

Student / Wk 2	23-Oct	25-Oct	28-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	Fire	24:14:00	33:15:00	5.1	11.1	28:45:00	11:30	11:50
Priscilla Deleon	Fire	23:50:00	31:03:00	5.1	11.1	27:25:00	10:55	11:25
Priscilla Hernandez	Fire	27:26:00	43:05:00	5.1	9.1	35:15:00	14:05	13:50
Roxana Ramos	Fire	26:28:00	36:36:00	5.1	11.1	31:35:00	12:40	12:40

Please note the following:

- 1) Congratulations on completing your first 5K! We're proud of you all!
- 2) All team physicals and waivers are due November 29th! No exceptions!
- 3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) Hydrate! Hydrate! Hydrate !
- 4) Sore legs, ankles, feet, knees, and hips are a normal part of long distance running. Remember to include recovery time in your workout schedule (ie. one day on one day off). Good nutrition is an important part of the recovery process. Try and limit the junk!

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 before the next race at coaches discretion to qualify!

- 5) Keep training hard! Next race is Saturday, December 8th - Santa Monica - Venice Beach 10K.