

SOAR Student Training Progress Week 5- 5 Mile Long

Student / WK 5	31-Oct	2-Nov	4-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armenia, Maria	0:44:47	0:45:28	1:00:29	13.0	50.1		50:15	11:36	11:21
Beliveau, Zack		0:37:02		4.0	41.1	9.0	37:02	09:15	09:12
Breault, Charlie	0:52:10	0:51:37	1:09:17	13.0	50.1		57:41	13:19	12:35
Cabrera, Alexis	0:34:12		0:44:55	9.0	47.6	4.0	39:34	08:47	09:26
Carroll-Tramble, Kamari	0:49:54	0:42:25	0:59:53	13.0	50.1		50:44	11:42	12:08
Chavarin, Robert	0:39:06	0:36:06	0:50:58	13.0	50.1		42:03	09:42	09:05
Choballa, Daija	0:39:24	0:38:20	0:51:40	13.0	50.1		43:08	09:57	09:49
Commons, Carlee	0:38:21	0:35:48	0:51:00	13.0	50.1		41:43	09:38	09:45
Corona, Luis	0:38:30		0:53:38	9.0	47.1	4.0	46:04	10:14	10:00
Dalgan, Abraham	0:41:53	0:40:47	0:55:07	13.0	48.1		45:56	10:36	10:09
DeLaPaz, Jonathan	0:39:50	0:38:27	0:50:59	13.0	50.1		43:05	09:57	10:01
Diaz, Nadia	0:51:09	0:53:21	1:09:17	13.0	50.1		57:56	13:22	13:17
Doughergy, Eric		0:42:55	1:02:10	9.0	46.1	4.0	52:33	11:41	12:09
Estrada, Aimee	0:44:50	0:38:49	0:56:31	13.0	50.1		46:43	10:47	11:35
Ford, Elizabeth	0:38:45	0:40:10	0:55:27	13.0	50.1		44:47	10:20	10:34
Garcia, Dale	0:50:17	0:43:19	0:38:17	11.0	48.1	2.0	43:58	11:59	11:56
Gaytan, Peter		0:41:50	0:59:20	9.0	47.1	4.0	50:35	11:14	11:04
Godinez, Isis	0:42:02	0:46:05	0:58:22	13.0	50.1		48:50	11:16	11:16
Green, Hannah	0:33:11	0:33:03	0:45:58	13.0	50.1		37:24	08:38	08:40
Hoglo, Lukas	0:47:19	0:47:17	1:01:28	13.0	50.1		52:01	12:00	11:55
Hoglo, Wyatt	0:33:50	0:32:20	0:45:40	13.0	51.1		37:17	08:36	08:42
Islas, Willow	0:48:54	0:43:55	1:04:48	13.0	50.1		52:32	12:07	11:58
Kim, Hana	0:47:51	0:43:23	0:58:24	13.0	50.1	1 UP	49:53	11:31	11:38
Kuhlman, Kevin	0:45:56	0:30:31	0:45:21	13.0	51.1		40:36	09:22	08:20
Lagunas, Jocelyln	0:37:40	0:37:40	0:48:20	13.0	51.1		41:13	09:31	10:24
Mendoza, Alejandro	0:49:31	0:42:54	0:55:47	13.0	50.1		49:24	11:24	11:23
Nadeau, Kelly	0:41:19	0:40:10	0:55:27	13.0	51.1		45:39	10:32	10:35
Olsen, Schuyler	0:47:51	0:40:47	0:56:37	13.0	48.1		48:25	11:10	11:42
Perez, Ally		0:45:57	1:01:47	9.0	48.1		53:52	11:58	12:09
Philips, Ryan	0:44:40	0:38:50	0:49:50	13.0	50.1		44:27	10:15	09:44
Rojas, Jaret	0:29:56		0:45:47	9.0	46.1	4.0	37:52	08:25	07:49
Seifert, Angelica	0:41:02	0:41:17	0:55:36	13.0	50.1		45:58	10:37	10:34
Solis, Johnny	0:35:18	0:31:02	0:35:22	12.0	59.9	1.0	33:54	08:28	08:15
Song, Erin	0:48:45	0:43:38	1:01:00	13.0	50.1		51:08	11:48	12:23
Spiker, Katelyn	0:41:00	0:40:27	0:53:20	13.0	50.1		44:56	10:22	10:27
Toothman, Anika	0:42:58	0:41:14	0:57:36	13.0	50.1		47:16	10:54	11:13
Vazquez, Valeria	1:29:50	0:43:23	1:01:23	17.0	54.1	4 UP	04:52	11:27	11:51

1) Calabasas Classic 5K departure time is 6:00am, Sunday, November 12th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!

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