

**SOAR Student Training Progress Week 15 - 5 Mile Bench, Half Marathon Event**

| <b>Student / WK15</b> | <b>11-Jan</b> | <b>13-Jan</b> | <b>16-Jan</b> | <b>Wkly Miles</b> | <b>Total Miles</b> | <b>Avg. Time</b> | <b>Wkly Min / Mile</b> | <b>YTD Min / Mile</b> |
|-----------------------|---------------|---------------|---------------|-------------------|--------------------|------------------|------------------------|-----------------------|
| Keeva Crooks          | 119:00:00     | 58:30:00      | 162:01:00     | 31.1              | 190.75             | 113:10:00        | 10:50:00               | 11:25:00              |
| Veronica Fernandez    | 54:50:00      | 29:20:00      | 154:44:00     | 21.1              | 177.75             | 79:40:00         | 11:20:00               | 10:45:00              |
| Nataly Flores         | 66:21:00      | 171:52:00     | 181:41:00     | 31.1              | 189.7              | 139:55:00        | 13:30:00               | 13:15:00              |
| Vanessa Flores        | 66:21:00      | 171:52:00     | 138:28:00     | 31.1              | 189.7              | 125:35:00        | 12:10:00               | 13:00:00              |
| Jasmine Gill          | 37:20:00      | 27:20:00      | 119:11:00     | 21.1              | 187.75             | 61:20:00         | 8:40:00                | 9:10:00               |
| Jazmin Gonzalez       | 40:40:00      | 170:10:00     | 125:49:00     | 34.1              | 179.75             | 112:10:00        | 9:50:00                | 9:50:00               |
| Alexandra Medel       | 50:42:00      | 36:50:00      | 143:25:00     | 21.1              | 189.65             | 76:55:00         | 10:55:00               | 10:55:00              |
| Alex Mendez           | 100:10:00     | 60:20:00      | 134:54:00     | 33.1              | 190.75             | 98:30:00         | 8:55:00                | 9:00:00               |
| Zachary Mendoza       | 54:25:00      | 60:53:00      | 139:29:00     | 28.1              | 183.75             | 84:55:00         | 9:05:00                | 11:45:00              |
| Mahsa Motavvef        | 48:07:00      | 47:50:00      | 180:51:00     | 20.1              | 156.9              | 92:15:00         | 13:45:00               | 13:35:00              |
| Cristian Perez        | 40:30:00      | 24:27:00      | 107:39:00     | 21.1              | 179                | 57:30:00         | 8:10:00                | 8:40:00               |
| Gilbert Ruiz          | 79:25:00      | 31:50:00      | 111:33:00     | 25.1              | 191.75             | 74:15:00         | 8:50:00                | 8:35:00               |
| Charmaine Sadia       | 67:00:00      | 44:57:00      | 145:33:00     | 21.1              | 173.5              | 85:50:00         | 12:10:00               | 12:05:00              |
| Kim Sadia             | 50:04:00      | 66:00:00      | 145:15:00     | 21.1              | 188.65             | 87:10:00         | 12:20:00               | 11:30:00              |
| Leslie Solis          | 53:23:00      | 40:50:00      | 138:38:00     | 24.1              | 176.5              | 77:40:00         | 10:45:00               | 10:40:00              |
| Jayme Tan             | 91:40:00      | 36:50:00      | 143:22:00     | 25.1              | 184.6              | 90:40:00         | 10:50:00               | 11:00:00              |
| Madeline Tan          | 50:04:00      | 68:11:00      | 171:49:00     | 22.1              | 181.4              | 96:05:00         | 13:05:00               | 11:30:00              |
| Carolyn Thio          | 50:08:00      | 26:40:00      | 125:49:00     | 21.1              | 162.65             | 67:30:00         | 9:40:00                | 9:30:00               |
| Bridget Valenzuela    | 57:10:00      | 98:50:00      | 180:42:00     | 24.1              | 176.5              | 112:15:00        | 14:00:00               | 13:30:00              |
| Stephanie Velazquez   | 53:23:00      | 42:08:00      | 142:35:00     | 22.1              | 185.75             | 79:20:00         | 10:45:00               | 10:50:00              |
| Logan Wilson          | 44:47:00      | 25:00:00      | 107:47:00     | 21.1              | 156.75             | 59:10:00         | 8:25:00                | 10:00:00              |

**1) Congratulations for completing your first Half Marathon! You Rock!**

**2) SOAR Mardi Gras Madness 5K is slated for Saturday March 5th! Proceeds benefit YOU! Tell your friends and family!**

**3) The Surf City Half Marathon departure time is 5:00am, Sunday, February 6th. Meet at Lowes.**

**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, February 3rd at coaches discretion to participate in the Surf City Half Marathon.**

**6) All Surf City permission slips need to be given to Coach Sark by Thursday, February 3rd!**

**7) Training and Race Information posted weekly at [www.SOAR-SC.org](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**