

**SOAR Student Training Progress Week 19- 4 Mile Bench, 12K Trail Run Event**

<b>Student / WK 19</b>	<b>5-Feb</b>	<b>7-Feb</b>	<b>2-Feb</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Average Training Time / WK</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Aladuena, Rigoberto	1:00:10	0:24:29	1:03:42	18.5	273.3			0:49:27	08:01	08:16
Arana, Luis	1:04:00	0:32:40	1:04:52	18.5	271.3			0:53:51	08:44	09:23
Breault, Charlie	0:43:02	0:33:25	1:47:17	14.5	229.2			1:01:15	12:40	13:18
Cisneros, Matthew	0:58:06	0:32:40	1:29:52	14.5	277.3			1:00:13	12:27	11:53
De La Paz, Jonathan	0:40:28	0:24:51	1:13:18	14.5	271.3			0:46:12	09:34	10:02
Derrick, Samea	0:35:03	0:25:30	1:14:12	14.5	267.3			0:44:55	09:18	09:23
Diaz, Nadia	0:57:37	0:35:12	1:53:17	14.5	271.3			1:08:42	14:13	13:36
Estrada, Jose	0:40:28	0:26:39	1:26:39	14.5	272.3			0:51:15	10:36	09:47
Ford, Elizabeth	0:39:40	0:29:04	1:27:19	14.5	272.3			0:52:01	10:46	10:42
Gawra, Simardeep	0:33:40	0:24:48	1:08:41	14.5	279.3			0:42:23	08:46	09:08
Kim, Cecilia	0:46:10	0:33:25	1:47:18	14.5	279.3			1:02:18	12:53	12:28
Kim, Evan	0:39:28	0:27:28	1:47:16	14.5	238.2			0:58:04	12:01	11:33
Kuhlman, Kevin	0:33:58	0:22:26	1:04:50	14.5	266.3			0:40:25	08:22	09:06
Martinez, Kimberly	0:39:33	0:32:40	1:50:02	14.5	244.2			1:00:45	12:34	09:53
Mendoza, Alejandro	0:40:25	0:27:02	1:26:23	14.5	264.3			0:51:17	10:37	11:12
Menjivar, Brian	0:44:30	0:33:25	1:50:12	14.5	271.3			1:02:42	12:58	13:26
Nakatani, Kotone	0:44:30	0:33:25	1:50:23	14.5	268.3			1:02:46	12:59	12:24
Olsen, Schuyler	5:49:05	1:16:10	1:30:25	43.5	271.3			2:51:53	11:51	11:44
Redfern Kaia	0:38:21	0:27:17	1:21:08	14.5	271.3			0:48:55	10:07	10:13
Saturno, Aubrey	0:41:20	0:32:37	1:36:01	14.5	246.2			0:56:39	11:43	12:06
Seifert, Angelica	0:34:58	0:25:20	1:27:19	14.5	272.2			0:49:12	10:11	10:06
Spiker, Christopher	0:31:40	0:23:45	1:10:58	14.5	259.3			0:42:08	08:43	08:56
Turpin, Lottie	0:58:06	0:38:27	1:54:00	14.5	267.3			1:10:11	14:31	14:33
Vadapalli, Dhivya	0:48:30	0:36:57	1:50:09	14.5	274.3			1:05:12	13:29	12:53
Vazquez, Valeria	0:48:30	0:36:57	1:50:09	14.5	268.3			1:05:12	13:29	12:35

**1) Mardi Gras Madness is Sunday 2/24! Participation is required for all students and at least one parent / legal guardian!**

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

**3) Final marathon benchmark - SOAR's 20 Miler! Saturday March 9th! Meet at Placerita JHS 6am!**

**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, March 7th to participate in the SOAR 20 MILER!**

**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!!!**