

SOAR Student Training Progress Week 6- 4 Mile Bench / 5K Qualifier #2

Student / WK 6	7-Nov	9-Nov	12-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armentia, Maria	0:45:58	0:43:25	0:32:40	11.1	61.2		0:40:41	11:00	11:17
Breault, Charlie	0:50:20	0:48:36	0:35:27	11.1	61.2		0:44:48	12:06	12:30
Cabrera, Alexis	1:09:35	0:32:09	0:44:55	15.1	62.7		0:48:53	09:43	09:29
Carroll-Tramble, Kamari	0:44:08	0:53:57	0:34:36	11.1	61.2		0:44:14	11:57	12:06
Choballa, Daija	0:39:01	0:36:21	0:30:31	11.1	61.2		0:35:18	09:32	09:46
Commons, Carlee	0:36:44	0:42:39	0:27:10	11.1	61.2		0:35:31	09:36	09:43
Corona, Luis	1:29:25	0:41:46	0:27:34	15.1	62.2		0:52:55	10:31	10:05
Dalgan, Abraham	0:42:53	0:38:15	0:28:21	11.1	59.2		0:36:30	09:52	10:06
DeLaPaz, Jonathan	0:47:14	0:36:17	0:27:07	11.1	61.2		0:36:53	09:58	10:00
Diaz, Nadia	0:52:23	0:49:52	0:44:58	11.1	61.2		0:49:04	13:16	13:17
Doughergy, Eric	1:31:05	0:43:29	0:30:30	15.1	61.2		0:55:01	10:56	11:57
Estrada, Aimee	0:42:23	0:40:58	0:29:57	11.1	61.2		0:37:46	10:12	11:22
Ford, Elizabeth	0:40:52	0:38:50	0:28:40	11.1	61.2		0:36:07	09:46	10:26
Garcia, Dale	1:12:00	0:53:57	0:34:43	13.1	61.2		0:53:33	12:16	11:59
Gaytan, Peter	1:38:00	0:44:38	0:32:36	15.1	62.2		0:58:25	11:36	11:09
Godinez, Isis	0:43:12	0:43:27		8.0	58.1	3.0	0:43:20	10:50	11:11
Green, Hannah	0:34:57	0:34:05	0:24:21	11.1	61.2		0:31:08	08:25	08:37
Hoglo, Lukas	0:46:05	0:48:25	Waived	8.0	58.1		0:47:15	11:49	11:54
Hoglo, Wyatt	0:33:04	0:35:20	Waived	8.0	59.1		0:34:12	08:33	08:40
Islas, Willow	0:46:36	0:43:25	0:32:14	11.1	61.2		0:40:45	11:01	11:48
Kim, Hana	1:19:30	0:42:43	0:31:36	14.1	64.2	4 UP	0:51:16	10:55	11:31
Kuhlman, Kevin	0:31:40	0:34:44	0:21:33	11.1	62.2		0:29:19	07:55	08:16
Lagunas, Jocelyln	0:36:20	0:36:50	0:26:33	11.1	62.2		0:33:14	08:59	10:10
Mendoza, Alejandro	0:49:10	0:42:50	0:31:29	11.1	61.2		0:41:10	11:07	11:20
Nadeau, Kelly	0:40:55	0:39:40	0:37:34	11.1	62.2		0:39:23	10:39	10:36
Olsen, Schuyler	0:44:44	0:43:25	0:30:27	11.1	59.2		0:39:32	10:41	11:32
Perez, Ally	0:46:14			4.0	52.1	7.0	0:46:14	11:33	12:03
Philips, Ryan	0:39:10	0:38:58	0:25:39	11.1	61.2		0:34:36	09:21	09:40
Rojas, Jaret	0:30:07	1:23:30	0:21:30	15.1	61.2		0:45:02	08:57	08:01
Seifert, Angelica	0:40:42	0:39:43	0:30:08	11.1	61.2		0:36:51	09:58	10:28
Solis, Johnny	1:05:00	0:40:00	0:23:42	15.1	75.0		0:42:54	08:31	08:18
Song, Erin	0:50:17	0:45:39	0:34:59	11.1	61.2		0:43:38	11:48	12:17
Spiker, Katelyn	0:40:19	0:38:41	0:28:54	11.1	61.2		0:35:58	09:43	10:20
Toothman, Anika	0:42:30	0:42:00	0:32:21	11.1	61.2		0:38:57	10:32	11:06
Vazquez, Valeria	0:44:55		0:34:26	7.1	61.2		0:39:40	11:11	11:44

- 1) 11th Annual SOAR Gobble Wobble (OPTIONAL) at Towsley Canyon 7AM Thanksgiving Day! Come and get the stuffin' kicked out of ya!**
- 2) Your first 5 mile hill workout is slated for this Sat 11/18 - 6am at Facey! Corner of McBean and Valencia Blvd. World Famous SOAR Nutrition Clinic just after! Training should wrap by 10am.**
- 3) 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, November 9th at coaches discretion to participate in the Calabasas Classic 5K.**

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4) ALL SOAR PROGRAM WAIVERS ARE NOW DUE!!!

5) SOAR HOLIDAY 50/50 RAFFLE IS ON!! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!

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