

SOAR Student Training Progress Week 3- 3 Mile Bench, Biathlon Special Event

Student / WK 3	17-Oct	19-Oct	21-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armenia, Maria	37:50	0:35:30	0:55:32	12.0	27.0		42:57	10:44	10:59
Beliveau, Zack	31:20	1:06:30	0:47:13	16.0	21.0	6.0	48:21	09:04	09:15
Breault, Charlie	40:10	0:40:20	1:02:02	12.0	27.0		47:31	11:53	12:14
Cabrera, Alexis	26:10	0:35:22	0:44:56	12.0	27.0		35:29	08:52	08:57
Carroll-Tramble, Kamari	38:30	0:50:13	1:00:13	12.0	27.0		49:39	12:25	12:10
Chavarin, Robert	0:23:07	0:32:29	0:43:37	12.0	27.0		33:04	08:16	08:34
Choballa, Daija	0:29:57	0:38:22	0:48:38	12.0	27.0		38:59	09:45	09:44
Commons, Carlee	0:33:56	0:38:20	0:48:22	12.0	27.0		40:13	10:03	09:48
Corona, Luis	0:32:02	0:29:13	0:49:49	12.0	27.0		37:01	09:15	09:44
Dalgan, Abraham	0:21:57	0:32:18		7.0	19.0	6.0	27:07	07:45	09:51
DeLaPaz, Jonathan	0:33:02	0:40:03	0:49:31	12.0	27.0		40:52	10:13	10:00
Diaz, Nadia	0:40:13	0:51:42	1:05:43	12.0	27.0		52:33	13:08	13:08
Doughergy, Eric	0:32:28	0:47:27	1:02:37	12.0	21.0	6.0	47:31	11:53	12:19
Estrada, Aimee	0:40:20	0:44:48	0:57:03	12.0	27.0		47:24	11:51	11:33
Ford, Elizabeth	0:33:57	0:42:33	0:53:12	8.0	23.0		43:14	16:13	12:30
Garcia, Dale	0:40:20	1:25:30	0:57:38	15.0	27.0		01:09	12:14	11:46
Gaytan, Peter	0:31:26	0:51:46	0:51:40	12.0	27.0		44:57	11:14	10:38
Godinez, Isis	1:10:05	0:35:02	0:57:12	15.0	27.0		54:06	10:49	11:14
Green, Hannah	0:27:16	0:36:42	0:42:13	12.0	27.0		35:24	08:51	08:35
Hoglo, Lukas	0:40:54	0:43:28	0:58:28	12.0	27.0		47:37	11:54	11:46
Hoglo, Wyatt	0:27:01	0:36:09	0:40:45	12.0	27.0		34:38	08:40	08:19
Islas, Willow	0:42:07	0:34:45	1:00:30	12.0	26.0	1.0	45:47	11:27	11:53
Kim, Hana	1:29:45	0:47:20	0:56:51	15.0	27.0	1 UP	04:39	12:56	11:53
Kuhlman, Kevin	0:26:48	0:31:54	0:39:26	12.0	27.0		32:43	08:11	07:59
Lagunas, Jocelyln	1:20:10	0:39:57	0:49:36	15.0	27.0		56:34	11:19	10:23
Mendoza, Alejandro	0:38:20	0:44:40	0:56:10	12.0	27.0		46:23	11:36	11:21
Nadeau, Kelly	0:36:27	0:43:51	0:50:54	12.0	27.0		43:44	10:56	10:26
Olsen, Schuyler	0:40:13	0:47:15	0:57:54	12.0	25.0		48:27	12:07	11:46
Perez, Ally	0:41:04	0:48:03	0:53:15	11.0	29.0	4 UP	47:27	12:57	12:03
Philips, Ryan	0:58:05	0:37:56	0:44:57	15.0	24.0	3.0	46:59	09:24	09:08
Rojas, Jaret	0:29:56	0:33:00	0:41:20	12.0	27.0		35:38	05:56	07:30
Seifert, Angelica	0:33:46	0:42:43	0:52:03	12.0	24.0	3.0	42:51	10:43	10:31
Solis, Johnny	1:22:50	0:34:25	0:39:04	18.00	32.8		52:06	08:41	08:06
Song, Erin	1:11:04	0:52:30	1:01:57	15.0	27.0		01:50	12:22	12:23
Spiker, Katelyn	0:32:34	0:42:50	0:51:47	12.0	27.0		42:24	10:36	10:26
Toothman, Anika	0:36:28	0:44:26	0:55:50	12.0	27.0		45:35	11:24	11:15
Vazquez, Valeria	1:16:25	0:48:01	0:59:58	15.0	27.0		01:28	12:18	12:06

- 1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 29th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!**
- 2) ALL SOAR PROGRAM WAIVERS ARE NOW DUE!!!**
- 3) SOAR HOLIDAY 50/50 RAFFLE IS ON!! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!**

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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