

**SOAR Student Training Progress Week 5- 5 Mile Bench, 5K Qualifying Event**

<b>Student / WK 5</b>	<b>13-Oct</b>	<b>15-Oct</b>	<b>18-Oct</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Average Training Time / WK</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Apolinar, Vanessa	0:58:24	1:06:20	0:36:01	12.3	47.6		0:53:35	0:13:04	0:12:51
Beckwith,Joel	0:34:37	0:44:36	0:22:35	12.3	53.6		0:33:56	0:08:17	0:08:27
Castano, Peter	0:31:29	0:36:45	0:20:51	12.3	54.8		0:29:42	0:07:15	0:07:34
Castro, Jessica	0:38:41	0:47:45	0:27:01	12.3	55.1		0:37:49	0:09:13	0:09:21
Celis, Karen	0:53:18	1:02:00	0:30:46	12.3	54.9		0:48:41	0:11:53	0:11:11
Chavez, Andy	0:41:00	0:47:17	0:25:43	12.3	33.8		0:38:00	0:09:16	0:09:50
DeLapaz, Carlos	0:56:25	1:07:30	0:26:44	12.3	54.9		0:50:13	0:12:15	0:11:28
DeLapaz, Jonathan	0:47:46	1:07:36	0:29:21	12.3	54.9		0:48:14	0:11:46	0:11:36
Fernandez, Marycruz	0:44:20	0:53:48	0:29:01	12.3	54.9		0:42:23	0:10:20	0:10:15
Ford, David	1:21:38	1:20:54	0:22:54	19.3	53.5		1:01:49	0:09:36	0:09:00
Ford, Elizabeth	1:22:10	0:53:40	0:26:40	16.3	58.9		0:54:10	0:09:58	0:09:53
Fragoza, Christian	0:41:33	0:48:05	0:26:04	12.3	33.8		0:38:34	0:09:24	0:09:39
Garcia, Dale	0:58:24	1:09:28	0:33:12	12.3	53.6		0:53:41	0:13:06	0:12:31
Green, Hannah	0:36:47	0:43:13	0:23:31	12.3	54.9		0:34:30	0:08:25	0:08:31
Green, Sarah	0:45:04	0:56:38	0:27:58	12.3	54.9		0:43:13	0:10:33	0:10:14
Hoglo, Wyatt	0:44:35	0:47:17	0:25:51	12.3	54.9		0:39:14	0:09:34	0:09:27
Ibarra, Mario	0:56:25	1:05:20	0:31:02	12.3	54.9		0:50:56	0:12:25	0:11:35
Javier, Alexandra	0:47:14	0:48:29	0:27:15	12.3	54.9		0:40:59	0:10:00	0:10:18
Javier, Dannah	0:55:48	1:12:43	0:36:54	12.3	49.8		0:55:08	0:13:27	0:12:48
Jonas, Angelica	0:41:51	0:53:00	0:29:49	12.3	58.9		0:41:33	0:10:08	0:10:40
Kuhlman, Kevin	0:31:32	1:02:09	0:20:55	15.3	54.9		0:38:12	0:07:29	0:07:42
Loth, Brooke	1:29:31	1:46:54	0:32:39	23.3	53.5		1:16:21	0:09:50	0:11:01
Luna, Karla	0:51:30	1:06:20	0:35:36	12.3	54.9		0:51:09	0:12:28	0:12:50
Mejia, Victoria	0:47:55	0:54:01	0:30:22	12.3	54.9		0:44:06	0:10:45	0:11:06
Neri, Alvaro	0:36:33	1:26:03	0:23:28	16.3	53.6		0:48:41	0:08:58	0:08:32
Ortiz, Dariana	0:47:14	0:54:13	0:31:28	12.3	54.9		0:44:18	0:10:48	0:10:52
Spiker, Joshua	0:27:59	0:35:18	0:19:53	12.3	54.9		0:27:43	0:06:46	0:06:59
Spiker, Katelyn	0:48:45	0:55:10	0:30:16	12.3	54.9		0:44:44	0:10:55	0:10:32
Storaker, Stacey	1:22:32	0:53:40	0:27:01	16.3	54.9		0:54:24	0:10:01	0:09:40
Uhrig, Caroline	0:43:19	0:57:47	0:28:14	12.3	54.9		0:43:07	0:10:31	0:10:30
Villalobos, Cayze	1:22:00	0:57:47	0:26:42	16.3	53.6		0:55:30	0:10:13	0:09:36
Ziemba, Matthew	0:41:33	1:06:20	0:24:49	12.3	54.9		0:44:14	0:10:47	0:10:56

- 1) ROAD RUNNER SPORTS TEAM SHOE EVENT SUNDAY NOVEMBER 1ST!!! 2-7PM FAMILY PARTICIPATION REQUIRED!**
- 2) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Twitter @SOAR\_SC**
- 3) Hollywood Hardrock 10K departure time is 5:00am, Saturday, November 7th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!**
- 4) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 10/31! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!**
- 5) 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 5th at coaches discretion to participate in the Hardrock 10K.**