

**SOAR Student Training Progress Week 24- 3Mile Bench, LA Marathon**

<b>Student / WK24</b>	<b>13-Mar</b>	<b>15-Mar</b>	<b>18-Mar</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Abrego, Merlyn	37:09:00	35:50:00	399:56:00	32.2	373.3	157:40:00	14:40:00	13:40:00
Crooks, Keeva	37:09:00	37:40:00	336:38:00	32.2	369.9	137:10:00	12:45:00	12:10:00
De La Torre, Julia	32:40:00	34:57:00	393:29:00	32.2	345.7	153:40:00	14:20:00	12:50:00
Flores, Nataly	36:02:00	35:50:00	389:02:00	32.2	377.9	153:40:00	14:20:00	13:20:00
Gonzalez, Maria		28:00:00	287:55:00	29.2	345.9	157:55:00	10:50:00	10:45:00
Medina, Fernando	25:15:00	27:08:00	408:21:00	32.2	381.9	153:40:00	14:20:00	10:10:00
Medina, Jacki	33:40:00	35:30:00	389:07:00	32.2	348.9	152:45:00	14:10:00	12:10:00
Najera, Alex	35:40:00	24:40:00	262:47:00	32.2	349.9	107:40:00	10:00:00	9:30:00
Padilla, Kimberly	28:25:00	28:58:00	303:14:00	32.2	335.9	120:10:00	11:10:00	10:40:00
Pierce, Taylor	26:53:00	28:00:00	303:12:00	32.2	354.9	119:20:00	11:10:00	11:05:00
Ruiz, Gilbert	35:48:00		309:05:00	29.2	354.9	115:00:00	11:50:00	10:55:00
Velazquez, Stephanie	25:26:00	25:14:00	261:22:00	32.2	373.9	104:05:00	9:40:00	8:55:00
Yaworski, Bill	24:30:00	22:50:00	262:47:00	32.2	376.9	103:20:00	9:40:00	9:10:00

**1) Congratulations to all SOAR participants for completing the LA Marathon! We're very proud of you!**

**2) Optional Post Season Team Event : Down and Dirty Mud Run, Sunday April 15th. Rally Time is 9am at Castaic Lake!**

**3) Optional Post Season Team Event: SOAR Team Celebration Dinner, Friday May 18th. 6-8pm at the Santa Clarita Sports Complex!**

**4) Visit us on the web at : [WWW.SOAR-SC.ORG](http://WWW.SOAR-SC.ORG)**

**5) 'Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.' ~ Booker T Washington**