

SOAR Student Training Progress Week 4 - 4Mile Bench, 5K Event

| Student / WK2 | 10-Nov | 12-Nov | 14-Nov | Wkly Miles | Total Miles | Avg. Time | Wkly Min / Mile | YTD Min / Mile |
|--------------------|-----------|----------|----------|------------|-------------|-----------|-----------------|----------------|
| Yara Askar | 36:10:00 | 47:11:00 | 34:40:00 | 10.1 | 31.6 | 39:20:00 | 11:40:00 | 11:40:00 |
| Juliet DeAmicis | 31:00:00 | 39:33:00 | 29:11:00 | 10.1 | 32.1 | 33:15:00 | 9:50:00 | 9:50:00 |
| Janette Flores | 86:56:00 | 59:10:00 | 41:00:00 | 13.1 | 32.1 | 62:25:00 | 14:20:00 | 15:05:00 |
| Vanessa Flores | 43:46:00 | 59:10:00 | 41:00:00 | 10.1 | 32.1 | 48:20:00 | 14:20:00 | 14:55:00 |
| Stephanie Garcia | 43:12:00 | 46:43:00 | 29:11:00 | 10.1 | 34.6 | 39:40:00 | 11:50:00 | 11:20:00 |
| Zachary Mendoza | 37:49:00 | 47:48:00 | 35:02:00 | 10.1 | 34.1 | 40:15:00 | 11:55:00 | 11:50:00 |
| Ilian Mondragon | 30:06:00 | 41:20:00 | 29:06:00 | 10.1 | 34.6 | 33:25:00 | 9:55:00 | 9:50:00 |
| Karen Moreno | 117:35:00 | 39:04:00 | 27:40:00 | 16.1 | 34.1 | 61:25:00 | 11:25:00 | 10:15:00 |
| Mahsa Motavvef | 38:08:00 | 47:55:00 | 38:17:00 | 10.1 | 26.6 | 41:25:00 | 12:25:00 | 12:15:00 |
| Cristian Perez | 23:45:00 | 33:36:00 | 21:30:00 | 10.1 | 22.6 | 26:15:00 | 7:50:00 | 9:25:00 |
| Marisol Ramirez | | 33:37:00 | Excused | 4.0 | 13 | 33:37:00 | 8:20:00 | 9:50:00 |
| Roxana Ramos | 42:45:00 | 47:50:00 | 32:59:00 | 10.1 | 34.6 | 41:10:00 | 12:15:00 | 12:35:00 |
| Karinne Smith | 34:35:00 | 43:35:00 | 30:33:00 | 10.1 | 34.6 | 36:35:00 | 10:50:00 | 10:55:00 |
| Madeline Tan | 31:49:00 | 39:28:00 | 29:11:00 | 10.1 | 34.6 | 33:30:00 | 9:55:00 | 10:25:00 |
| Rorie Uribe | 32:05:00 | 42:12:00 | 28:50:00 | 10.1 | 34.6 | 34:20:00 | 10:10:00 | 10:35:00 |
| Bridget Valenzuela | 38:08:00 | 51:38:00 | 38:17:00 | 10.1 | 35.1 | 42:40:00 | 12:35:00 | 11:50:00 |

1) Congratulations on completing the Hip Hop Classic 5K. Event photos can be viewed and ordered at www.imprintphoto.com

2) All team physicals are due Friday, November 27th! No exceptions!

3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) before every big run! Hydrate! Hydrate! Hydrate !

4) Next Team Event is the Road Runner Sports Shoe Clinic. Meet at GVHS at 8:30am, Saturday December 5th!

5) All weekly and total mile results highlighted in RED indicate miles owed. The number of miles shows as: (2). YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, December 3rd at coaches discretion to attend the RRS Shoe clinic.

6) All SOAR paperwork needs to be given to Coach Sarkissian as soon as possible if you haven't turned it in yet!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!