Student / WK1	20-Oct	22-Oct	24-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	23:45:00	22:06:00	36:26:00	7	7	27:20:00	11:45:00	11:45:00
Gabriela Arias	30:17:00			2(5)	2(5)	30:17:00	15:10:00	15:10:00
Juliet DeAmicis	18:29:00	18:19:00	Excused	4	4	18:25:00	9:10:00	9:10:00
Janette Flores				0(7)	0(7)	NA	NA	NA
Vanessa Flores	29:30:00		43:00:00	5(2)	5(2)	36:15:00	14:30:00	14:30:00
Stephanie Garcia	20:50:00	22:00:00	37:50:00	7	7	26:55:00	11:30:00	11:30:00
Zachary Mendoza	25:02:00	24:31:00	37:11:00	7	7	28:50:00	12:20:00	12:20:00
Ilian Mondragon	19:23:00	18:37:00	31:38:00	7	7	23:10:00	9:55:00	9:55:00
Karen Moreno	18:25:00	18:17:00	30:15:00	7	7	22:20:00	9:35:00	9:35:00
Marisol Ramirez	19:05:00			2(5)	2(5)	19:05:00	19:05:00	9:35:00
Roxana Ramos	23:48:00	32:34:00	38:00:00	7	7	31:25:00	13:30:00	13:30:00
Karinne Smith	22:00:00	22:00:00	33:09:00	7	7	25:40:00	11:00:00	11:00:00
Madeline Tan	19:35:00	20:29:00	32:32:00	7	7	24:10:00	10:20:00	10:20:00
Rorie Uribe	20:45:00		30:30:00	5(2)	5(2)	25:40:00	10:15:00	10:15:00
Bridget Valenzuela	22:50:00	22:05:00	37:27:00	7	7	27:25:00	11:45:00	11:45:00

- 1) The Hip Hop Classic 5K departure time is 7:00am, Saturday, November 14th. Meet at GVHS.
- 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) Sore legs, ankles, feet, knees, and hips are a normal part of long distance running. Don't forget to include recovery foods (protein carbs, electrolytes, and lots of fluids) in your pre/post workout routine! Try and limit the junk!
- 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, November 12th at coaches discretion to participate in the Hip Hop Classic.
- 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 we're proud of you guys! Keep training hard!