

**SOAR Student Training Progress Week 13- 4 Mile Bench, Half Marathon Team Qualifier**

Student / WK 13	8-Dec	10-Dec	13-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	0:48:55	0:51:33	2:58:12	21.3	175.1		1:32:53	0:13:05	0:12:56
Beckwith,Joel	0:31:39	0:31:28	1:43:27	21.3	186.5		0:55:31	0:07:49	0:08:12
Castano, Peter	0:33:52	0:34:20	1:56:45	21.3	187.5		1:01:39	0:08:41	0:07:43
Castro, Jessica	0:36:55	0:38:51	2:08:54	21.3	188.0		1:08:13	0:09:37	0:09:18
Celis, Karen	0:45:20	0:46:07	2:26:28	21.3	187.6		1:19:18	0:11:10	0:11:09
Chavez, Andy	0:44:47	2:41:43	1:58:19	32.3	162.1		1:48:16	0:10:03	0:09:30
DeLapaz, Carlos	0:44:16	2:11:57	2:17:53	27.3	187.4		1:44:42	0:11:30	0:11:40
DeLapaz, Jonathan	0:48:55	0:51:33	2:37:34	21.3	187.6		1:26:01	0:12:07	0:11:41
Fernandez, Marycruz	0:41:01	0:40:40	2:19:35	21.3	193.0		1:13:45	0:10:23	0:10:15
Ford, David	0:36:13	0:36:14	1:55:11	21.3	191.6		1:02:33	0:08:49	0:09:02
Ford, Elizabeth	0:40:40	0:36:14	2:04:21	21.3	197.0		1:07:05	0:09:27	0:09:34
Fragoza, Christian	0:42:58	0:39:09	2:17:50	21.3	170.6		1:13:19	0:10:20	0:10:17
Green, Hannah	0:33:50	0:34:00	1:50:51	21.3	187.7		0:59:34	0:08:23	0:08:37
Green, Sarah	0:40:48	0:42:35	2:12:12	21.3	187.7		1:11:52	0:10:07	0:10:14
Hoglo, Wyatt	0:35:17	0:40:00	2:08:20	21.3	197.0	Up 10.0	1:07:52	0:09:34	0:09:34
Ibarra, Mario	0:46:10	1:59:57	2:20:55	26.3	187.4		1:42:21	0:11:40	0:11:43
Javier, Alexandra	0:48:55	0:45:05	2:06:16	21.3	187.6		1:13:25	0:10:20	0:10:26
Javier, Dannah	2:25:00	4:58:00	2:52:39	44.3	181.5		3:25:13	0:13:54	0:13:02
Jonas, Angelica	0:35:17	0:42:54	2:08:21	21.3	191.8		1:08:51	0:09:42	0:10:06
Kuhlman, Kevin	0:38:51	1:36:18	1:33:39	29.3	195.6	Up 8.0	1:16:16	0:07:49	0:07:47
Loth, Brooke	0:44:53	2:45:02	2:27:15	29.3	185.2		1:59:03	0:12:11	0:11:42
Luna, Karla	0:47:20	0:51:33	2:46:18	21.3	186.5		1:28:24	0:12:27	0:12:26
Mejia, Victoria	0:47:20	0:46:07	2:17:07	21.3	187.6		1:16:51	0:10:49	0:11:12
Ortiz, Dariana	0:48:55	0:45:05	2:27:31	21.3	187.7		1:20:30	0:11:20	0:10:52
Spiker, Joshua	0:28:50	0:36:06	1:39:41	21.3	187.8		0:54:52	0:07:44	0:07:19
Spiker, Katelyn	0:45:25	0:42:35	2:22:18	21.3	187.8		1:16:46	0:10:49	0:10:54
Storaker, Stacey	Waived	0:36:14	2:06:10	21.3	194.1		1:21:12	0:07:37	0:09:31
Uhrig, Caroline	0:40:47	0:42:09	2:33:28	21.3	187.6		1:18:48	0:11:06	0:10:36
Ziemba, Matthew	0:42:56	0:39:09	2:17:54	21.3	187.6		1:13:20	0:10:20	0:10:43

- 1) SOAR Jingle Bell Run Rally Time is 6am at Lowes. Permission slips to Coach Sarkissian ASAP!
- 2) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Twitter @SOAR\_SC
- 3) NEXT OFFICIAL TEAM QUALIFIER - SO CAL HALF MARATHON SATURDAY JANUARY 9TH 2016!
- 4) Congrats on finishing your first Half Marathon!!! YOU ARE AN INSPIRATION!!!!
- 5) Proper nutrition and maintaining your recovery regiment is CRITICAL from this point forward!! 80-100 oz of Water per day!!!
- 6) 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, January 7th at coaches discretion to participate in the So Cal 1/2 Marathon.