

# Students Off And Running

## Santa Monica / Venice Christmas 10K (6.2 Miles) Race Results

Saturday December 16, 2017

Bib	First	Last	City	Chip	Pace	Div	Div Place	Sex	Overall
789	Maria	Armienta	Valencia	01:11:42	00:11:33	F 15-19	18	503	1004
791	Charlie	Breault	Valencia	01:20:01	00:12:53	M 15-19	24	563	1198
792	Alexis	Cabrera	Valencia	00:54:38	00:08:48	M 15-19	13	244	366
793	Kamari	Carroll-Tramble	Valencia	01:12:19	00:11:39	M 15-19	22	508	1024
796	Carlee	Commons	Valencia	00:55:53	00:09:00	F 15-19	4	142	407
797	Luis	Corona	Valencia	00:54:07	00:08:43	M 15-19	12	234	346
798	Abraham	Dalغان	Valencia	01:05:42	00:10:35	M 15-19	17	438	818
799	Jonathan	De La Paz	Valencia	00:53:28	00:08:37	M 15-19	11	220	323
800	Nadia	Diaz	Valencia	01:21:13	00:13:05	F 1-14	5	647	1217
803	Eric	Doughergy	Valencia	01:05:11	00:10:30	M 15-19	16	436	805
804	Aimee	Estrada	Valencia	01:00:21	00:09:43	F 15-19	6	253	611
805	Elizabeth	Ford	Valencia	00:57:40	00:09:17	F 15-19	5	189	501

<b>Bib</b>	<b>First</b>	<b>Last</b>	<b>City</b>	<b>Chip</b>	<b>Pace</b>	<b>Div</b>	<b>Div Place</b>	<b>Sex</b>	<b>Overall</b>
806	Dale	Garcia	Valencia	01:05:58	00:10:37	M 15-19	18	444	827
809	Isis	Godinez	Valencia	01:05:21	00:10:31	F 15-19	11	373	809
810	Hannah	Green	Valencia	00:50:51	00:08:11	F 15-19	2	65	239
811	Sarah	Green	Newhall	01:02:21	00:10:03	F 20-24	9	309	697
814	Lukas	Hoglo	Valencia	01:11:16	00:11:29	M 15-19	21	499	996
815	Wyatt	Hoglo	Valencia	00:53:06	00:08:33	M 15-19	10	212	309
816	Willow	Islas	Valencia	01:12:19	00:11:39	F 15-19	19	517	1025
817	Hana	Kim	Valencia	01:07:52	00:10:56	F 15-19	13	421	890
818	Kevin	Kuhlman	Valencia	00:46:33	00:07:30	M 15-19	7	95	114
819	Mike	Kuhlman	Valencia	00:56:57	00:09:10	M 45-49	34	295	457
830	Kevin	Sarkissian	Valencia	00:54:11	00:08:44	M 50-54	23	236	349
820	Jocelyn	Lagunas	Valencia	00:55:36	00:08:57	F 15-19	3	136	391
823	Alejandro	Mendoza	Valencia	01:05:03	00:10:29	M 15-19	15	435	800
824	Kelly	Nadeau	Valencia	01:01:39	00:09:56	F 15-19	10	288	665
825	Schuyler	Olsen	Valencia	01:09:38	00:11:13	M 15-19	19	484	948

