

**SOAR Student Training Progress Week 18- 4 Mile Bench, 15 Mile Long**

Student / WK 18	29-Jan	31-Jan	2-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladueno, Rigoberto	0:29:22	0:35:29	2:34:00	23.0	254.8	4.0		1:12:57	09:31	08:17
Arana, Luis	0:33:36	0:32:18	2:12:26	23.0	252.8	4.0		1:06:07	08:37	09:26
Breault, Charlie	0:43:55	0:42:49	3:37:42	23.0	214.7			1:41:29	13:14	13:20
Cisneros, Matthew	0:53:50	0:39:20	3:41:38	23.0	262.8			1:44:56	13:41	11:51
De La Paz, Jonathan	0:41:30	0:42:38	3:04:20	23.0	256.8			1:29:29	11:40	10:04
Derrick, Samea	0:35:22	0:33:50	2:23:32	23.0	252.8			1:10:55	09:15	09:23
Diaz, Nadia	0:51:32	0:53:39	3:22:30	23.0	256.8			1:42:34	13:23	13:34
Estrada, Jose	0:41:40	0:34:31	2:45:27	23.0	257.8			1:20:33	10:30	09:45
Ford, Elizabeth	0:41:06	0:40:07	3:05:00	23.0	257.8			1:28:44	11:34	10:42
Gawra, Simardeep	0:34:12	0:32:57	2:35:00	23.0	264.8			1:14:03	09:40	09:10
Kim, Cecilia	0:49:39	0:45:20	3:20:00	23.0	264.8			1:38:20	12:50	12:27
Kim, Evan	0:39:36	0:38:18	3:20:00	23.0	223.7			1:32:38	12:05	11:31
Kuhlman, Kevin	0:32:20	0:32:35	2:27:26	23.0	251.8			1:10:47	09:14	09:09
Llamas, Christopher	0:28:35	0:31:03	2:12:26	23.0	251.8			1:04:01	08:21	08:00
Martinez, Kimberly	0:40:58	0:39:13	2:56:15	23.0	229.7			1:25:29	11:09	09:44
Mendoza, Alejandro	2:29:15	0:42:38	3:04:20	33.0	249.8			2:05:24	11:24	11:14
Menjivar, Brian	0:51:10	0:46:20	3:42:15	23.0	256.8			1:46:35	13:54	13:28
Nakatani, Kotone	0:51:10	0:46:20	3:41:38	23.0	253.8			1:46:23	13:53	12:22
Olsen, Schuyler	0:41:40	0:41:33		8.0	227.8	29.0	25.0	0:41:37	10:24	11:44
Redfern Kaia	0:39:30	0:38:30	3:08:21	23.0	256.8			1:28:47	11:35	10:14
Saturno, Aubrey	0:45:29	0:43:25	3:38:28	23.0	231.7			1:42:27	13:22	12:07
Seifert, Angelica	0:36:31	0:35:29	2:53:53	23.0	257.7			1:21:58	10:41	10:06
Spiker, Christopher	0:32:59	0:33:50	2:30:25	23.0	244.8			1:12:25	09:27	08:57
Turpin, Lottie	0:51:32	0:53:39	2:40:40	19.0	252.8			1:28:37	14:00	14:33
Vadapalli, Dhivya	0:49:30	0:49:50	3:38:30	23.0	259.8			1:45:57	13:49	12:51
Vazquez, Valeria	0:49:30	0:49:50	3:38:30	23.0	253.8			1:45:57	13:49	12:32

**1) Next marathon benchmark - Mt Hollywood 12K Trail Run, Sunday February 10th at Griffith Park in LA! Meet at Lowes 5:30am!**

**2) SAVE SOAR!! SUPPORT MARDI GRAS MADNESS 2/24/19!! WWW.MGM5K.COM SPREAD THE WORD!!**

**3) Next Team Qualifier will be the Mt Hollywood 12K Trail Run, Sunday February 10th in LA! Meeting time is 6am 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, February 7th to participate in the Mt Hollywood 12K Trail Run!!**

**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 New Year from SOAR!!!**