

SOAR Student Training Progress Week 20- 5 Mile Bench, 20 Mile Marathon Qualifier

Student / WK 20	26-Jan	28-Jan	30-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	0:49:19	0:46:40	4:37:06	28.50	308.2		2:04:22	0:13:05	0:12:48
Beckwith,Joel	1:30:42	2:33:20	2:59:07	45.50	320.9		2:21:03	0:09:18	0:08:19
Castano, Peter	0:30:13	0:33:30	3:08:50	28.50	324.9		1:24:11	0:08:52	0:07:55
Castro, Jessica	0:35:13	0:34:43	3:25:30	28.50	321.1		1:31:49	0:09:40	0:09:20
Celis, Karen	1:24:15	1:16:03	3:56:23	36.50	320.7		2:12:14	0:10:52	0:11:14
Chavez, Andy	0:41:38	0:35:45	4:40:00	28.50	297.6		1:59:08	0:12:32	0:09:53
DeLapaz, Carlos	0:46:37	0:39:59	4:04:20	28.50	320.5		1:50:19	0:11:37	0:11:45
DeLapaz, Jonathan	0:42:30	0:39:39	4:08:53	28.50	320.7		1:50:21	0:11:37	0:11:51
Fernandez, Marycruz	0:42:00	0:39:56	4:03:00	28.50	326.1		1:48:19	0:11:24	0:11:08
Ford, David	3:05:10	0:38:42	3:29:52	42.50	324.5		2:24:35	0:10:12	0:09:18
Ford, Elizabeth	2:28:48	0:38:44	3:31:01	38.50	330.9		2:12:51	0:10:21	0:09:38
Fragoza, Christian	0:39:59	0:35:20	4:04:20	28.50	303.7		1:46:33	0:11:13	0:11:06
Green, Hannah	0:36:31	0:34:50	3:18:48	28.50	320.8		1:30:03	0:09:29	0:08:50
Green, Sarah	0:41:48	0:41:03	3:53:13	28.50	320.8		1:45:21	0:11:05	0:10:32
Hoglo, Wyatt	0:35:27	0:35:22	3:53:44	28.50	330.5		1:41:31	0:10:41	0:09:41
Ibarra, Mario	1:31:01	1:05:37	4:10:33	32.50	316.2		2:15:44	0:12:32	0:12:18
Javier, Alexandra	0:42:30	0:43:02	4:05:50	28.50	320.8		1:50:27	0:11:38	0:10:49
Javier, Dannah	0:54:44	0:58:38	4:47:38	28.50	314.6		2:13:40	0:14:04	0:12:25
Jonas, Angelica	0:35:59	0:35:38	3:53:50	28.50	320.0		1:41:49	0:10:43	0:10:02
Kuhlman, Kevin	0:28:26	0:28:49	3:41:30	28.50	320.7		1:32:55	0:09:47	0:07:56
Loth, Brooke	0:49:14	0:42:23	4:34:40	28.50	318.3		2:02:06	0:12:51	0:11:29
Luna, Karla	0:43:58	0:44:58	4:10:30	28.50	319.6		1:53:09	0:11:55	0:12:14
Mejia, Victoria	0:52:10	1:05:37	4:14:29	28.50	320.7		2:04:05	0:13:04	0:11:41
Ortiz, Dariana	0:42:30	0:43:02	4:09:30	28.50	320.8		1:51:41	0:11:45	0:11:18
Spiker, Joshua	0:30:10	0:29:02	2:53:00	28.50	320.9		1:17:24	0:08:09	0:07:39
Spiker, Katelyn	0:43:06	0:44:18	4:10:43	28.50	321.3		1:52:42	0:11:52	0:10:46
Storaker, Stacey	0:38:43	0:38:44	3:55:09	28.50	327.3		1:44:12	0:10:58	0:09:41
Uhrig, Caroline	0:42:38	2:31:27	4:10:45	38.50	321.5		2:28:17	0:11:33	0:10:45
Ziemba, Matthew	0:46:37	0:40:16	3:41:30	28.50	320.7		1:42:48	0:10:49	0:10:28

- 1) CONGRATS TO ALL ON SUCCESSFULLY COMPLETING THE - SOAR 20 MILER!! MARATHON UNIFORMS AND INFO PACKETS THIS SATURDAY!**
- 2) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC**
- 3) SAVE SOAR!!!! Support the Mardi Gras Madness 5K/10K - Sunday February 21st 2016!! Valencia Town Center!! WWW.MGM5K.COM**
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- 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, February 11th!!!**