

SOAR Student Training Progress Week 2- 3 Mile Bench, 4 Mile Long

Student / WK 2	9-Oct	11-Oct	13-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	15:45	23:31	32:38	9.0	16.0			23:58	07:59	07:43
Arana, Luis	17:38	24:04	39:20	9.0	16.0			27:01	09:00	09:21
Breault, Charlie	24:16	27:15		5.0	12.0	4.0	4.0	25:45	10:18	13:04
Cefre, Denzil	18:00	29:14		5.0	10.0	6.0	4.0	23:37	09:27	09:40
Cisneros, Matthew	19:55	1:01:40	43:20	12.0	16.0			41:38	10:25	11:16
Cruz, Angel	19:42	29:30	39:00	9.0	16.0			29:24	09:48	10:01
De La Paz, Jonathan	17:02	29:10	41:28	9.0	13.0	3.0	3.0	29:13	09:44	10:11
Derrick, Samea	17:10	27:24		5.0	12.0	4.0	4.0	22:17	08:55	09:06
Diaz, Nadia	23:46	40:43	57:06	9.0	16.0			40:32	13:31	13:12
Estrada, Jose	16:33	27:56	36:26	9.0	13.0	3.0	3.0	26:58	08:59	08:54
Ford, Elizabeth	19:45	32:20	40:20	9.0	13.0	3.0	3.0	30:48	10:16	10:16
Green, Hannah	15:28	25:34	32:59	9.0	16.0			24:40	08:13	08:10
Hernandez, Stephanie			52:45	4.0	8.0	8.0	3.0	52:45	13:11	13:24
Kim, Cecilia	19:45	33:07	42:25	9.0	13.0	3.0	3.0	31:46	10:35	10:29
Kuhlman, Kevin	14:44	15:51		5.0	10.0	6.0	4.0	15:18	06:07	07:13
Llamas, Christopher	14:45	23:34	32:47	9.0	16.0			23:42	07:54	07:54
Mendoza, Alejandro	19:32	32:23	43:09	9.0	16.0			31:41	10:34	10:36
Menjivar, Brian	28:43	43:42	54:30	9.0	16.0			42:18	14:06	14:10
Nakatami, Kotone	23:43	37:43	42:26	9.0	16.0			34:37	11:32	11:39
Olsen, Schuyler	21:40	35:45		5.0	10.0	6.0	4.0	28:42	11:29	11:38
Pierre, Jordan	15:26	44:20	35:00	11.0	16.0			31:35	08:37	08:13
Pride, Jaiden		40:02	54:30	7.0	11.0	5.0	3.0	47:16	13:30	13:54
Redfern Kaia	19:20	30:38		5.0	12.0	4.0	4.0	24:59	10:00	10:01
Sandoval, Andrew	19:42	29:30	39:00	9.0	16.0			29:24	09:48	09:31
Seifert, Angelica	18:50	30:56	40:15	9.0	16.0			30:00	10:00	10:08
Spiker, Christopher	15:30	23:40	35:36	9.0	16.0			24:55	08:18	08:35
Turpin, Lottie	27:25	43:21	55:34	9.0	16.0			42:07	14:02	16:00
Vadapalli, Dhivya	24:05	41:30	52:50	9.0	14.0			39:28	13:09	13:18
Valencia, Jonathan	16:04	25:34	36:11	9.0	16.0			25:56	08:39	08:39
Vazquez, Valeria	24:05	41:30	52:50	9.0	16.0			39:28	13:09	13:09

1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 21st. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!

2) All Program Waivers, with the exception of Team Physical are NOW DUE!

3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 10/27! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!

4) 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 Thursday, October 18th at coaches discretion to participate in the LA Cancer Challenge 5K.

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

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