

SOAR Student Training Progress Week 9- 5 Mile Bench, Biathlon Event

Student / WK 9	27-Nov	29-Nov	1-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	0:38:50	0:31:00	1:05:40	17.0	104.5			0:45:10	07:58	08:09
Arana, Luis	0:47:14	0:35:30	1:15:10	17.0	102.5			0:52:38	09:17	09:36
Breault, Charlie	0:59:31	0:45:25	1:40:00	17.0	112.5			1:08:19	12:03	12:25
Castillo, Cristian	0:59:44	0:48:41	1:32:50	17.0	81.5	5.0	5.0	1:07:05	11:50	11:41
Cisneros, Matthew	0:57:04	0:49:01	1:32:00	17.0	108.5			1:06:02	11:39	11:32
De La Paz, Jonathan	0:52:12	0:36:21	1:20:50	17.0	102.5			0:56:28	09:58	10:07
Derrick, Samea	0:51:06	0:38:18	1:15:10	17.0	102.5			0:54:51	09:41	09:26
Diaz, Nadia	1:07:18	0:52:55	1:48:00	17.0	102.5			1:16:04	13:25	13:31
Estrada, Jose	0:45:33	0:39:35	1:19:10	17.0	103.5			0:54:46	09:40	09:50
Ford, Elizabeth	0:58:19	0:39:42	1:26:00	17.0	103.5			1:01:20	10:49	10:43
Gawra, Simardeep	0:45:16	0:32:45	1:14:00	17.0	105.5			0:50:40	08:57	09:13
Kim, Cecilia	1:03:54	0:46:59	1:32:00	17.0	105.5			1:07:38	11:56	11:31
Kim, Evan	0:54:49	0:39:55	1:32:50	17.0	69.4			1:02:31	11:02	11:32
Kuhlman, Kevin	0:42:50	0:32:01	1:11:10	17.0	103.5			0:48:40	08:35	08:49
Llamas, Christopher	0:38:30	0:32:20	1:04:50	17.0	103.5			0:45:13	07:59	08:05
Martinez, Kimberly	0:52:58	0:47:40		9.0	75.4	5.0	5.0	0:50:19	11:11	11:44
Mendoza, Alejandro	0:52:07	0:40:51	1:27:10	17.0	106.5			1:00:03	10:36	10:50
Menjivar, Brian	1:04:12	0:46:50	1:52:00	17.0	102.5			1:14:21	13:07	13:57
Nakatami, Kotone	1:04:12	0:46:50	1:38:00	17.0	95.5	4.0		1:09:41	12:18	12:15
Olsen, Schuyler	1:02:23	0:47:46	1:35:10	17.0	97.5	5.0		1:08:26	12:05	11:57
Pierre, Jordan	0:46:34	0:32:37	1:19:10	17.0	98.5	4.0		0:52:47	09:19	09:52
Redfern Kaia	0:54:08	0:38:39	1:20:50	17.0	102.5			0:57:52	10:13	10:06
Sandoval, Andrew		0:41:13	1:22:00	12.0	102.5	5.0		1:01:37	10:16	10:12
Saturno, Aubrey	1:02:23	0:48:21	1:37:40	17.0	77.4			1:09:28	12:16	12:10
Seifert, Angelica	0:48:34	0:36:32	1:24:00	17.0	103.4			0:56:22	09:57	10:23
Spiker, Christopher	0:43:00	0:36:40	1:11:10	17.0	102.5			0:50:17	08:52	08:52
Turpin, Lottie	1:07:18	0:52:55	2:00:00	17.0	102.5			1:20:04	14:08	14:57
Vadapalli, Dhivya	1:06:18	0:48:21	1:43:10	17.0	100.5			1:12:36	12:49	12:52
Valencia, Jonathan	0:42:21	0:37:28	1:15:40	17.0	98.5	5.0	5.0	0:51:50	09:09	09:22
Vazquez, Valeria	1:06:18		1:05:20	13.0	96.5	9.0	5.0	1:05:49	10:08	12:09

1) Congrats on completing your first 100 miles of training!! YOU ROCK!!!

2) Team Physicals due Friday December 7th!! NO Exceptions!!

3) Saturday December 8th, Annual SOAR Jingle Bell 10 miler and Coaches Holiday Breakfast! 6am rally at Lowes!!!

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 7th at coaches discretion to participate in the SOAR Jingle Bell Run.

5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Snapchat - SOAR_SC

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