

**SOAR Student Training Progress Week 3- 3 Mile Bench, 5K Qualifier**

<b>Student / WK 3</b>	<b>16-Oct</b>	<b>18-Oct</b>	<b>21-Oct</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Average Training Time / WK</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Aladuena, Rigoberto	0:22:32	0:32:00	0:21:25	10.1	26.1			25:19	07:31	07:39
Arana, Luis	0:29:02	0:29:29	0:28:34	9.1	25.1			29:02	09:34	09:26
Breault, Charlie	0:37:58	1:34:45	0:33:46	13.1	25.1			55:30	12:43	12:57
Castillo, Cristian	0:22:00	0:33:46	0:33:46	9.1	9.1			29:51	09:50	09:50
Cisneros, Matthew	0:28:43	0:34:59	0:27:28	9.1	25.1			30:23	10:01	10:51
De La Paz, Jonathan	0:28:26	1:04:40	0:27:03	12.1	25.1			40:03	09:56	10:06
Derrick, Samea	0:27:32	1:09:45	0:25:05	13.1	25.1			40:47	09:20	09:11
Diaz, Nadia	0:41:19	0:42:03	0:37:58	9.1	25.1			40:27	13:20	13:15
Estrada, Jose	0:26:45	0:56:40	0:25:55	12.1	25.1			36:27	09:02	08:56
Ford, Elizabeth	0:31:18	1:05:25	0:29:13	12.1	25.1			41:59	10:24	10:19
Gawra, Simardeep	0:26:25	0:26:25	0:23:32	9.1	22.1			25:27	08:24	09:39
Green, Hannah	0:24:57	0:26:50	0:23:57	9.1	25.1			25:15	08:19	08:13
Kim, Cecilia	0:34:00	1:05:50	0:33:31	12.1	25.1			44:27	11:01	10:40
Kuhlman, Kevin	0:23:50	1:41:15	0:21:54	15.1	25.1			49:00	09:44	08:03
Llamas, Christopher	0:24:20	0:24:29	0:23:04	9.1	25.1			23:58	07:54	07:54
Mendoza, Alejandro	0:30:27	0:31:59	0:29:33	9.1	25.1			30:40	10:06	10:26
Menjivar, Brian	0:48:45	0:43:15	0:41:05	9.1	25.1			44:22	14:37	14:19
Nakatami, Kotone	Waived	0:38:21	0:32:01	6.1	22.1			35:11	11:32	11:36
Olsen, Schuyler	0:33:40	1:55:40	0:31:30	15.1	25.1			00:17	11:59	11:45
Pierre, Jordan	0:23:49	0:25:43	0:25:07	9.1	25.1			24:53	08:12	08:12
Redfern Kaia	0:31:20	1:12:15	0:26:53	13.1	25.1			43:29	09:58	10:00
Sandoval, Andrew	0:29:04	0:33:08	0:28:58	9.1	25.1			30:23	10:01	09:41
Seifert, Angelica	0:29:31	0:30:05	0:33:18	9.0	25.0			30:58	10:19	10:12
Spiker, Christopher	0:27:32	0:26:05	0:24:53	9.1	25.1			26:10	08:38	08:36
Turpin, Lottie	0:46:30	0:43:35	0:41:40	9.1	25.1			43:55	14:29	15:30
Vadapalli, Dhivya	0:39:30	0:39:47	0:36:46	9.1	23.1			38:41	12:45	13:07
Valencia, Jonathan	0:23:55	0:27:05	0:24:20	9.1	25.1			25:07	08:17	08:28
Vazquez, Valeria	0:39:30	0:39:47	0:36:44	9.1	25.1			38:40	12:45	13:01

- 1) Brave 5K departure time is 5:00am, Saturday, November 10th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!**
- 2) All Program Waivers, with the exception of Team Physical are NOW DUE!**
- 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](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Snapchat - SOAR\_SC**
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D**