

**SOAR Student Training Progress Week 21- 4 Mile Bench / Mardi Gras Madness Special Event**

Student / WK 21	20-Feb	22-Feb	24-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:44:42	1:13:20	MGM 18	10.2	325.7		0:59:01	11:34	11:58
Breault, Charlie	0:45:48	1:18:32	MGM 18	10.2	325.8		1:02:10	12:11	12:49
Cabrera, Alexis	0:31:50	0:59:28	2:41:00	25.2	321.0		1:24:06	10:01	09:42
Carroll-Tramble, Kamari	0:45:47	1:14:42	MGM 18	10.2	317.0		1:00:15	11:49	12:15
Corona, Luis		1:05:16	2:56:10	16.2	302.5	17.0	2:00:43	14:54	10:51
Dalgan, Abraham	0:40:30	1:07:14	MGM 18	10.2	317.8		0:53:52	10:34	10:56
DeLaPaz, Jonathan	0:35:48	1:01:21	MGM 18	10.2	325.8		0:48:34	09:31	10:00
Diaz, Nadia	0:49:18	1:25:23	MGM 18	10.2	318.8		1:07:21	13:12	13:43
Estrada, Aimee		1:04:48	MGM 18	6.2	313.5	11.0	1:04:48	10:27	10:33
Ford, Elizabeth	0:39:10	1:08:32	MGM 18	10.2	319.8		0:53:51	10:34	11:01
Garcia, Dale	1:14:59	1:17:28	MGM 18	10.2	316.6		1:16:13	14:57	12:43
Godinez, Isis	1:35:05	1:10:17	MGM 18	16.2	299.2	9.0	1:22:41	10:12	11:15
Green, Hannah	0:32:20	0:54:41	MGM 18	10.2	302.8		0:43:30	08:32	09:45
Hoglo, Lukas	0:44:20	1:14:49	MGM 18	10.2	316.7		0:59:35	11:41	12:12
Hoglo, Wyatt	0:32:02	0:55:35	MGM 18	10.2	317.7		0:43:49	08:35	09:04
Islas, Willow	0:44:09	1:12:45	MGM 18	10.2	314.8	5.0	0:58:27	11:28	11:52
Kim, Hana	0:40:40	1:12:22	MGM 18	10.2	314.8		0:56:31	11:05	11:41
Kuhlman, Kevin	0:35:41	0:55:41	0:34:20	14.2	326.8	UP 6	0:41:54	08:51	09:09
Lagunas, Jocelyn	0:34:40	1:01:27	MGM 18	10.2	320.8		0:48:03	09:25	09:57
Mendoza, Alejandro	0:55:30	1:11:29	MGM 18	10.2	325.8		1:03:29	12:27	11:39
Nadeau, Kelly	0:38:16	1:09:37	MGM 18	10.2	320.4	UP 6.0	0:53:57	10:35	11:14
Olsen, Schuyler	0:40:10	1:11:34	MGM 18	10.2	317.8		0:55:52	10:57	11:33
Philips, Ryan	0:31:05	1:04:42	MGM 18	10.2	319.7		0:47:54	09:23	10:26
Rojas, Jaret	0:31:05	0:53:09	MGM 18	10.2	322.8		0:42:07	08:16	08:39
Seifert, Angelica	0:38:44	1:05:49	1:14:59	13.0	318.3		0:59:51	13:49	10:47
Song, Erin	0:43:01	1:16:06	1:37:07	18.2	322.8	UP 9	1:12:05	11:53	12:26
Spiker, Katelyn	0:47:10	Injured	MGM 18	4.0	313.6		0:47:10	11:47	10:30
Toothman, Anika	0:40:10	1:09:41	MGM 18	10.2	320.8	UP 1.0	0:54:55	10:46	11:18
Vazquez, Valeria	0:46:04	1:15:48	0:52:36	15.2	324.0		0:58:09	11:29	11:49

- 1) Final marathon benchmark - SOAR's 20 Miler! Saturday March 3rd! Meet at Placerita JHS 6am!**
- 2) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, March 1st at coaches discretion to participate in the SOAR's 20 Miler!**
- 3) Final marathon benchmark - SOAR's 20 Miler! Saturday March 3rd! Meet at Placerita JHS 6am!**
- 4) 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**
- 5) Keep Training Hard! SOAR '18 ROCKS!!!! ÷D**