

Student / Wk 7	27-Nov	29-Nov	1-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	57:36:00	Sick	57:19:00	9.33	62.43	57:20:00	12:15	12:00
Priscilla Deleon	51:13:00	41:52:00		8(6.7)	74.8	46:35:00	11:35	11:40
Priscilla Hernandez	62:03:00	52:14:00	63:30:00	13.33 (1.4)	62.83	59:15:00	13:20	13:15
Roxana Ramos	62:03:00	52:14:00	57:43:00	13.33	63.63	57:20:00	12:50	12:50

Please note the following:

1) Last day to make up "Miles Owed" is Thursday, December 6th to qualify for the Santa Monica - Venice XMAS 10K!

2) All team physicals and waivers are due November 29th! No exceptions!

3) Hydrate! Hydrate! Hydrate ! Drink eight glasses of water daily, starting Wednesday before the Santa Monica - Venice 10K and see a DRAMATIC performance improvement, GUARENTEED!

4) All Students are registered for the Santa Monica - Venice Christmas 10K. PLEASE NOTE: Event start time is 7:30a.m.!  
Shoe distribution immediately following the race.

5) All weekly and total mile results highlighted in red indicate miles owed. The number of miles shows as: ( 2 ).  
All miles owed must be made up BY THURSDAY, DECEMBER 6th at coaches discretion to qualify!

6) Pickup time for the Santa Monica - Venice 10K is 6am sharp at COC! Good luck on Saturday! We're proud of you guys!