

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

Student / WK 1	2-Oct	4-Oct	6-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	14:35	14:30	23:05	7.0	7.0			17:23	07:27	07:27
Arana, Luis	20:10	19:09	28:38	7.0	7.0			22:39	09:42	09:42
Breault, Charlie	24:16	27:15	40:00	7.0	7.0			30:30	13:04	13:04
Cefre, Denzil		20:24	28:59	5.0	5.0	2.0		24:41	09:53	09:53
Cisneros, Matthew	28:05	20:27		4.0	4.0	3.0	3.0	24:16	12:08	12:08
Cruz, Angel	20:43	20:03	30:50	7.0	7.0			23:52	10:14	10:14
De La Paz, Jonathan	23:11	19:21		4.0	4.0	3.0	3.0	21:16	10:38	10:38
Derrick, Samea	19:08	17:38	28:17	7.0	7.0			21:41	09:18	09:18
Diaz, Nadia	25:48	26:15	38:10	7.0	7.0			30:04	12:53	12:53
Estrada, Jose	17:59	17:12		4.0	4.0	3.0	3.0	17:36	08:48	08:48
Ford, Elizabeth	21:20	19:46		4.0	4.0	3.0	3.0	20:33	10:16	10:16
Green, Hannah	15:49	15:41	25:10	7.0	7.0			18:53	08:06	08:06
Guangorena, Edward	26:30			2.0	2.0	5.0	3.0	26:30	13:15	13:15
Hernandez, Stephanie	28:12	26:17		4.0	4.0	3.0	3.0	27:14	13:37	13:37
Kim, Cecilia	21:24	20:07		4.0	4.0	3.0	3.0	20:46	10:23	10:23
Kuhlman, Kevin		15:51	25:43	5.0	5.0	2.0		20:47	08:19	08:19
Llamas, Christopher	15:21	15:33	24:27	7.0	7.0			18:27	07:54	07:54
Mendoza, Alejandro	21:48	20:46	31:47	7.0	7.0			24:47	10:37	10:37
Menjivar, Brian	28:22	27:58	43:24	7.0	7.0			33:15	14:15	14:15
Nakatani, Kotone	24:28	22:57	34:47	7.0	7.0			27:24	11:45	11:45
Olsen, Schuyler	24:20		34:35	5.0	5.0	2.0		29:28	11:47	11:47
Pierre, Jordan		15:51	23:10	5.0	5.0	2.0		19:30	07:48	07:48
Pride, Jaiden	28:10	29:00		4.0	4.0	3.0	3.0	28:35	14:18	14:18
Redfern Kaia	19:28	19:56	30:50	7.0	7.0			23:25	10:02	10:02
Sandoval, Andrew	20:43	20:03	23:46	7.0	7.0			21:31	09:13	09:13
Seifert, Angelica	20:22	19:52	31:42	7.0	7.0			23:59	10:17	10:17
Spiker, Christopher	19:08	16:13	26:43	7.0	7.0			20:41	08:52	08:52
Turpin, Lottie	27:42	26:57	43:04	7.0	7.0			32:34	13:58	13:58
Vazquez, Valeria	24:39	27:15	40:00	7.0	7.0			30:38	13:08	13:08
Vadapalli, Dhivya	Waived	27:17	40:00	5.0	5.0			33:38	13:27	13:27

1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 21st. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!

2) Program Info Night Wednesday October 11th. 7-830pm Attendance mandatory - all new students and one parent / legal guardian.

3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 10/27! 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 18th 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 - Instagram SOAR_SC - Snapchat - SOAR_SC

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