

**SOAR Student Training Progress Week 1- 2 Mile Bench, 3 Mile Long**

Student / WK 1	5-Oct	7-Oct	9-Oct	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
Castillo, Edgar	17:30	15:11	25:16	7.0	7.0			07:35	08:17	07:35	08:17
Chavez, Evelyn	27:00		38:07	5.0	5.0	2.0		00:00	13:01	00:00	13:01
Fitterer, Horus	16:30	16:09	25:11	7.0	7.0			08:04	08:16	08:04	08:16
Hernandez, Giselle	18:11		33:30	5.0	5.0	2.0		00:00	10:20	00:00	10:20
Iribe-Loza, Sebastian	14:59	13:01	19:51	7.0	7.0			06:30	06:50	06:30	06:50
Lona, Evelyn	21:20	19:24		4.0	4.0	3.0		09:42	10:11	09:42	10:11
Paulsen, Abby	21:33	20:59	32:56	7.0	7.0			10:30	10:47	10:30	10:47
Stella, Vincent	19:39	16:33	25:45	7.0	7.0			08:16	08:51	08:16	08:51
Strang, Ainsley	18:40	18:11	29:18	7.0	7.0			09:05	09:27	09:05	09:27
Uchino, Ethan	20:13	19:02	30:02	7.0	7.0			09:31	09:54	09:31	09:54
Vasquez, Mia	21:20	21:00	32:50	7.0	7.0			10:30	10:44	10:30	10:44

**1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 20th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!**

**2) Program Info Night Wednesday October 20th. 7-830pm Attendance mandatory - all students and one parent / legal guardian.**

**3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 11/6! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!**

**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, October 28th at coaches discretion to participate in the LA Cancer Challenge 5K.**

**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**