

**SOAR Student Training Progress Week 8- 5 Mile Bench / 5 Mile Hillwork**

Student / WK 8	21-Nov	23-Nov	25-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armenta, Maria	0:57:20	1:07:30	0:59:01	16.0	91.2		1:01:17	11:29	11:19
Breault, Charlie	1:04:13	1:25:40	1:01:40	16.0	91.2		1:10:31	13:13	12:44
Cabrera, Alexis	0:46:44	Holiday		5.0	81.7	5.0	0:46:44	09:21	09:21
Carroll-Tramble, Kamari	1:01:13	Holiday	1:02:45	10.0	85.2		1:01:59	12:24	12:07
Choballa, Daija	0:52:55	Holiday	0:53:15	10.0	81.2	4.0	0:53:05	10:37	09:56
Commons, Carlee	0:49:50	Holiday	0:50:45	10.0	85.2		0:50:18	10:03	09:41
Corona, Luis		1:00:40	0:52:30	10.0	82.2	3.0	0:56:35	11:19	10:17
Dalgan, Abraham	0:55:14	Holiday		5.0	78.2	5.0	0:55:14	11:03	10:14
DeLaPaz, Jonathan	0:50:24	0:59:45	0:50:44	16.0	91.2		0:53:38	10:03	09:58
Diaz, Nadia	1:11:42	Holiday	1:14:17	10.0	84.2		1:13:00	14:36	13:24
Doughergy, Eric	0:45:36	1:11:20		11.0	81.2	5.0	0:58:28	10:38	11:44
Estrada, Aimee		Holiday		0.0	75.2	10.0	#DIV/0!	#DIV/0!	11:16
Ford, Elizabeth	0:51:40	1:02:20	0:54:20	16.0	91.2	UP 6.0	0:56:07	10:31	10:24
Garcia, Dale	1:08:17	1:11:20		11.0	86.2		1:09:49	12:42	12:03
Gaytan, Peter	1:13:00	Holiday		5.0	81.2	5.0	1:13:00	14:36	11:55
Godinez, Isis	0:54:38	1:07:20		11.0	78.1	2.0	1:00:59	11:05	11:09
Green, Hannah	0:46:42	0:51:40	0:43:41	16.0	91.2	UP 6.0	0:47:21	08:53	08:43
Hoglo, Lukas	1:03:07	1:12:00	1:00:18	16.0	88.1	UP 6.0	1:05:08	12:13	12:00
Hoglo, Wyatt	0:39:35	0:52:30	0:45:05	16.0	89.1	UP 6.0	0:45:43	08:34	08:45
Islas, Willow	1:03:09	Holiday	1:02:48	10.0	84.2	1.0	1:02:59	12:36	11:55
Kim, Hana	1:01:40	Holiday		5.0	78.2	6.0	1:01:40	12:20	11:39
Kuhlman, Kevin	0:51:19	Holiday	0:43:11	10.0	86.2		0:47:15	09:27	08:25
Lagunas, Jocelyln	0:48:30	Holiday		5.0	81.2	5.0	0:48:30	09:42	09:59
Mendoza, Alejandro	0:59:35	1:08:20	0:59:35	16.0	91.2		1:02:30	11:43	11:23
Nadeau, Kelly	0:59:42	1:03:40	0:54:26	16.0	92.2		0:59:16	11:07	10:43
Olsen, Schuyler	1:00:00	Holiday	1:12:54	10.0	83.2		1:06:27	13:17	11:44
Philips, Ryan		Holiday	0:52:36	5.0	80.2	5.0	0:52:36	10:31	09:47
Rojas, Jaret	0:49:10	0:48:10	0:58:38	16.0	86.2		0:51:59	09:45	08:17
Seifert, Angelica	0:54:29	1:03:00	0:55:05	16.0	91.2	UP 6.0	0:57:31	10:47	10:30
Solis, Johnny		Holiday		0.0	89.0	10.0	#DIV/0!	#DIV/0!	08:20
Song, Erin	1:05:31	Holiday	1:09:42	10.0	85.2		1:07:36	13:31	12:25
Spiker, Katelyn	0:55:52	Holiday		5.0	75.2	10.0	0:55:52	11:10	10:24
Toothman, Anika	0:57:04	1:06:40	0:56:20	16.0	91.2	UP 6.0	1:00:01	11:15	11:08
Vazquez, Valeria	1:01:13	1:11:20	1:01:40	16.0	91.2	UP 6.0	1:04:44	12:08	11:54

- 1) Road Runner Sports Team Shoe Event is Sunday December 3rd. Details this week!!**
- 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!**
- 6) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Snapchat - SOAR\_SC**

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