

**SOAR Student Training Progress Week 4- 4 Mile Bench, 5 Mile Long**

Student / WK 4	23-Oct	25-Oct	27-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	0:29:30	0:34:00	0:42:26	12.0	38.1			35:19	08:50	07:57
Arana, Luis	0:29:20	0:40:37	0:47:20	12.0	37.1			39:06	09:46	09:31
Breault, Charlie	0:39:05	0:49:53	0:58:22	12.0	37.1			49:07	12:17	12:47
Castillo, Cristian	0:37:32	0:54:40	0:59:04	12.0	21.1			50:25	12:36	22:27
Cisneros, Matthew	0:33:10	0:48:20	1:00:10	12.0	37.1			47:13	11:48	11:06
De La Paz, Jonathan	0:29:45	0:46:58		7.0	32.1	5.0	5.0	38:22	10:58	10:19
Derrick, Samea		0:37:12	0:48:00	9.0	34.1	3.0		42:36	09:28	09:15
Diaz, Nadia	0:42:01	0:58:52	1:10:11	12.0	37.1			57:01	14:15	13:30
Estrada, Jose	0:29:33	0:37:15	0:47:54	12.0	37.1			38:14	09:33	09:06
Ford, Elizabeth	0:32:50	0:43:43	0:50:45	12.0	37.1			42:26	10:36	10:23
Gawra, Simardeep	0:27:28	0:35:31	0:45:47	12.0	34.1			36:15	09:04	09:30
Kim, Cecilia	0:37:48	0:51:30	1:05:00	12.0	37.1			51:26	12:51	11:13
Kuhlman, Kevin	0:33:42	0:34:32	0:42:52	12.0	37.1			37:02	09:15	08:21
Llamas, Christopher	0:25:40	0:34:15		7.0	37.1	5.0	5.0	29:58	08:34	08:04
Martinez, Kimberly	0:34:20	0:48:35	1:01:00	12.0	12.0			47:58	12:00	12:00
Mendoza, Alejandro	0:38:15	0:43:15	0:56:52	12.0	37.1			46:07	11:32	10:42
Menjivar, Brian	0:43:23	1:02:24	1:07:00	12.0	37.1			57:36	14:24	14:21
Nakatami, Kotone		0:51:30	1:01:00	9.0	31.1	3.0		56:15	12:30	11:50
Olsen, Schuyler	0:39:05	0:46:58		7.0	32.1	5.0	5.0	43:01	12:18	11:53
Pierre, Jordan	0:33:05	0:41:17	1:07:00	12.0	37.1			47:07	11:47	09:06
Redfern Kaia	0:30:56	0:39:53	0:50:20	12.0	37.1			40:23	10:06	10:01
Sandoval, Andrew	0:32:00	0:43:13	0:50:21	12.0	37.1			41:51	10:28	09:53
Saturno, Aubrey	0:37:27	0:50:24		7.0	7.0	5.0	5.0	43:55	12:33	12:33
Seifert, Angelica	0:29:56	0:40:46	0:50:49	12.0	37.0			40:30	10:08	10:11
Spiker, Christopher	0:27:36	0:36:36	0:43:58	12.0	37.1			36:03	09:01	08:42
Turpin, Lottie	0:46:13	0:59:37	1:12:30	12.0	37.1			59:27	14:52	15:20
Vadapalli, Dhivya	0:39:05	0:52:08		7.0	30.1	5.0	5.0	45:37	13:02	13:06
Valencia, Jonathan	0:26:39	0:35:42	0:47:54	12.0	37.1			36:45	09:11	08:42
Vazquez, Valeria		0:52:08	0:58:32	12.0	37.1			55:20	09:13	12:04

- 1) Brave 5K departure time is 5:00am, Saturday, November 10th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!
- 2) SOAR CPK FUNraiser is ON! This Thursday, November 1st!
- 3) SOAR HOLIDAY 50/50 RAFFLE IS ON NOW! 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, November 8th at coaches discretion to participate in the Brave 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