

SOAR Student Training Progress Week 16 - 5 Mile Bench, 9 Mile Long

Student / Wk 16	19-Jan	21-Jan	25-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	Free Day	57:52:00	127:37:00	14.0	235.95	73:30:00	12:50	12:30
Priscilla Deleon	Free Day	Waived	127:37:00	9.0	202.95	127:37:00	14:10	12:00
Skyelar Vega	Free Day	62:40:00	122:10:00	14.0	223.65	92:20:00	13:10	14:50
Roxana Ramos	Free Day	62:40:00	122:06:00	14.0	221.95	92:20:00	13:10	12:50
Kelsey Hash	Free Day	70:02:00	139:59:00	14.0	235.65	105:00:00	15:00	14:45
Antonio Hernandez	Free Day	67:29:00	127:37:00	14.0	235.65	97:30:00	13:55	12:10
Fernando Flores	Free Day	40:29:00	94:36:00	14.0	217.85	67:30:00	9:35	9:25
Karen Moreno	Free Day	58:59:00	117:00:00	14.0	211.95	88:00:00	12:30	12:05

Please note the following:

1) Congratulations to all SOAR participants for completing your training! We're very proud of you! Countdown to Surf City - 7 Days!
SOAR Rules!

2) Expo and Team Carbo Load rally time, Sat January 31st is 10am at GVHS. Marathon rally time 3am, February 1st at GV!

3) Fluids, carbs, and protiens low in fat are your key to a strong finish at Surf City! Limit the junk and get lots of sleep this week!

4) SURF CITY MARATHON INFORMATION AT : WWW.SOAR-SC.ORG

5) SURF CITY MARATHON INFORMATION AT : WWW.SOAR-SC.ORG

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7) Quote for the week: 'The pain is but a moment, the accomplishment a lifetime.' Anonymous. Good luck on Sunday!