

**SOAR Student Training Progress Week 9- 4 Mile Bench, 10 Mile Long**

Student / WK 9	10-Nov	12-Nov	14-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	0:51:37	0:45:28	2:23:50	18.4	109.6		1:20:18	0:13:06	0:12:44
Beckwith,Joel	0:29:43	0:30:54	1:24:52	18.4	115.6		0:48:30	0:07:54	0:08:18
Castano, Peter	0:33:04	0:31:36	1:25:10	18.4	116.8		0:49:57	0:08:09	0:07:31
Castro, Jessica	0:34:08	0:34:21	1:34:10	18.4	117.1		0:54:13	0:08:50	0:09:14
Celis, Karen	0:49:33	0:39:02	1:57:02	18.4	116.9		1:08:32	0:11:10	0:11:05
Chavez, Andy	0:37:00	0:35:16	1:43:00	18.4	91.8		0:58:25	0:09:32	0:09:53
DeLapaz, Carlos	0:51:37	0:51:05	2:49:25	18.4	116.9		1:30:42	0:14:47	0:11:41
DeLapaz, Jonathan	0:47:56	0:43:26	2:23:50	18.4	116.9		1:18:24	0:12:47	0:11:29
Fernandez, Marycruz	0:40:05	0:38:42	1:39:20	18.4	116.9		0:59:22	0:09:41	0:10:08
Ford, David	0:32:23	0:35:32	1:34:38	18.4	115.5		0:54:11	0:08:50	0:08:58
Ford, Elizabeth	0:36:25	0:35:22	1:34:30	18.4	120.9		0:55:26	0:09:02	0:09:39
Fragoza, Christian	0:47:46	0:34:37	1:56:46	18.4	95.8		1:06:23	0:10:49	0:09:57
Garcia, Dale	0:52:54	0:51:45	2:49:25	18.4	96.2		1:31:21	0:14:54	0:12:57
Green, Hannah	0:35:02	0:32:12	1:28:59	18.4	117.0		0:52:04	0:08:29	0:08:39
Green, Sarah	0:37:59	0:39:02	1:42:43	18.4	117.0		0:59:55	0:09:46	0:10:09
Hoglo, Wyatt	0:37:50	0:35:06	1:37:54	18.4	120.9	Up 4.0	0:56:57	0:09:17	0:09:27
Ibarra, Mario	0:45:50		2:00:18	14.3	112.8	4.0	1:23:04	0:11:37	0:11:31
Javier, Alexandra	0:41:53	0:43:32	1:36:48	18.4	116.9		1:00:44	0:09:54	0:10:12
Javier, Dannah		0:54:52		4.1	97.3	14.0	0:54:52	0:13:23	0:12:53
Jonas, Angelica		0:35:04	1:38:20	14.3	116.8	4.0	1:06:42	0:09:20	0:10:15
Kuhlman, Kevin	0:28:20	0:27:52	1:15:55	18.4	116.9		0:44:02	0:07:11	0:07:33
Loth, Brooke	0:40:25	0:42:23	2:24:00	18.4	115.5		1:15:36	0:12:20	0:11:22
Luna, Karla	0:45:56	0:45:08	2:01:31	18.4	116.9		1:10:52	0:11:33	0:12:26
Mejia, Victoria	0:46:01	0:43:32	1:57:30	18.4	116.9		1:09:01	0:11:15	0:11:00
Ortiz, Dariana	0:41:53	0:43:32		8.2	106.7	10.0	0:42:43	0:10:25	0:10:44
Spiker, Joshua	0:26:44	0:27:36	1:15:17	18.4	116.9		0:43:12	0:07:03	0:06:57
Spiker, Katelyn	0:43:00	0:42:23	1:49:15	18.4	116.9		1:04:53	0:10:35	0:10:40
Storaker, Stacey	0:36:55	0:35:35	1:34:38	18.4	118.0		0:55:43	0:09:05	0:09:43
Uhrig, Caroline	0:42:15	0:39:48	1:51:33	18.4	116.9		1:04:32	0:10:31	0:10:29
Ziamba, Matthew	0:47:33	0:43:09	1:32:00	18.4	116.9		1:00:54	0:09:56	0:10:38

- 1) Congrats on completing your first 100 MILES!!! WAAAAHOOOOO!!!!!! You are AWESOME!!!!
- 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) 2016 PHYSICAL CLEARANCES NOW DUE FOR ALL STUDENTS! NO EXCEPTIONS! TRAINING RESTRICTED AFTER 11/14/15 UNTIL CLEARED.
- 4) SOAR HOLIDAY 50/50 RAFFLE IS ON!!! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!
- 5) 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 10th at coaches discretion to participate in the Santa to the Sea 1/2 Marathon.