

**SOAR Student Training Progress Week 13- 5 Mile Bench, 10 Mile Long**

Student / WK 13	25-Dec	27-Dec	29-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	Holiday	0:39:51	1:17:27	15.0	161.7			0:58:39	07:49	08:04
Arana, Luis	Holiday	0:46:50	1:35:11	15.0	159.7			1:11:01	09:28	09:27
Breault, Charlie	Holiday	Injured	Injured	0.0	144.7			#DIV/0!	#DIV/0!	12:26
Castillo, Cristian	Holiday	1:01:07	2:08:55	15.0	143.7			1:35:01	12:40	11:23
Cisneros, Matthew	Holiday	1:13:20	2:26:00	15.0	165.7			1:49:40	14:37	11:36
De La Paz, Jonathan	Holiday	0:56:27	1:49:37	15.0	159.7			1:23:02	11:04	09:58
Derrick, Samea	Holiday		1:35:00	10.0	155.7	5.0		1:35:00	09:30	09:24
Diaz, Nadia	Holiday	1:15:20	2:23:01	15.0	159.7			1:49:10	14:33	13:30
Estrada, Jose	Holiday	0:56:34	1:49:41	15.0	160.7			1:23:08	11:05	09:52
Ford, Elizabeth	Holiday	1:53:20	1:50:07	20.0	160.7			1:51:43	11:10	10:36
Gawra, Simardeep	Holiday	2:23:10	1:35:59	25.0	172.7	UP 10.0		1:59:35	09:34	09:05
Kim, Cecilia	Holiday	1:03:10	2:07:08	13.0	172.7			1:35:09	14:38	12:13
Kim, Evan	Holiday	1:01:27	1:59:18	15.0	126.6			1:30:22	12:03	11:33
Kuhlman, Kevin	Holiday	0:39:53	1:24:34	9.0	154.7			1:02:14	13:50	09:15
Llamas, Christopher	Holiday	0:39:46	1:25:02	15.0	154.7	4.0		1:02:24	08:19	08:02
Martinez, Kimberly	Holiday	1:06:46	1:42:05	15.0	132.6			1:24:26	11:15	11:28
Mendoza, Alejandro	Holiday	0:57:04	1:56:50	15.0	163.7			1:26:57	11:36	10:42
Menjivar, Brian	Holiday	1:06:46	2:12:45	15.0	159.7			1:39:45	13:18	13:25
Nakatani, Kotone	Holiday	1:06:46	2:12:45	15.0	156.7			1:39:45	13:18	12:14
Olsen, Schuyler	Holiday	1:04:14	2:01:54	15.0	154.7	5.0		1:33:04	12:25	11:46
Redfern Kaia	Holiday	0:50:50	1:45:52	15.0	159.7			1:18:21	10:27	10:02
Saturno, Aubrey	Holiday	1:08:13	2:16:14	15.0	134.6			1:42:14	13:38	12:07
Seifert, Angelica	Holiday	0:47:17	1:39:58	15.0	160.6			1:13:37	09:49	10:06
Spiker, Christopher	Holiday	2:12:20	1:25:39	25.0	165.7			1:48:59	08:43	08:49
Turpin, Lottie	Holiday	3:30:20	2:28:43	25.0	169.7	UP 10.0		2:59:32	14:22	14:35
Vadapalli, Dhivya	Holiday	0:57:50	2:12:00	15.0	157.7			1:34:55	12:39	12:49
Vazquez, Valeria	Holiday		2:12:00	10.0	152.7	10.0		2:12:00	13:12	12:13

- 1) Training resumes 9am January 3rd. Thursday's Run will be a 5 miler at Iron Horse.
- 2) Team Physicals due NOW!! Students not having a physical clearance on file will have training suspended until received!
- 3) Next Team Qualifier will be the Irvine Half Matakon, Saturday January 12th in Irvine! Meeting time is 5am at Lowes.
- 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, January 10th to participate in the Irvine Half Marathon!!
- 5) 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
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D Happy Holidays from SOAR!!!