

**SOAR Student Training Progress Week 6- 5 Mile Bench, 5 Mile Hillwork**

<b>Student / WK 6</b>	<b>20-Oct</b>	<b>22-Oct</b>	<b>24-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	1:09:00	0:47:29	1:08:10	14.0	61.6		1:01:33	0:13:11	0:12:54
Beckwith, Joel	0:45:46	0:30:20	0:44:34	14.0	67.6		0:40:13	0:08:37	0:08:29
Castano, Peter	0:34:33	0:28:19	0:39:24	14.0	68.8		0:34:05	0:07:18	0:07:31
Castro, Jessica	0:47:14	0:35:02	0:49:53	14.0	69.1		0:44:03	0:09:26	0:09:22
Celis, Karen	1:03:20	0:38:42	0:52:10	14.0	68.9		0:51:24	0:11:01	0:11:09
Chavez, Andy	0:53:20	0:53:20	0:47:54	14.0	47.8		0:51:31	0:11:02	0:10:08
DeLapaz, Carlos	1:03:17	0:49:00	1:08:16	14.0	68.9		1:00:11	0:12:54	0:11:42
DeLapaz, Jonathan	1:02:49	0:40:16	1:09:47	14.0	68.9		0:57:37	0:12:21	0:11:43
Fernandez, Marycruz	0:53:10	0:40:06	0:55:43	14.0	68.9		0:49:40	0:10:38	0:10:19
Ford, David	0:51:33	0:34:04	0:50:15	14.0	67.5		0:45:17	0:09:42	0:09:07
Ford, Elizabeth	0:50:36	0:36:04	0:50:01	14.0	72.9		0:45:34	0:09:46	0:09:51
Fragoza, Christian		0:45:38	0:48:52	9.0	42.8	5.0	0:47:15	0:10:30	0:09:52
Garcia, Dale	1:05:01	0:51:04	1:10:40	14.0	67.6		1:02:15	0:13:20	0:12:39
Green, Hannah		0:37:53	0:48:02	9.0	63.9	5.0	0:42:58	0:09:33	0:08:41
Green, Sarah	0:55:40	0:42:11		9.0	63.9	5.0	0:48:56	0:10:52	0:10:20
Hoglo, Wyatt	0:52:48	0:37:12	0:48:25	14.0	68.9		0:46:08	0:09:53	0:09:32
Ibarra, Mario	1:03:19	0:45:39	1:10:20	14.0	68.9		0:59:46	0:12:48	0:11:47
Javier, Alexandra	0:54:50	0:37:50	0:48:52	14.0	68.9		0:47:11	0:10:07	0:10:16
Javier, Dannah	1:04:59	0:49:02	1:07:25	14.0	63.8		1:00:29	0:12:58	0:12:49
Jonas, Angelica	0:52:21	0:45:20	0:54:40	14.0	72.9		0:50:47	0:10:53	0:10:42
Kuhlman, Kevin	0:40:34	0:29:13	0:45:02	14.0	68.9		0:38:16	0:08:12	0:07:47
Loth, Brooke	1:03:48			5.0	58.5	9.0	1:03:48	0:12:46	0:11:18
Luna, Karla	1:04:05	0:47:29	1:04:13	14.0	68.9		0:58:36	0:12:33	0:12:48
Mejia, Victoria	1:03:34	0:41:10	0:55:22	14.0	68.9		0:53:22	0:11:26	0:11:09
Neri, Alvaro	0:50:00	0:34:18		9.0	62.6	5.0	0:42:09	0:09:22	0:08:41
Ortiz, Dariana	0:54:50	0:41:02	0:58:00	14.0	68.9		0:51:17	0:10:59	0:10:53
Spiker, Joshua	0:35:12	0:27:42	0:37:13	14.0	68.9		0:33:22	0:07:09	0:07:00
Spiker, Katelyn	1:01:00	0:42:09	0:53:00	14.0	68.9		0:52:03	0:11:09	0:10:38
Storaker, Stacey	0:56:27		0:52:40	10.0	64.9	4.0	0:54:34	0:10:55	0:09:53
Uhrig, Caroline	0:56:04	0:40:33	0:55:43	14.0	68.9		0:50:47	0:10:53	0:10:34
Ziemba, Matthew	1:04:00	0:46:42	0:47:54	14.0	68.9		0:52:52	0:11:20	0:11:00

- 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.**