

Student / Wk 6	11-Nov	13-Nov	15-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	47:39:00	23:54:00	Fire	6	53.1	35:50:00	11:55	12:20
Priscilla Deleon	37:45:00	20:54:00	Fire	6	14.1(5)	29:20:00	9:50	11:00
Skyelar Vega	57:20:00	28:03:00	Fire	6	53.1	42:35:00	14:10	15:45
Roxana Ramos	46:13:00	24:11:00	Fire	6	53.1	35:15:00	11:45	12:15
Kelsey Hash	57:30:00	28:03:00	Fire	6	48.1(5)	42:45:00	14:15	14:20
Antonio Hernandez	43:57:00	30:00:00	Fire	6	53.1	37:00:00	12:40	11:50
Fernando Flores	40:25:00	18:05:00	Fire	6	50.1	29:15:00	9:45	9:40
Karen Moreno	41:49:00	18:52:00	Fire	6	40.1	32:20:00	10:05	10:45

Please note the following:

1) View race results, training progress, and more at: [www.sctc-storm.org/SOAR](http://www.sctc-storm.org/SOAR)

2) All team physicals and waivers are due December 16th! No exceptions!

3) Next Team Race Event: Santa Monica Venice Xmas 10K, Saturday December 13th! Pickup is at 6am at GVHS.

4) Road Runner Sports Shoe Clinic for Saturday November 15th has been rescheduled. Stay tuned for further info.

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 before the next race 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!