

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!