

SOAR Student Training Progress Week 9- 5 Mile Bench / 8 Mile Long

Student / WK 9	28-Nov	30-Nov	2-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armenta, Maria	0:54:58	0:45:00	1:32:32	17.0	108.2		1:04:10	11:19	11:19
Breault, Charlie	1:02:31	0:53:39	1:45:56	17.0	108.2		1:14:02	13:04	12:46
Cabrera, Alexis	0:47:40	0:32:47	1:14:16	17.0	98.7	5.0	0:51:34	09:06	09:19
Carroll-Tramble, Kamari	0:57:20	0:49:30	1:35:07	17.0	102.2		1:07:19	11:53	12:06
Chabolla, Daija	0:56:13	1:57:10	1:19:00	25.0	106.2	UP 4.0	1:24:08	10:06	09:57
Commons, Carlee	0:49:44	0:35:43	1:19:00	17.0	102.2		0:54:49	09:40	09:41
Corona, Luis	0:53:34	0:35:45	1:37:00	17.0	99.2	3.0	1:02:06	10:58	10:21
Dalgan, Abraham	0:59:20	0:39:40	1:22:10	17.0	95.2	5.0	1:00:23	10:39	10:17
DeLaPaz, Jonathan	0:47:41	0:37:44	1:22:16	17.0	108.2		0:55:54	09:52	09:58
Diaz, Nadia	1:07:50	0:50:25	1:51:30	17.0	101.2		1:16:35	13:31	13:24
Doughergy, Eric	0:57:30	0:43:33	1:28:25	17.0	98.2	4.0	1:03:09	11:09	11:40
Estrada, Aimee	1:46:50	1:35:00	1:19:02	27.0	102.2		1:33:37	10:24	12:45
Ford, Elizabeth	0:49:43	0:41:00	1:23:10	17.0	108.2	UP 6.0	0:57:58	10:14	10:23
Garcia, Dale	1:04:44	0:46:19	1:30:50	17.0	103.2		1:07:18	11:53	12:02
Gaytan, Peter	1:29:00	0:53:20	1:19:00	20.0	101.2	2.0	1:13:47	11:04	11:49
Godinez, Isis	0:54:59	0:41:59	1:47:00	17.0	95.1	2.0	1:07:59	12:00	11:15
Green, Hannah	0:42:30	0:35:30	1:10:05	17.0	108.2	UP 6.0	0:49:22	08:43	08:43
Hoglo, Lukas	1:10:30	0:54:37	1:30:24	19.0	107.1	UP 8.0	1:11:50	11:21	11:55
Hoglo, Wyatt	0:51:15	0:43:25	1:14:27	19.0	108.1	UP 8.0	0:56:22	08:54	08:46
Islas, Willow	1:40:00	0:49:39	1:36:07	20.0	104.2	UP 2.0	1:21:55	12:17	11:57
Kim, Hana	0:55:29	1:26:40	1:30:28	21.0	99.2	2.0	1:17:32	11:05	11:35
Kuhlman, Kevin	0:41:10	0:45:23	1:02:15	17.0	103.2		0:49:36	08:45	08:27
Lagunas, Jocelyln	0:48:01	0:36:20	0:50:42	14.0	95.2	8.0	0:45:01	09:39	09:57
Mendoza, Alejandro	1:01:00	0:45:06	1:27:50	17.0	108.2		1:04:39	11:24	11:23
Nadeau, Kelly	0:55:13	0:41:03	1:26:55	17.0	109.2		1:01:04	10:47	10:44
Olsen, Schuyler	0:52:00	0:41:40	1:32:00	17.0	100.2		1:01:53	10:55	11:38
Philips, Ryan	1:02:35	0:45:38	1:14:40	17.0	97.2	5.0	1:00:58	10:45	09:54
Rojas, Jaret	0:41:29	0:30:25	1:03:20	17.0	103.2		0:45:05	07:57	08:15
Seifert, Angelica	0:52:39	0:40:52	1:23:44	17.0	108.2	UP 6.0	0:59:05	10:26	10:30
Solis, Johnny	0:41:10	0:33:10		9.0	98.0	18.0	0:37:10	08:16	09:30
Song, Erin	0:58:36	0:49:13	1:36:07	17.0	102.2		1:07:59	12:00	12:22
Spiker, Katelyn	2:31:50	0:37:50	1:19:10	27.0	102.2		1:29:37	09:57	10:21
Toothman, Anika	0:52:00	0:41:40	1:32:00	17.0	108.2	UP 6.0	1:01:53	10:55	11:06
Vazquez, Valeria	1:02:45	0:47:30		9.0	100.2	2.0	0:55:08	12:15	11:56

1) RALLY TIME FOR THE SANTA MONICA VENICE 10K IS 5:30AM AT LOWES. PERMISSION SLIPS DUE TO COACH SARKISSIAN BY THURSDAY!

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, December 7th at coaches discretion to participate in the Santa Monica Venice Xmas 10K.

4) CONGRATS ON COMPLETEING YOUR FIRST 100 MILES!! YOU ARE AMAZING!!!

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

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