

**SOAR Student Training Progress Week 10- 5 Mile Bench, 10K Team Qualifier**

Student / WK 10	3-Dec	5-Dec	7-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Weekly Tempo Min / Mile	Weekly Min / Mile	YTD Tempo Min / Mile	YTD Weekly Min / Mile
Apolinar, Miguel (D)	0:48:05	0:56:03	1:01:20	16.2	113.3			0:11:13	0:10:13	0:10:16	0:10:41
Chiang, Owen (D)	0:50:37	0:49:00	1:02:30	16.2	113.3			0:09:48	0:10:00	0:10:08	0:10:42
Chouinard, Brody (D)		0:46:42	0:52:09	11.2	108.3	5.0	5.0	0:09:20	0:08:50	0:08:31	0:09:06
Diaz, Nadia (D)	1:06:59	1:04:58	1:19:44	16.2	113.3			0:13:00	0:13:04	0:13:13	0:13:32
Fitterer, Karl (M)	0:54:47	0:50:12	0:49:13	16.2	119.3			0:10:02	0:09:31	0:09:29	0:10:02
Flynn, Natalie (D)	0:53:25	0:52:40	1:06:21	16.2	118.3			0:10:32	0:10:39	0:10:41	0:10:39
Gawra, Inderjeet (D)	0:56:45	0:57:26		10.0	103.1			0:11:29	0:11:25	0:11:30	0:11:57
Goldstein, Isabella (M)	1:06:50	1:04:42	1:20:22	16.2	113.3			0:12:56	0:13:05	0:13:21	0:13:29
Guangorena, Edward (M)	2:38:15	0:58:50	1:08:38	26.2	118.3			0:11:46	0:10:54	0:11:33	0:11:48
Kim, Issac (M)	1:43:15	0:50:22	1:00:50	21.2	114.3			0:10:04	0:10:07	0:10:54	0:11:08
Mendoza, Alejandro (M)	1:42:50	0:50:32	0:56:27	21.2	118.3			0:10:06	0:09:54	0:09:50	0:10:42
Paulsen, Abby (M)	1:03:00	1:00:00	1:11:39	16.2	113.3			0:12:00	0:12:01	0:12:44	0:12:42
Perez, Sofia (M)	0:53:25	0:52:40	1:07:41	16.2	120.3			0:10:32	0:10:44	0:11:01	0:11:19
Redfern, Kaia (M)	0:53:25	0:54:36	1:07:57	16.2	126.3	17 UP		0:10:55	0:10:52	0:11:14	0:11:16
Song, Jasmin (D)	1:02:35	0:59:09	1:14:10	16.2	113.3			0:11:50	0:12:06	0:12:06	0:12:29
Sorila, Hazel (D)	1:00:40	0:59:09	1:10:51	16.2	113.3			0:11:50	0:11:46	0:11:56	0:12:37
Spiker, Christopher (M)	0:42:27	0:43:17	0:46:07	16.2	118.3			0:08:39	0:08:08	0:08:22	0:08:48
Strang, Ainsley (D)	0:49:49	0:52:08	0:55:41	16.2	119.3			0:10:26	0:09:44	0:10:02	0:10:05
Teague, Thomas (M)	3:09:50	0:52:07	1:06:59	30.2	120.2			0:10:25	0:10:14	0:09:21	0:09:52
Turpin, Lottie (D)	1:08:35	1:05:43	1:19:39	16.2	118.3			0:13:09	0:13:12	0:13:24	0:13:18
Yamachika, Nicole (M)	0:50:23	0:50:49		10.0	110.1			0:10:10	0:10:07	0:10:42	0:11:18

1) Rally time for the SOAR's 10th Annual Jingle Bell Run is 6:00 am at Lowes!

2) Team Physicals DUE NOW!!

3) All Students are reminded to set up their Mightycause Fundraising Page by 10/31!

4) All permission slips for SOAR's Jingle Bell Run to Coach Sarkissian by Thursday 12/12!

5) 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, January 9th at coaches discretion to participate in the Irvine Half Marathon!

6) 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

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

Team Standings WK 6	Team Time Total	Total Points earned
Diaz (11)	34:05:13	5
Mendoza (11)	37:35:27	2

\* Missed practice incurs 15 min / mi penalty.

\* Uneven team adds Ghost Runner at 12 min / mi.

\* Team Challenge Winner earns 1 Point.

\* Team with lowest cumulative time earns 1 Point.

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