

Student / Wk 19	19-Feb	21-Feb	23-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	54:54:00	56:51:00	51:40:00	15	293.79	54:30:00	10:50	12:05
Priscilla DeLeon	54:21:00	56:51:00	50:58:00	22	330.16	54:00:00	10:50	11:25
Priscilla Hernandez	59:22:00	62:53:00	59:27:00	15	308.79	60:05:00	12:05	13:20
Roxana Ramos	56:15:00	62:53:00	55:22:00	15	314.49	58:10:00	11:35	12:55

Please note the following:

1) Congratulations on completing your marathon training! We're all very proud of you!

2) Adequate hydration, lots of carbs (Bread, Rice, Cereal, Pasta) and plenty of sleep are an ABSOLUTE MUST for the next two weeks!
If you show up Marathon morning tired, dehydrated, and hungry, we guarantee you're going to have bad day!

3) LA MARATHON AND EXPO Permission Slips needed for Hernandez, ASAP!

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, FEBRUARY 28TH, AND COACH CERTIFIED FOR THE REMAINDER OF THE SEASON! !!!!!!!!! COACHES ARE NOT RESPONSIBLE FOR ARRANGING MAKEUP MILES DUE TO UNEXCUSED ABSENCES !!!!!!!!!

5) View SOAR Race Results, Team Stats, Event Reminders, and More at : <http://www.sctc-storm.org>

6) Projected LA XXIII results: DeBortoli 5:20, DeLeon 4:58, Hernandez 5:51, Ramos 5:38 Rock on!

7) Expo pickup will be Saturday, 10am at your home! Dinner reservations for Olive Garden are for 3pm.
Marathon Pickup at your home as follows: Bingham to pick up Hernandez (4:45am) and DeBortoli (4:55am). Sarkissian to pick up Contreras (4:15am), Ramos (4:40am), and DeLeon (4:50am). Team rallies at Golden Valley HS. Depart for NH by 5:20am.
Remember the most important thing for Sunday is to have fun! Good luck!!!!!!!!!!