

Student / Wk 15	22-Jan	24-Jan	26-Jan	28-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	59:00:00	ROTC	197:37:00	NA	20(5)	200.79(5)	128:20:00	12:50	12:10
Priscilla Deleon		58:00:00	197:37:00	ADD 10	30(5)	235.16(5)	127:50:00	12:45	11:15
Priscilla Hernandez	66:40:00		199:42:00	ADD 10	30(5)	200.79(10)	133:15:00	13:20	13:15
Roxana Ramos	66:40:00	58:00:00	199:42:00	NA	25	226.49	108:10:00	13:00	12:50

Please note the following:

1) Saturday, February 2nd is a non training day in preparation for the 18 miler! Time to rest up and carbo load!!!!!!

2) Hydrate! Hydrate! Hydrate ! Drink eight glasses of water daily, at least three days before any big run, and see a DRAMATIC performance improvement, GUARANTEED!

3) All Students are registered for the SRLA Friendship 18 Miler, Sunday February 3rd 2008. Please note: This race is your official qualifier for Los Angeles Marathon XXIII, SUNDAY March 2nd. All students MUST finish the race in under 4:50:00 to qualify for LA!
 2ND SHOE DISTRIBUTION IMMEDIATELY FOLLOWING THE EVENT.

4) 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, JANUARY 31st, AND COACH CERTIFIED FOR THE REMAINDER OF THE SEASON! !!!!!!!! COACHES ARE NOT RESPONSIBLE FOR ARRANGING MAKEUP MILES DUE TO UNEXCUSED ABSENCES !!!!!!!!

5) Pickup for the SRLA Friendship 18 Miler is at 6am! Need Permission Slips for DeBortoli, Hernandez, and DeLeon ASAP!

6) Saturday pickups will be at Golden Valley HS unless noted otherwise for the remainder of the season.
 Keep training hard, you're almost there! We're proud of you guys!