

SOAR Student Training Progress Week 15 - 5 Mile Bench, 18 Mile Qualifying Event

Student / Wk 15	12-Jan	14-Jan	17-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	59:40:00	34:30:00	239:00:00	26.85	221.95	110:20:00	12:20	12:30
Priscilla Deleon	48:48:00	30:06:00	196:54:00	26.85	183.95	92:00:00	10:15	11:50
Skyelar Vega	65:30:00	34:54:00	282:28:00	26.85	209.65	127:40:00	14:15	14:50
Roxana Ramos	59:32:00	43:03:00	239:00:00	26.85	207.95	113:50:00	12:40	12:50
Kelsey Hash	70:02:00	43:03:00	293:40:00	26.85	221.65	135:30:00	15:10	14:40
Antonio Hernandez	59:40:00	34:30:00	239:00:00	26.85	221.95	110:20:00	12:20	12:10
Fernando Flores	38:40:00	21:30:00	196:54:00	26.85	203.85	85:40:00	9:35	9:25
Karen Moreno	59:59:00	31:14:00	262:38:00	26.85	197.95	117:55:00	13:10	12:00

Please note the following:

1) Congratulations to all SOAR participants for meeting meeting marathon qualification requirements! We're very proud of you!  
Countdown to Surf City - 2 Weeks!

2) Permission slips for the Surf City Marathon and Expo due to Coach Sark by Thursday, January 22nd!

3) Next Team Event: Surf City Health and Fitness Expo and Carbo Load Dinner, Saturday January 31st! Pickup is at 10:00am at GVHS.  
Our final long distance run (9 miles) will be this Sunday, Jan 25th - 8am at Central Park.

4) View race results, training progress, and more at: [WWW.SOAR-SC.ORG](http://WWW.SOAR-SC.ORG)

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, January 22nd at coaches discretion to qualify!

6) Tired body + tired mind = poor performance. You should be getting at least 8 hrs sleep before any big run! Keep training hard guys, we're proud of you!

Quote for the week: "Unless you try to do something beyond what you have already mastered, you will never grow." ~ Ronald E. Osborn