

**SOAR Student Training Progress Week 8- 5 Mile Bench, 5 Mile Hillwork**

Student / WK 8	19-Nov	21-Nov	23-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Weekly Tempo Min / Mile	Weekly Min / Mile	YTD Tempo Min / Mile	YTD Weekly Min / Mile
Apolinar, Miguel (D)	1:28:20	0:41:08	1:00:03	18.0	84.1			0:10:17	0:10:32	0:10:08	0:10:39
Arzate, Des (D)	0:22:00	0:22:00	0:22:00	6.0	58.1			0:05:30	0:11:00	0:10:17	0:11:33
Chiang, Owen (D)	0:51:10	0:37:42	1:01:30	14.0	84.1			0:09:26	0:10:44	0:10:10	0:10:47
Chouinard, Brody (D)	0:38:26	0:31:11	0:45:55	14.0	83.1	5.0	5.0	0:07:48	0:08:15	0:08:24	0:09:06
Diaz, Nadia (D)	1:02:51	0:55:46	1:16:40	14.0	84.1			0:13:56	0:13:57	0:13:15	0:13:32
Fitterer, Karl (M)	0:46:32	0:31:02	0:54:01	14.0	90.1			0:07:46	0:09:24	0:09:25	0:10:03
Flynn, Natalie (D)	1:36:30	0:51:55	1:02:32	19.0	94.1	5 UP		0:12:59	0:11:06	0:10:43	0:10:37
Gawra, Inderjeet (D)	0:51:28	0:42:00	1:08:20	14.0	89.1			0:10:30	0:11:33	0:11:30	0:12:04
Goldstein, Isabella (M)	1:03:45	0:52:32	1:09:10	14.0	84.1			0:13:08	0:13:15	0:13:25	0:13:33
Guangorena, Edward (M)	0:55:20	0:42:22	1:08:21	14.0	79.1	10.0	10.0	0:10:35	0:11:52	0:11:31	0:11:51
Kim, Issac (M)	0:52:58	0:40:45	0:58:07	14.0	80.1	5.0		0:10:11	0:10:51	0:11:01	0:11:15
Mendoza, Alejandro (M)	0:47:45	0:38:22	0:57:06	14.0	84.1	5.0	5.0	0:09:35	0:10:14	0:09:48	0:10:43
Paulsen, Abby (M)	3:05:55	0:48:45	1:12:02	24.0	89.1	5 UP		0:12:11	0:12:47	0:12:50	0:12:40
Perez, Sofia (M)	0:54:41	0:42:35	1:02:32	14.0	85.1	4.0		0:10:39	0:11:25	0:11:04	0:11:26
Redfern, Kaia (M)	2:31:00	0:44:10	1:04:15	23.0	89.1	9 UP		0:11:02	0:11:17	0:11:16	0:11:18
Song, Jasmin (D)	0:58:28	0:47:21	1:02:23	14.0	84.1			0:11:50	0:12:01	0:12:08	0:12:31
Sorila, Hazel (D)	0:58:28	0:45:20	1:04:24	14.0	84.1			0:11:20	0:12:01	0:11:57	0:12:42
Spiker, Christopher (M)		0:32:25	0:45:30	9.0	83.1	5.0		0:08:06	0:08:39	0:09:32	0:08:52
Strang, Ainsley (D)	0:47:32	0:39:50	0:57:10	14.0	89.1			0:09:58	0:10:19	0:09:59	0:10:27
Teague, Thomas (M)	0:47:13			5.0	82.0	9.0	5.0	0:00:00	0:09:27	0:09:12	0:09:42
Turpin, Lottie (D)	1:03:00	0:56:00	1:14:12	14.0	89.1			0:14:00	0:13:48	0:13:26	0:13:19
Yamachika, Nicole (M)		0:42:00	1:02:32	9.0	84.1			0:10:30	0:11:37	0:10:47	0:11:26

1) 13th Annual SOAR Gobble Wobble (OPTIONAL) at Towsley Canyon 7AM Thanksgiving Day! Come and get the stuffin' kicked out of ya!

2) Team Physicals DUE Friday December 6th! NO EXCEPTIONS!!

3) All Students are reminded to set up their Mightycause Fundraising Page by 10/31!

4) SOAR HOLIDAY 50/50 RAFFLE IS ON! 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! All miles owed must be made up by Thursday, December 5th at coaches discretion to participate in the Santa Monica / Venice Christmas Run 10K.

6) 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

7) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D

Team Standings WK 6	Team Time Total	Total Points earned
Diaz (11)	29:23:35	4
Mendoza (11)	32:41:43	2

\* Missed practice incurs 15 min / mi penalty.

\* Uneven team adds Ghost Runner at 12 min / mi.

\* Team Challenge Winner earns 1 Point.

\* Team with lowest cumulative time earns 1 Point.

**SOAR Student Training Progress Week 8- 5 Mile Bench, 5 Mile Hillwork**