

SOAR Student Training Progress Week 10- 5 Mile Bench / Jingle Bell 10 Miler

Student / WK 10	5-Dec	7-Dec	9-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	FIRE	0:44:22	1:55:45	14.0	122.2		1:20:04	11:26	11:19
Breault, Charlie	FIRE	0:48:32	2:02:30	14.0	122.2		1:25:31	12:13	12:43
Cabrera, Alexis	0:44:33	0:31:26	1:45:00	19.0	117.7		1:00:20	09:32	09:20
Carroll-Tramble, Kamari	FIRE	0:46:51	2:08:54	14.0	116.2		1:27:53	12:33	12:08
Chabolla, Daija	FIRE	0:40:26	1:54:29	14.0	120.2	UP 4.0	1:17:28	11:04	10:03
Commons, Carlee	FIRE	0:36:30	1:47:00	14.0	116.2		1:11:45	10:15	09:44
Corona, Luis	0:27:13	0:38:14	1:48:24	17.0	116.2		0:57:57	10:14	10:20
Dalgan, Abraham	0:47:57	0:40:56	1:48:24	19.0	114.2		1:05:46	10:23	10:18
DeLaPaz, Jonathan	FIRE	0:38:11	1:36:38	14.0	122.2		1:07:24	09:38	09:56
Diaz, Nadia	FIRE	0:50:57	2:16:53	14.0	115.2		1:33:55	13:25	13:24
Doughergy, Eric	0:43:40	0:42:34	1:54:01	18.0	116.2		1:06:45	11:07	11:37
Estrada, Aimee	FIRE	0:42:13	1:40:13	14.0	116.2		1:11:13	10:10	11:03
Ford, Elizabeth	FIRE	0:42:04	1:40:38	14.0	122.2	UP 6.0	1:11:21	10:12	10:22
Garcia, Dale	FIRE	0:53:45	1:57:54	14.0	117.2		1:25:49	12:16	12:03
Godinez, Isis	FIRE	0:43:55	1:47:00	14.0	109.1		1:15:28	10:47	11:12
Green, Hannah	FIRE	0:33:16	1:23:39	14.0	122.2	UP 6.0	0:58:28	08:21	08:41
Hoglo, Lukas	FIRE	0:53:05	1:57:00	15.0	122.1	UP 9.0	1:25:03	11:20	11:52
Hoglo, Wyatt	FIRE	0:43:30	1:27:55	15.0	123.1	UP 9.0	1:05:43	08:46	08:46
Islas, Willow	FIRE	0:46:51	2:06:54	14.0	118.2	UP 2.0	1:26:53	12:25	12:00
Kim, Hana	0:35:26	0:53:23	1:55:33	17.0	116.2	UP 1.0	1:08:07	12:01	11:38
Kuhlman, Kevin	FIRE	0:30:14	1:26:02	14.0	117.2		0:58:08	08:18	08:26
Lagunas, Jocelyln	1:18:00	0:36:03	1:34:00	22.0	117.2		1:09:21	09:27	09:54
Mendoza, Alejandro	FIRE	0:44:23	1:46:35	14.0	122.2		1:15:29	10:47	11:19
Nadeau, Kelly	FIRE	0:41:44	1:52:39	14.0	123.2		1:17:12	11:02	10:45
Olsen, Schuyler	FIRE	0:40:00	1:53:10	14.0	114.2		1:16:35	10:56	11:34
Philips, Ryan	0:55:45	0:38:20	1:44:00	19.0	116.2		1:06:02	10:26	09:57
Rojas, Jaret	FIRE	0:31:55	1:14:35	14.0	117.2		0:53:15	07:36	08:11
Seifert, Angelica	FIRE	0:42:04	1:46:20	14.0	122.2	UP 6.0	1:14:12	10:36	10:30
Song, Erin	FIRE	0:48:30	2:02:02	14.0	116.2		1:25:16	12:11	12:21
Spiker, Katelyn	FIRE	0:39:29	1:42:10	14.0	116.2		1:10:50	10:07	10:20
Toothman, Anika	FIRE	0:40:00	1:53:10	14.0	122.2	UP 6.0	1:16:35	10:56	11:05
Vazquez, Valeria	0:20:53	0:48:24	1:51:32	16.0	116.2		1:00:16	11:18	11:52

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

2) 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 14th at coaches discretion to participate in the Santa Monica Venice Xmas 10K.

3) CONGRATS ON COMPLETEING YOUR FIRST 10 MILER!! WEEKDAY TRAINING BEGINS AT 9AM DURING HOLIDAY BREAK!

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

5) Keep Training Hard! SOAR '18 ROCKS!!!! ÷D