	11:42
Martinez, Michael	14:37	21:31	23:54	8.0	15.0		20:01	07:30	07:13
Nunez, Paulina	19:42	30:37		5.0	12.0	3.0	25:09	10:04	10:04
Ortiz, Dariana	20:22	33:56		5.0	12.0	3.0	27:09	10:52	10:47
Pachucka, Daria	17:38	28:30	29:52	8.0	15.0		25:20	09:30	09:32
Padilla, Tanya	18:05	28:56	28:08	8.0	15.0		25:03	09:24	09:18
Priester, Angela	17:03	27:50		5.0	9.0	6.0	22:26	08:59	08:58
Purser, Michaela	20:36	30:45	31:15	8.0	15.0		27:32	10:20	10:41
Rojas, Jaret				0.0	7.0	8.0	#DIV/0!	#DIV/0!	07:35
Seifert, Angelica	20:16	33:09	32:47	8.0	15.0		28:44	10:46	10:39
Sequeira, Syria	20:05	32:38	31:15	8.0	15.0		27:59	10:30	24:43
Spiker, Joshua	13:08	25:37	20:43	8.0	15.0		19:49	07:26	07:12
Steffy, Laura	21:03		32:11	5.0	12.0	5.0	26:37	10:39	09:21
Vazquez, Valeria	21:40	36:18	35:42	8.0	15.0		31:13	11:43	11:39
Zamudio, Sarah	16:27	32:40	26:54	8.0	12.0	3.0	25:20	09:30	09:07
Ziamba, Matthew	23:15	34:35		5.0	12.0	3.0	28:55	11:34	11:36

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

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

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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