

SOAR Student Training Progress Week 7- 5 Mile Bench / 5 Mile Hillwork

Student / WK 7	14-Nov	16-Nov	18-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:45:17	0:55:00	0:57:30	14.0	75.2		0:52:36	11:16	11:17
Breault, Charlie	0:49:25	1:02:07	1:19:00	14.0	75.2		1:03:31	13:37	12:40
Cabrera, Alexis	0:32:10	0:42:33	0:44:30	14.0	76.7		0:39:44	08:31	09:21
Carroll-Tramble, Kamari	0:47:50	0:59:39	1:00:05	14.0	75.2		0:55:51	11:58	12:05
Choballa, Daija		0:53:36	0:48:26	10.0	71.2	4.0	0:51:01	10:12	09:50
Commons, Carlee	0:35:37	0:45:45	0:44:47	14.0	75.2		0:42:03	09:01	09:37
Corona, Luis		0:46:09	0:57:38	10.0	72.2	4.0	0:51:54	10:23	10:08
Dalgan, Abraham	0:40:04	0:52:18	0:51:23	14.0	73.2		0:47:55	10:16	10:08
DeLaPaz, Jonathan	0:38:29	0:48:39	0:48:32	14.0	75.2		0:45:13	09:41	09:58
Diaz, Nadia	0:50:20	1:05:37	0:50:49	13.0	74.2		0:55:35	12:50	13:13
Doughergy, Eric	0:45:36		0:58:22	9.0	70.2	5.0	0:51:59	11:33	11:54
Estrada, Aimee	0:40:51	0:56:39	0:51:38	14.0	75.2		0:49:43	10:39	11:16
Ford, Elizabeth	0:40:10	0:49:50	0:51:10	14.0	75.2		0:47:03	10:05	10:23
Garcia, Dale	0:47:29	0:59:34	0:57:40	14.0	75.2		0:54:54	11:46	11:57
Gaytan, Peter	0:49:26	1:05:00	1:19:00	14.0	76.2		1:04:29	13:49	11:32
Godinez, Isis	0:45:55	0:53:02		9.0	67.1	3.0	0:49:29	11:00	11:10
Green, Hannah	0:36:32	0:45:45	0:45:00	14.0	75.2		0:42:26	09:05	08:41
Hoglo, Lukas	0:48:12	1:07:00	0:57:28	14.0	72.1		0:57:33	12:20	11:58
Hoglo, Wyatt	0:40:04	0:46:57	0:44:00	14.0	73.1		0:43:40	09:21	08:46
Islas, Willow	0:47:50	0:45:59	1:00:09	14.0	75.2		0:51:19	11:00	11:42
Kim, Hana	0:45:10	1:00:56		9.0	73.2	1.0	0:53:03	11:47	11:33
Kuhlman, Kevin	0:35:24	0:39:19	0:42:00	14.0	76.2		0:38:54	08:20	08:16
Lagunas, Jocelyln	0:35:30	0:46:00	0:47:00	14.0	76.2		0:42:50	09:11	10:01
Mendoza, Alejandro	0:47:05	0:52:55	0:57:43	14.0	75.2		0:52:34	11:16	11:20
Nadeau, Kelly	0:43:25	0:55:59	0:55:40	14.0	76.2		0:51:41	11:05	10:40
Olsen, Schuyler	0:44:26	0:53:28	1:00:43	14.0	73.2		0:52:52	11:20	11:30
Philips, Ryan	0:40:31	0:45:59	0:50:48	14.0	75.2		0:45:46	09:48	09:41
Rojas, Jaret	0:38:00	0:38:00		9.0	70.2	5.0	0:38:00	08:27	08:04
Seifert, Angelica	0:40:04	0:53:38	0:52:06	14.0	75.2		0:48:36	10:25	10:28
Solis, Johnny	0:33:28	0:37:47	0:47:24	14.0	89.0		0:39:33	08:28	08:20
Song, Erin	0:46:24	0:59:46	1:03:15	14.0	75.2		0:56:28	12:06	12:15
Spiker, Katelyn	0:39:06		0:51:35	9.0	70.2	5.0	0:45:21	10:05	10:17
Toothman, Anika	0:44:26	0:54:30	0:57:30	14.0	75.2		0:52:09	11:10	11:07
Vazquez, Valeria	0:49:50	0:58:29	1:08:00	14.0	75.2		0:58:46	12:36	11:52

- 1) 11th Annual SOAR Gobble Wobble (OPTIONAL) at Towsley Canyon 7AM Thanksgiving Day! Come and get the stuffin' kicked out of ya!**
- 2) HAPPY THANKSGIVING FROM SOAR!!!! TIME TO CARBO LOAD!!!**
- 3) 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 7th at coaches discretion to participate in the Santa Monica Venice Xmas 10K.**
- 4) ALL SOAR PROGRAM WAIVERS ARE NOW DUE!!!**
- 5) SOAR HOLIDAY 50/50 RAFFLE IS ON!! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!**

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

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