

SOAR Student Training Progress Week 10- 5 Mile Bench, 5 Mile Hillwork

Student / WK 10	17-Nov	19-Nov	21-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	Waived	1:02:59	1:07:42	9.3	118.9		1:05:21	0:14:03	0:12:52
Beckwith,Joel	0:30:47		0:42:00	9.3	124.9	5.0	0:36:23	0:07:50	0:08:16
Castano, Peter	0:32:55	0:40:00	0:40:43	14.5	131.3		0:37:53	0:07:50	0:07:33
Castro, Jessica	0:34:49	0:45:39		9.3	126.4	5.0	0:40:14	0:08:39	0:09:11
Celis, Karen	0:54:30	1:02:54	0:55:56	14.5	131.4		0:57:47	0:11:57	0:11:11
Chavez, Andy	0:34:32		0:40:48	9.3	101.1	5.0	0:37:40	0:08:06	0:09:40
DeLapaz, Carlos	0:42:51	1:05:08	0:52:14	14.5	131.4		0:53:24	0:11:03	0:11:37
DeLapaz, Jonathan	0:43:51	0:53:42	0:57:30	14.5	131.4		0:51:41	0:10:42	0:11:24
Fernandez, Marycruz	0:38:58	0:51:09	0:48:40	14.5	131.4		0:46:16	0:09:34	0:10:05
Ford, David	0:36:36	0:47:35	0:49:05	14.5	130.0		0:44:25	0:09:11	0:08:59
Ford, Elizabeth	0:36:45	0:47:49	0:48:15	14.5	135.4		0:44:16	0:09:10	0:09:37
Fragoza, Christian	0:42:51	1:05:08	0:46:53	14.5	110.3		0:51:37	0:10:41	0:10:02
Garcia, Dale	0:46:23	1:07:45	1:07:37	14.5	110.7		1:00:35	0:12:32	0:12:55
Green, Hannah	0:35:33	0:46:03	0:46:55	14.5	131.5		0:42:50	0:08:52	0:08:40
Green, Sarah	0:41:11	0:57:05	0:55:35	14.5	131.5		0:51:17	0:10:37	0:10:12
Hoglo, Wyatt	0:38:58	0:50:36	0:48:14	14.5	135.4	Up 4.0	0:45:56	0:09:30	0:09:28
Ibarra, Mario	0:46:50		0:57:47	9.3	122.1	9.0	0:52:18	0:11:15	0:11:30
Javier, Alexandra	0:44:07	0:53:55	0:57:53	14.5	131.4		0:51:58	0:10:45	0:10:16
Javier, Dannah	0:54:30	1:10:00		9.3	106.6	19.0	1:02:15	0:13:23	0:12:56
Jonas, Angelica	0:38:57	0:50:37	0:48:40	14.5	131.3	4.0	0:46:05	0:09:32	0:10:10
Kuhlman, Kevin	0:27:54	0:42:00	1:15:55	14.5	131.4		0:48:36	0:10:03	0:07:48
Loth, Brooke			1:06:00	5.2	120.7	9.0	1:06:00	0:12:42	0:11:30
Luna, Karla		1:02:59	0:59:01	9.3	126.2	4.0	1:01:00	0:13:07	0:12:30
Mejia, Victoria	0:46:39	0:53:55	0:57:53	14.5	131.4		0:52:49	0:10:56	0:11:00
Ortiz, Dariana	0:44:07	0:53:35	0:57:53	14.5	121.2	10.0	0:51:52	0:10:44	0:10:44
Spiker, Joshua	0:27:10	0:47:08		9.3	126.2	5.0	0:37:09	0:07:59	0:07:03
Spiker, Katelyn	0:49:39	0:58:40		9.3	126.2	5.0	0:54:09	0:11:39	0:10:46
Storaker, Stacey	0:39:06	0:47:09	0:49:05	14.5	132.5		0:45:07	0:09:20	0:09:40
Uhrig, Caroline	0:41:40	0:57:12	0:55:35	14.5	131.4		0:51:29	0:10:39	0:10:30
Ziemba, Matthew	0:39:47	1:05:58	1:32:00	14.5	131.4		1:05:55	0:13:38	0:10:56

1) Join us for the 9th Annual SOAR Gobble Wobble! 7am Towsley Canyon Thanksgivng Morn!

A gut bustin' 5.1 mile trail run sure ta kick the stuffin' out ya! YEEEE HAHHHH!

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

3) 2016 PHYSICAL CLEARANCES NOW DUE FOR ALL STUDENTS! NO EXCEPTIONS! TRAINING RESTRICTED AFTER 11/14/15 UNTIL CLEARED.

4) ALL SOAR HOLIDAY 50/50 RAFFLE TIKS DUE THIS WEEK! 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, December 10th at coaches discretion to participate in the Santa to the Sea 1/2 Marathon.