

**SOAR Student Training Progress Week 6- 5 Mile Bench, 5K Special Event**

<b>Student / WK 6</b>	<b>8-Nov</b>	<b>10-Nov</b>	<b>12-Nov</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Weekly Tempo Min / Mile</b>	<b>Weekly Min / Mile</b>	<b>YTD Tempo Min / Mile</b>	<b>YTD Weekly Min / Mile</b>
Baljet, Micaela		0:53:53		5.0	56.6	9.5	4.5	10:47	10:47	11:01	11:21
Biedebach, Bradley			0:33:31	4.5	59.4	11.0	5.0	00:00	07:27	08:27	08:51
Garcia, Sherilyn	0:37:50	0:51:35	0:41:06	13.5	65.4			10:19	09:40	10:21	10:05
Gonzalez de Leon, Krystal	2:13:25	1:11:19	1:00:36	18.5	70.4	5 UP		14:16	14:21	15:06	14:53
Guzman, Hector	0:50:59	0:59:30		9.0	61.4	4.5	4.5	11:54	12:17	11:23	11:42
Iribe-Loza, Sebastian	0:38:29	0:34:36	0:38:20	13.5	66.4			06:55	08:15	09:12	09:59
Johnson, Megan	1:05:05	1:01:38		10.0	61.9	4.5	4.5	12:20	12:40	12:33	12:35
Logesh, Kavinn	0:43:31	0:53:24	0:48:03	13.5	65.4			10:41	10:44	11:52	12:01
Morgan, Deshaun	0:35:31	0:40:42	0:35:17	13.5	65.4			08:08	08:16	08:46	09:22
Najera, Sophia	1:33:50	0:46:13	0:37:36	18.5	74.4	5 UP		09:15	09:36	09:26	10:09
Samal, Praneel	0:35:35	1:01:05	0:34:50	13.5	60.4	5.0		12:13	09:44	09:28	10:25
Stella, Vincent	1:27:40	0:49:52	0:34:48	18.5	61.5	4.0		09:58	09:19	09:00	09:13
Tucker, Tali	0:38:38	0:50:16	0:55:49	14.0	65.9			10:03	10:20	09:52	10:26
Uchino, Ethan	1:17:20	0:41:09	0:33:41	18.5	70.4			08:14	08:14	08:27	08:51
Vasquez, Mia	0:42:15	0:53:43	0:46:51	13.5	65.4			10:45	10:35	11:38	11:37
Vergara, Ethan			0:51:21	4.5	47.3	9.0		00:00	11:25	10:21	13:02

**1) Student Participation Packets and Fundraising Pages are due now!**

**2) Team Shoe Weekend is set for this weekend November 19th and 20th at Runners Lane Shoe Store! ☐**

**3) SOAR HOLIDAY 50/50 RAFFLE IS ON!! 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, December 8th at coaches discretion to participate in the Santa to the Sea Quarter Marathon.**

**5) Check out SOAR-SC.org. Follow us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC**

**6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D**