

SOAR Student Training Progress Week 22 - 3 Mile Bench, 26.2 Mile Event
Final Team Statistics
2009/2010 Training Season

Student / WK 22	16-Mar	18-Mar	21-Mar	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	43:30:00	23:45:00	348:33:00	9.0	304	138:40:00	13:20:00	12:40:00
Juliet DeAmicis	43:40:00	18:29:00	292:13:00	11.0	337.5	118:05:00	11:20:00	10:15:00
Janette Flores	34:00:00	29:30:00	458:31:00	31.2	358.7	174:00:00	16:45:00	15:15:00
Vanessa Flores	39:44:00	29:30:00	445:27:00	31.2	358.7	171:40:00	16:30:00	15:15:00
Zachary Mendoza	38:34:00	24:31:00	375:52:00	31.2	369.7	144:55:00	13:55:00	12:35:00
Ilian Mondragon	240:00:00	18:37:00	337:13:00	31.2	357.2	128:50:00	12:25:00	10:35:00
Karen Moreno	30:16:00	18:17:00	304:38:00	31.2	362.7	117:40:00	11:20:00	11:20:00
Mahsa Motavvef	43:40:00	35:38:00	412:05:00	31.2	300.2	163:45:00	15:45:00	13:50:00
Marisol Ramirez	Excused	56:55:00	290:46:00	28.2	300.5	173:50:00	11:10:00	11:10:00
Kim Sadia	39:00:00	22:00:00	380:20:00	31.2	300.2	147:10:00	14:10:00	12:30:00
Karinne Smith	39:00:00	22:00:00	368:52:00	31.2	351.2	143:20:00	13:45:00	12:50:00
Madeline Tan	30:49:00	20:29:00	318:02:00	31.2	365.2	126:10:00	12:10:00	10:45:00
Rorie Uribe	36:38:00	Excused	368:52:00	29.2	354	202:45:00	13:50:00	12:10:00
Bridget Valenzuela	36:38:00	22:05:00	420:32:00	31.2	281.2	159:40:00	15:20:00	14:00:00

1) Congratulations to all SOAR participants for completing the LA Marathon! We're very proud of you!

2) Optional Post Season Team Event : Down and Dirty Mud Run, Sunday April 25th. Rally Time is 7am at GVHS!

3) Optional Post Season Team Event : Fight It! 5K, Saturday May 15th. Rally time is 7:30 am at Central Park!

4) Optional Post Season Team Event: SOAR Team Celebration Dinner, Friday May 21st. 6-8pm at the Santa Clarita Sports Complex!

5) Visit us on the web at : WWW.SOAR-SC.ORG

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7) Quote for the week: 'Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.' ~ Booker T Washington