

**SOAR Student Training Progress Week 3- 3 Mile Bench, 5 Mile Biathlon Special Event**

<b>Student / WK 3</b>	<b>18-Oct</b>	<b>20-Oct</b>	<b>22-Oct</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Average Training Time / WK</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Apolinar, Miguel	0:25:56	0:28:56	0:45:00	11.0	26.0		33:17	09:05	09:02
Beckwith, Joel	0:24:15	0:44:14		8.0	17.0	7.5	34:15	08:34	07:56
Carroll-Tramble, Kamari	0:37:35	0:37:58	0:55:00	11.0	26.0		43:31	11:52	11:29
Castano, Peter	0:23:15	0:24:10	0:35:00	11.0	26.0		27:28	07:30	07:11
Castano, Sarina	0:31:29	0:33:07		6.0	19.0	5.5	32:18	10:46	10:57
Chavarin, Robert	0:23:30	0:23:54	0:40:00	11.0	11.0		29:08	07:57	07:57
Chavez, Andy	0:27:30	0:28:22	0:48:00	11.0	26.0		34:37	09:27	09:35
Commons, Carlee	0:34:50	0:40:00	0:55:00	11.0	26.0		43:17	11:48	11:19
DeLapaz, Carlos	0:31:56	0:35:25	0:45:00	11.0	26.0		37:27	10:13	09:19
DeLapaz, Jonathan	Injured	Injured	Injured	0.0	0.0		#DIV/0!	#DIV/0!	00:00
Diaz, Miguel	0:23:19	0:23:19	0:38:00	11.0	26.0		28:13	07:42	07:40
Estrada, Aimee	0:42:58	1:12:25	1:02:30	14.5	26.5		59:18	12:16	12:24
Ford, Elizabeth	0:29:38	0:31:18	0:50:00	11.0	23.0	3.0	36:59	10:05	10:03
Fragoza, Christian	1:22:45	0:25:44	0:43:00	16.0	26.0		50:30	09:28	08:57
Garcia, Dale	0:37:50	0:35:26	0:56:15	11.0	26.0		43:10	11:46	11:28
Green, Hannah	0:25:10	0:26:13	0:41:15	11.0	26.0		30:53	08:25	08:19
Hoglo, Lukas	0:39:15	0:39:40	1:00:00	11.0	26.0		46:18	12:38	12:15
Hoglo, Wyatt	0:24:21	0:28:52	0:50:00	8.0	23.0		34:24	12:54	09:42
Ibarra, Mario	0:37:29		1:05:00	8.0	20.0	3.0	51:15	12:49	12:22
Javier, Alexandra	0:29:59	1:08:00	0:45:30	14.0	26.0		47:50	10:15	09:29
Javier, Dannah	1:43:06	0:42:17	0:42:50	14.5	22.5		02:44	12:59	13:52
Lagunas, Jocelyn	0:30:28	0:30:30	0:50:50	11.0	11.0		37:16	10:10	10:10
Lima, Mariah	0:32:25	0:36:23		6.0	6.0	3.5	34:24	11:28	11:28
Loth, Brooke	0:33:58	0:40:03	0:56:15	11.0	26.0		43:25	11:51	11:27
Kuhlman, Kevin	0:22:49	0:24:47	0:35:50	11.0	26.0		27:49	07:35	07:18
Mansur, Alexis	0:35:40	0:39:50	0:58:00	11.0	26.0		44:30	12:08	11:50
Martinez, Michael	0:21:40	0:23:41		8.0	23.0	3.5	22:41	05:40	06:42
Nunez, Paulina	0:29:34	0:31:16	0:50:00	11.0	23.0	3.0	36:57	10:05	10:04
Ortiz, Dariana	0:32:53	0:32:28		6.0	18.0	6.5	32:40	10:54	10:49
Pachucka, Daria	0:28:00	0:33:12	0:47:30	11.0	26.0		36:14	09:53	09:39
Padilla, Tanya		0:29:29	0:46:15	8.0	23.0	3.0	37:52	09:28	09:21
Priester, Angela	0:27:03	0:29:17	0:45:00	11.0	20.0	6.0	33:47	09:13	09:03
Purser, Michaela	0:32:22	0:32:08	0:53:00	11.0	26.0		39:10	10:41	10:41
Rojas, Jaret	0:48:30	0:22:08	0:38:00	14.0	21.0	5.0	36:13	07:46	07:40
Seifert, Angelica	0:33:18	0:33:22	0:53:00	11.0	26.0		39:53	10:53	10:44
Sequeira, Syria	0:32:17	0:31:52	0:53:45	11.0	26.0		39:18	10:43	10:44
Spiker, Joshua	0:26:05	0:20:33	0:36:00	11.0	26.0		27:33	07:31	07:18
Steffy, Laura	0:34:59	0:30:00	0:47:00	11.0	23.0	5.0	37:20	10:11	09:38
Vazquez, Valeria	0:36:24	0:38:22	0:58:00	11.0	26.0		44:15	12:04	11:47
Zamudio, Sarah	0:58:00	0:29:01	0:45:30	14.0	26.0		44:10	09:28	09:14
Ziamba, Matthew	0:45:10	0:39:06	0:58:00	11.0	23.0	3.0	47:25	12:56	12:03

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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!

4) SUPPORT SOAR 2017! Team FUNraiser Califorina 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](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Twitter @SOAR\_SC

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