

SOAR Student Training Progress Week 21- 10K Bench, Mardi Gras Madness Special Event

Student / WK 21	22-Feb	24-Feb	26-Feb	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
Baljet, Micaela	0:44:06	1:14:39	MGM 22	10.20	268.80			12:02	11:39	11:58	13:08
Castillo, Edgar	Injured	0:57:59	MGM 22	6.20	294.30			09:21	09:21	10:35	10:08
Hernandez, Giselle	0:46:11	1:20:28	3:02:00	23.30	301.80			12:59	13:15	13:01	12:54
Iribe-Loza, Sebastian	3:38:15	1:00:00	MGM 22	25.20	304.80			09:41	11:03	08:44	09:11
Paulsen, Abby		1:07:13	MGM 22	6.20	284.20			10:51	10:51	10:49	11:01
Stella, Vincent	0:37:30	1:04:47	1:04:47	16.40	322.10			10:27	10:11	10:27	10:23
Strang, Ainsley	0:37:11	1:01:21	MGM 22	10.20	305.05			09:54	09:40	09:56	10:25
Uchino, Ethan	0:31:59	0:59:27	MGM 22	10.20	304.30			09:35	08:58	09:31	10:20
Vasquez, Mia		1:07:44	MGM 22	6.20	298.30	4.0		10:55	10:55	10:58	11:36

1) SOAR'S 15th Annual 20 Miler is set for Saturday March 5th!! All studenst must finish in 5 hours or less to qualify for the LA Marathon!!!

2) REPORTING TIME FOR SOAR'S 20 MILER IS 6AM AT PLACERTITA JHS!! POST RUN TACO FIESTA AT CASA IRIBE-LOZA!

3) 2nd Team Shoe Weekend at Runners Lane March 5th and 6th.

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 3rd at coaches discretion to participate in the SOAR 20 Miler!

5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC

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