<b>Bib</b>	<b>First</b>	<b>Last</b>	<b>City</b>	<b>Chip</b>	<b>Pace</b>	<b>Div</b>	<b>Div Place</b>	<b>Sex</b>	<b>Overall</b>
828	Ryan	Philips	Valencia	00:56:24	00:09:05	M 15-19	14	278	436
829	Jaret	Rojas	Valencia	00:45:56	00:07:24	M 15-19	6	86	101
831	Angelica	Seifert	Valencia	01:01:05	00:09:50	F 15-19	8	269	635
835	Katelyn	Spiker	Valencia	01:01:05	00:09:50	F 15-19	7	268	634
836	Anika	Toothman	Valencia	01:07:03	00:10:48	F 15-19	12	407	867
838	Valeria	Vazquez	Valencia	01:09:49	00:11:15	F 15-19	16	467	952
790	Sandra	Bonilla	Valencia	01:11:17	00:11:29	F 50-54	39	498	997
794	Karen	Celis	Newhall	01:03:27	00:10:13	F 20-24	11	328	740
437	Miguel	Diaz	Newhall	00:41:46	00:06:44	M 15-19	3	34	37
801	Jeff	Dolder	Santa Clarita	00:59:38	00:09:36	M 45-49	43	345	577
826	Braden	Onori-hallen	Valencia	01:22:11	00:13:14	M 1-14	18	575	1232
812	Erika	Hallen	Valencia	01:23:43	00:13:29	F 40-44	101	677	1257
821	Jacob	Lee	Stevenson Ranch	00:40:48	00:06:34	M 15-19	2	26	28
822	Wayne	Lee	Stevenson Ranch	01:20:55	00:13:02	M 45-49	74	569	1212

Bib	First	Last	City	Chip	Pace	Div	Div Place	Sex	Overall
827	Yvette	Pesina Vazquez	Valencia	01:28:31	00:14:15	F 50-54	63	713	1309
3069	Danielle	Marsh	Stevenson Ranch	00:42:26	00:06:50	F 30-34	3	5	42
837	Beth	Townsend	Santa Clarita	00:48:39	00:07:50	F 40-44	9	34	167
839	David	Yurcisin	Fillmore	00:59:37	00:09:36	M 55-59	20	344	576

