

SOAR Student Training Progress Week 2- 3 Mile Bench, 4 Mile Long

Student / WK 2	12-Oct	14-Oct	16-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
Bracamentes, Irene	42:03	31:06		6.0	6.0	4.0	4.0	10:22	12:12	08:59	10:14
Castillo, Edgar	16:10	26:10	37:30	9.0	16.0			08:43	08:52	08:09	08:34
Chavez, Evelyn		42:03	53:00	7.0	12.0	4.0		14:01	13:35	07:00	13:18
Fitterer, Horus	20:22	30:25		5.0	12.0	4.0	4.0	10:08	10:09	09:06	09:13
Hernandez, Giselle	22:50		49:00	6.0	11.0	5.0		00:00	11:58	00:00	11:09
Iribe-Loza, Sebastian	17:00		48:04	8.0	15.0	1.0		00:00	08:08	03:15	07:29
Lona, Evelyn	51:06	35:36	44:53	12.0	16.0			11:52	10:58	10:47	10:34
Paulsen, Abby	20:16	31:00	43:54	9.0	16.0			10:20	10:34	10:25	10:41
Stella, Vincent	18:40	30:30	43:54	9.0	16.0			10:10	10:20	09:13	09:36
Strang, Ainsley	18:35		40:01	6.0	13.0	3.0		00:00	09:46	04:33	09:36
Uchino, Ethan	19:05	30:27	47:08	9.0	16.0			10:09	10:44	09:50	10:19
Vasquez, Mia	20:25	30:26	43:54	9.0	16.0			10:09	10:32	10:19	10:38

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 - Instagram SOAR_SC - Snapchat - SOAR_SC

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