

SOAR Student Training Progress Week 24 - 4 Mile Bench, Los Angeles Marathon

Student / WK24	12-Mar	14-Mar	17-Mar	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	34:00:00	13:30:00	259:14:00	32.2	366.8	102:15:00	9:30:00	9:05:00
Adams, Monica	57:15:00	24:55:00	339:39:00	32.2	364.8	140:40:00	13:05:00	11:50:00
Baello, Ryan	35:00:00	14:13:00	369:54:00	32.2	366.8	139:40:00	13:00:00	10:30:00
Conant, Nick	34:08:00	15:56:00	330:46:00	32.2	380.8	126:50:00	11:50:00	9:05:00
DeHererra, Sarah	58:00:00	24:55:00	414:15:00	32.2	380.9	165:40:00	15:25:00	13:10:00
DeJesus, Jessica	61:20:00	Excused	270:59:00	31.2	339.7	166:10:00	10:40:00	10:30:00
Ford, David	44:58:00	14:20:00	321:48:00	32.2	373.8	127:05:00	11:50:00	10:30:00
Ford, Jonathan	32:41:00	14:05:00	246:45:00	32.2	376.8	97:10:00	9:10:00	8:20:00
Goldstein, Emily	68:00:00	28:50:00	413:22:00	32.2	372.8	170:10:00	15:50:00	13:40:00
Javier, Natalie	57:15:00	26:02:00	332:52:00	32.2	376.8	138:40:00	12:50:00	12:25:00
Mieske, Lauren	44:58:00	19:15:00	281:05:00	32.2	362.8	115:10:00	10:40:00	10:50:00
Pierce, Taylor	40:20:00	Excused	271:21:00	30.2	350.7	103:55:00	10:20:00	10:00:00
Smith, Avrielle	50:00:00	18:45:00	316:31:00	32.2	382.8	128:25:00	11:55:00	10:00:00
Wathen, Andrew	33:09:00	15:15:00	232:18:00	32.2	375.8	93:40:00	8:40:00	8:30:00
Yaworski, Sammy	Excused	18:26:00	306:14:00	32.2	361.8	108:10:00	10:05:00	10:30:00
Yurcisin, Demi	40:20:00	16:25:00	278:02:00	32.2	376.8	111:40:00	10:25:00	9:25:00

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 14th. Rally Time is 9am at Castaic Lake!

3) SOAR Team Celebration Dinner, Thursday April 11th. 6-8pm at the Santa Clarita Sports Complex!

4) Visit us on the web at : 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