**Congratulations Team 2018!**

**You Rock!**



**SOAR**

**Take the road less traveled.**

**SOAR Student Training Progress Week 11- 4 Mile Bench / 10K Qualifier**

Student / WK 11	12-Dec	14-Dec	16-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:45:15	0:46:02	1:11:42	14.2	136.4		0:54:20	11:29	11:20
Breault, Charlie	0:49:00	0:45:52	1:20:01	14.2	136.4		0:58:18	12:19	12:41
Cabrera, Alexis	0:32:27	0:33:47	0:54:38	14.2	131.9		0:40:17	08:31	09:16
Carroll-Tramble, Kamari	0:54:32	0:43:51	1:12:19	14.2	130.4		0:56:54	12:01	12:08
Chabolla, Daija	Medical	Medical	Medical	0.0	120.2	UP 4.0	#DIV/0!	#DIV/0!	10:03
Commons, Carlee	0:37:00	0:35:19	0:55:53	14.2	130.4		0:42:44	09:02	09:40
Corona, Luis	0:39:37	0:39:39	0:54:07	14.2	130.4		0:44:28	09:24	10:15
Dalgan, Abraham	0:42:09	0:42:20	1:05:42	14.2	128.4		0:50:04	10:35	10:19
DeLaPaz, Jonathan	0:38:24	0:34:17	0:53:28	14.2	136.4		0:42:03	08:53	09:50
Diaz, Nadia	0:54:10	0:51:11	1:21:13	14.2	129.4		1:02:11	13:08	13:23
Doughergy, Eric	0:41:49	0:41:13	1:05:11	14.2	130.4		0:49:24	10:26	11:31
Estrada, Aimee	0:39:42	0:38:39	1:00:21	14.2	130.4		0:46:14	09:46	09:55
Ford, Elizabeth	1:28:40	0:37:18	0:57:40	18.2	140.4	UP 10.0	1:01:13	10:05	10:20
Garcia, Dale	0:42:00	0:43:10	1:05:58	14.2	131.2		0:50:23	10:39	11:56
Godinez, Isis	0:58:21	0:40:20	1:05:21	14.2	123.1		0:54:41	11:33	11:15
Green, Hannah	0:32:55	0:33:32	0:50:51	14.2	136.2	UP 6.0	0:39:06	08:16	08:39
Hoglo, Lukas	0:56:22	0:54:22	1:11:16	15.2	137.3	UP 10.0	1:00:40	11:58	11:52
Hoglo, Wyatt	0:43:42	0:42:56	0:53:06	15.2	138.3	UP 10.0	0:46:35	09:12	08:48
Islas, Willow	2:13:40	0:46:51	1:12:19	20.2	138.4	UP 8.0	1:24:17	12:31	12:03
Kim, Hana	1:31:50	0:43:12	1:07:52	18.2	134.4	UP 5.0	1:07:38	11:09	11:35
Kuhlman, Kevin	0:31:39	0:32:55	0:46:33	14.2	131.4		0:37:02	07:50	08:23
Lagunas, Jocelyln	0:37:40	0:34:50	0:55:36	14.2	131.4		0:42:42	09:01	09:49
Mendoza, Alejandro	0:41:22	0:40:10	1:05:03	14.2	136.4		0:48:52	10:19	11:14
Nadeau, Kelly	0:53:05	0:39:55	1:01:39	14.2	137.4		0:51:33	10:53	10:46
Olsen, Schuyler	0:47:45	0:43:51	1:09:38	14.2	128.4		0:53:45	11:21	11:33
Philips, Ryan	1:31:50	0:32:29	0:56:24	19.2	135.4	UP 5.0	1:00:14	09:25	09:54
Rojas, Jaret	0:58:21	0:31:00	0:45:56	14.2	131.4		0:45:06	09:32	08:18
Seifert, Angelica	0:40:20	0:39:57	1:01:05	14.2	136.4	UP 6.0	0:47:07	09:57	10:27
Song, Erin	0:47:45	0:43:29	1:19:06	14.0	130.2		0:56:47	12:10	12:20
Spiker, Katelyn	0:39:57	0:40:43	1:01:05	14.2	130.4		0:47:15	09:59	10:18
Toothman, Anika	0:47:45	0:41:54	1:07:03	14.2	136.4	UP 6.0	0:52:14	11:02	11:05
Vazquez, Valeria	0:49:00	0:46:05	1:09:49	14.2	130.4		0:54:58	11:37	11:51

- 1) RALLY TIME FOR THE SO CAL 1/2 MARATHON IS 5:00AM AT LOWES. PERMISSION SLIPS DUE TO COACH SARKISSIAN BY 1/11!**
- 2) 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, January 11th at coaches discretion to participate in the So Cal 1/2 Marathon.**
- 3) TRAINING WILL BE SUSPENDED FOR STUDENTS NOT HAVING COMPLETED A TEAM PHYSICAL AFTER 1/11/18!**
- 4) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Snapchat - SOAR\_SC**
- 5) Keep Training Hard! SOAR '18 ROCKS!!!! ÷D**



# JANUARY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
31	1 	2 5.0 Miles 9-11a (Lowe's) Sarkissian	3	4 5.0 Miles 9-11a (Lowe's) Hallen	5	6 10.0 Miles 6:00-10:00a (Facey) Sarkissian
7	8	9 5.0 Miles 330-5p (Lowe's) Sarkissian	10	11 4.0 Miles 330-5p (Lowe's) Hallen	12	13 Event So Cal 1/2 Marathon (Irvine) 5a-2p 
14	15	16 4.0 Miles 330-5p (Lowe's) Sarkissian	17	18 4.0 Miles 3:30-5:30p (Lowe's) Hallen	19	20 10.0 Miles 6-10a (Lowe's) Sarkissian
21	22	23 4.0 Miles 330-5p (Lowe's) Sarkissian	24	25 5.0 Miles 3:30-5:30p (Lowe's) Hallen	26	27 10.0 Miles 6:00-10:00a (Facey) Sarkissian
28	29	30 5.0 Miles 330-5p (Lowe's) Sarkissian	31			