

**SOAR Student Training Progress Week 23 - 2.0 Mile Bench, 26.2 Mile Los Angeles Marathon**

<b>Student / WK 23</b>	<b>3-Mar</b>	<b>5-Mar</b>	<b>8-Mar</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Weekly Tempo Min / Mile</b>	<b>Weekly Min / Mile</b>	<b>YTD Tempo Min / Mile</b>	<b>YTD Weekly Min / Mile</b>
Agopian, Alex	0:19:32	0:19:32	4:52:30	30.2	366.5			09:46	10:59	09:38	09:39
Akel, Tamara	0:24:58	0:24:58	WAIVED	4.0	304.4			12:29	12:29	12:22	12:14
Barba, Ivanna	0:24:34	0:24:34	6:33:03	30.2	365.3			12:17	14:39	11:59	11:45
Baayoun, Omar	0:23:12	0:23:12	6:10:09	30.2	368.0			11:36	15:09	11:41	10:29
Choi, Vince	0:20:28	0:20:28	6:45:43	30.2	372.6			10:14	14:47	10:21	09:41
Cisneros, Jonathan	0:21:06	0:21:06	6:10:14	30.2	369.8			10:33	13:39	10:33	09:25
Demps, Dahmani	0:21:23	0:21:23	5:46:37	30.2	358.9			10:41	12:54	10:18	09:46
Gaikwad, Sanmit	0:23:25	0:23:25	6:07:52	30.2	364.5			11:42	13:44	11:13	10:58
Garcia, Bella	0:21:45	0:21:45	5:30:54	30.2	363.8			10:52	12:24	10:48	10:46
Guerrero, Cheyenne	0:21:52	0:21:52	5:55:47	30.2	365.5			10:56	13:14	10:44	10:32
Krishnamoorthy, Advait	0:17:52	0:17:52	4:40:03	30.2	370.2			08:56	10:27	08:25	08:06
Matushita, Kyle	0:21:58	0:21:58	6:10:46	30.2	367.5			10:59	13:44	10:51	10:21
Mora, Julia	0:26:09	0:26:09	6:25:58	30.2	361.0			13:05	14:31	12:47	12:06
O'Shea, Lucy	0:20:34	0:20:34	6:05:23	30.2	322.8			10:17	13:28	10:39	10:57
Rios,Cesar	0:19:58	0:19:58	4:44:18	30.2	365.5			09:59	10:44	09:21	09:41
Romero, Emily	0:17:51	0:17:51	5:55:53	30.2	359.0			08:55	12:58	09:18	10:53
Sedra, Carla	0:25:45	0:25:45	6:13:42	30.2	366.8			12:53	14:05	12:39	12:13
Soriano, Isabella	0:12:49	0:12:49	4:02:02	30.2	344.0			06:25	08:52	07:18	08:06
Stella, Sidney	0:20:31	0:20:31	5:54:07	30.2	377.8			10:15	13:05	10:30	10:46
Woldetsadik, Isaac	0:19:17	0:19:17	6:07:51	30.2	356.3			09:38	13:27	09:44	10:31
Zamascikov, Philip	0:18:50	0:18:50	5:04:21	30.2	349.7			09:25	11:20	09:09	09:01

**1) CONGRATULATIONS ON COMPLETING THE LA MARATHON TEAM 2026!!!! YOU ARE AMAZING!!!! YOU ARE INSPIRING!!!!**

**2) YOU ARE REMARKABLE!!! YOU ARE MIRACULOUS!!!! YOU ARE ROCK STARS!!**

**3) Team Celebration Dinner Friday May 15th, 6-8pm at Rancho Pico JHS Hope to see you there!!!!**

**4) POST YOUR MARATHON PICS AND VIDEO TO THE TEAM'S SHARED DRIVE, CHAT, OR AT FACEBOOK.COM/SOARSANTACLARITA!  
VISIT SOAR-SC.ORG FOR TEAM 2027 UPDATES - COMING SOON!!!! HAVE A GREAT SUMMER!!!! WAHOOOOOOO!!!!**

**5) Check out SOAR-SC.org. Follow us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC**

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