

SOAR Student Training Progress Week 4- 5K Team Qualifier #1

Student / WK 5	24-Oct	26-Oct	29-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armenia, Maria	0:38:40	0:50:20	0:33:56	10.1	37.1		40:59	12:10	11:17
Beliveau, Zack	0:39:10	1:19:50	0:26:39	16.1	37.1		48:33	09:03	09:11
Breault, Charlie	0:41:44	0:52:12	0:36:24	10.1	37.1		43:27	12:54	12:24
Cabrera, Alexis	0:55:00	0:36:40	0:24:49	11.6	38.6		38:50	10:02	09:36
Carroll-Tramble, Kamari	0:39:30	0:54:17	0:32:02	10.1	37.1		41:56	12:27	12:14
Chavarin, Robert	0:29:38	0:45:01	0:26:23	10.1	37.1		33:41	10:00	08:56
Choballa, Daija	0:31:15	0:42:28	0:26:23	10.1	37.1		33:22	09:55	09:47
Commons, Carlee	0:31:35	0:40:06	0:26:23	10.1	37.1		32:41	09:43	09:47
Corona, Luis	0:50:00	0:41:23	0:26:02	11.1	38.1		39:08	10:35	09:56
Dalgan, Abraham	0:37:09	1:43:20	0:30:18	16.1	35.1		56:56	10:36	10:02
DeLaPaz, Jonathan	0:33:35	0:42:00	0:26:32	10.1	37.1		34:02	10:07	10:02
Diaz, Nadia	0:42:14	0:55:13	0:40:29	10.1	37.1		45:59	13:39	13:16
Doughergy, Eric	1:40:25	1:02:51	0:32:49	16.1	37.1		05:22	12:11	12:17
Estrada, Aimee	0:39:30	0:55:25	0:31:25	10.1	37.1		42:07	12:30	11:48
Ford, Elizabeth	0:33:12	0:44:00	0:53:12	10.1	33.1		43:28	12:55	12:36
Garcia, Dale	0:38:52	0:54:17	0:31:49	10.1	37.1		41:39	12:22	11:55
Gaytan, Peter	0:46:20	0:50:00	0:26:39	11.1	38.1		41:00	11:05	11:01
Godinez, Isis	0:35:06	0:47:00	0:32:28	10.1	37.1		38:11	11:21	11:16
Green, Hannah	0:28:15	0:38:30	0:23:53	10.1	37.1		30:13	08:58	08:41
Hoglo, Lukas	0:40:14	0:52:03	0:32:00	10.1	37.1		41:26	12:18	11:54
Hoglo, Wyatt	0:39:04	0:36:31	0:24:42	11.1	38.1		33:26	09:02	08:43
Islas, Willow	0:53:15	0:50:17	0:30:18	11.1	37.1		44:37	12:03	11:56
Kim, Hana	0:34:06	0:45:59	0:31:11	10.1	37.1	1 UP	37:05	11:01	11:40
Kuhlman, Kevin	0:36:35	0:34:51	0:20:50	11.1	38.1		30:45	08:19	08:04
Lagunas, Jocelyln	0:46:20	0:42:00	0:26:06	11.1	38.1		38:09	10:19	10:37
Mendoza, Alejandro	0:35:03	0:49:00	0:31:35	10.1	37.1		38:33	11:27	11:23
Nadeau, Kelly	0:40:03	0:44:00	0:28:07	11.1	38.1		37:23	10:06	10:36
Olsen, Schuyler	0:41:44	0:49:22	0:30:36	10.1	35.1		40:34	12:03	11:50
Perez, Ally	0:41:44	0:51:14	0:35:00	10.1	39.1	4 UP	42:39	12:40	12:12
Philips, Ryan	1:15:55	0:41:32	0:26:29	13.1	37.1		47:59	10:59	09:36
Rojas, Jaret	0:25:38	0:36:20	0:21:02	10.1	37.1		27:40	08:13	07:40
Seifert, Angelica	1:06:10	0:44:25	0:30:00	13.1	37.1		46:52	10:44	10:34
Solis, Johnny	1:13:00	0:33:42	0:21:44	15.10	47.9		42:49	08:30	08:12
Song, Erin	0:39:57	0:54:17	0:36:38	10.1	37.1		43:37	12:57	12:32
Spiker, Katelyn	0:32:34	0:44:25	0:29:39	10.1	37.1		35:33	10:33	10:28
Toothman, Anika	0:36:35	0:46:30	0:32:16	10.1	37.1		38:27	11:25	11:17
Vazquez, Valeria	0:36:10	0:48:00	0:32:23	10.1	37.1		38:51	11:32	11:57

- 1) SUPPORT SOAR 2018! Team FUNraiser Californa Pizza Kitchen Thursday November 2nd!!!!**
- 2) Calabasas Classic 5K departure time is 6:00am, Sunday, November 12th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!**
- 3) 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, November 9th at coaches discretion to participate in the Calabasas Classic 5K.**

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4) ALL SOAR PROGRAM WAIVERS ARE NOW DUE!!!

5) SOAR HOLIDAY 50/50 RAFFLE IS ON!! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!

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

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