

SOAR Student Training Progress Week 8- 5 Mile Bench, 5 Mile Long

Student / WK 8	20-Nov	22-Nov	24-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	0:39:37	1:05:00	Waived	11.0	87.5			0:52:18	09:31	08:11
Arana, Luis	0:51:44	Holiday	0:45:14	10.0	85.5			0:48:29	09:42	09:38
Breault, Charlie	1:00:59	1:12:00	0:57:35	16.0	95.5			1:03:31	11:55	12:28
Castillo, Cristian	1:01:50	Holiday	0:59:51	10.0	64.5	5.0	5.0	1:00:51	12:10	11:40
Cisneros, Matthew	0:59:01	1:33:46	0:56:30	16.0	91.5			1:09:46	13:05	11:32
De La Paz, Jonathan	0:45:49	Holiday	0:46:07	10.0	85.5			0:45:58	09:12	10:08
Derrick, Samea	0:52:43	Holiday	0:47:07	10.0	85.5			0:49:55	09:59	09:25
Diaz, Nadia	1:04:23	Holiday	1:14:10	10.0	85.5			1:09:16	13:51	13:32
Estrada, Jose	0:52:30	1:36:20	Waived	11.0	86.5			1:14:25	13:32	09:51
Ford, Elizabeth	0:53:10	1:25:30	0:51:34	16.0	86.5			1:03:25	11:53	10:43
Gawra, Simardeep	0:49:00	1:00:09	0:43:20	16.0	88.5			0:50:50	09:32	09:15
Kim, Cecilia	1:01:05	1:12:00	1:03:00	16.0	88.5			1:05:22	12:15	11:28
Kim, Evan	0:57:05	1:12:00	0:56:34	14.0	52.4			1:01:53	13:16	11:40
Kuhlman, Kevin	0:40:46	1:10:40	0:42:33	16.0	86.5			0:51:20	09:37	08:51
Llamas, Christopher	0:38:20	Holiday	0:40:48	10.0	86.5			0:39:34	07:55	08:05
Martinez, Kimberly	0:52:30	1:30:10	0:51:33	16.0	66.4			1:04:44	12:08	11:51
Mendoza, Alejandro	0:45:27	0:54:55	0:58:40	14.0	89.5			0:53:01	11:22	10:52
Menjivar, Brian	1:03:40	Holiday	1:03:00	10.0	85.5			1:03:20	12:40	14:03
Nakatami, Kotone	1:03:40	Holiday	1:03:00	10.0	78.5	4.0		1:03:20	12:40	12:15
Olsen, Schuyler	1:00:46	Holiday	1:06:54	10.0	80.5	5.0		1:03:50	12:46	11:56
Pierre, Jordan	0:50:12	Holiday	0:51:33	10.0	81.5	4.0		0:50:52	10:11	09:56
Redfern Kaia	0:52:43	Holiday	0:49:47	10.0	85.5			0:51:15	10:15	10:05
Sandoval, Andrew	0:54:33	Holiday	0:50:44	10.0	85.5			0:52:39	10:32	10:12
Saturno, Aubrey	1:00:40	0:47:38	0:57:52	14.0	60.4			0:55:23	11:52	12:09
Seifert, Angelica	Waived	1:35:21	0:46:35	11.0	86.4			1:10:58	12:54	10:26
Spiker, Christopher	0:45:55	Holiday	0:46:35	10.0	85.5			0:46:15	09:15	08:52
Turpin, Lottie	1:22:00	Holiday	1:09:30	10.0	85.5			1:15:45	15:09	15:03
Vadapalli, Dhivya	1:04:33	Holiday	1:05:15	10.0	83.5			1:04:54	12:59	12:52
Valencia, Jonathan	Waived	1:35:00	0:45:00	11.0	81.5	5.0	5.0	1:10:00	12:44	09:24
Vazquez, Valeria	1:04:33	Holiday	1:05:20	10.0	83.5	5.0	5.0	1:04:57	12:59	12:24

- 1) SOAR 50/50 Raffle ends this week!! All tickets due Thursday 11/29!! Team Shoe Event Sunday December 2nd! Details this week!**
- 2) Team Physicals due Friday December 7th!! NO Exceptions!!**
- 3) Saturday December 1st, Annual SOAR Bi-Athlon at the Paseo Club. 3 Mile Run. 30 Minute Spin Class. 5am rally time!!!**
- 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, December 7th at coaches discretion to participate in the SOAR Jingle Bell Run.**
- 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**