

**SOAR Student Training Progress Week 18- 5 Mile Bench, 18 Mile Qualifying Event**

<b>Student / WK18</b>	<b>28-Jan</b>	<b>30-Jan</b>	<b>2-Feb</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Average Training Time / WK</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Buckley, Liv	108:40:00	40:05:00	211:35:00	31.0	261.0		120:06:40	11:37	10:39
Fernandez, Marycruz	61:01:00	47:30:00	225:11:00	27.0	259.5		111:14:00	12:21	11:31
Ford, David	48:41:00	37:22:00	188:10:00	27.0	259.0		91:24:20	10:09	9:14
Ford, Johnathan	39:28:00	34:00:00	161:31:00	27.0	260.0		78:19:40	8:42	8:11
Green, Sarah	57:11:00	43:26:00		9.0	259.5		50:18:30	11:10	10:40
Gutierrez, Michael	39:08:00	29:20:00	138:45:00	27.0	258.0		69:04:20	7:40	7:57
Jarrell, Halei	103:00:00	39:10:00	181:12:00	32.0	259.0		107:47:20	10:06	10:19
Javier, Natalie	52:15:00	37:09:00	174:05:00	27.0	258.0		87:49:40	9:45	9:39
Lara, Nadine	168:10:00	35:11:00	160:25:00	37.0	262.5		121:15:20	9:49	8:46
Malone Brown, Megan	98:25:00	53:00:00	241:49:00	31.0	235.0		131:04:40	12:41	13:00
Min, Noelle	57:50:00	40:05:00	192:54:00	27.0	258.5		96:56:20	10:46	10:27
Norteye, Comfort	115:55:00	92:47:00	221:50:00	34.0	254.0		143:30:40	12:39	12:26
Oregel, Bonnie	71:18:00	53:00:00	227:30:00	27.0	200.9		117:16:00	13:01	12:57
Parks, Helaina	120:00:00	53:00:00	239:48:00	31.0	257.5		137:36:00	13:18	13:21
Pregozen, Izzy	45:55:00	35:28:00	183:26:00	27.0	244.0		88:16:20	9:48	10:09
Rodriguez, Daniela	74:22:00	57:50:00	264:11:00	27.0	258.0		132:07:40	14:40	15:20
Smith, Avrielle	46:50:00	35:50:00	175:55:00	27.0	264.0		86:11:40	9:34	9:06
Yurcisin, Demi	42:59:00	35:50:00	155:28:00	27.0	273.5		78:05:40	8:40	8:53
Ziemba, Matthew	71:11:00	53:16:00	253:38:00	27.0	258.0		126:01:40	14:00	11:07

**1) Countdown to Marathon Week - 4 Weeks! Please submit all permission slips to Coach Sarkissian as soon as possible!**

**2) SOAR 20 Miler rally time - 6:00am, Saturday, February 15th. Meet at Placerita JHS. Students must complete this final qualifier in under 5:20.**

**3) A Picture ID is required to pickup your Marathon Packet! School ID is acceptable.**

**4) Rally time for Marathon Morning is 4am! Sunday March 9th begins daylight savings which means a 3am rally! Please plan accordingly!  
SOAR's Charter bus will pick up all runners at 4am in front of Wholes Foods Market across the street from Facey.**

**5) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, February 13th at coaches discretion to participate in the SOAR's 20 Miler.**

**6) Pre Marathon Team Carbo Load Dinner - Saturday March 8th - 2pm - Macaroni Grill - Stevenson Ranch.**

**7) Support SOAR's Mardi Gras Madness 5K! [www.mgm5k.com](http://www.mgm5k.com) All proceeds benefit YOU!!!!!!!!!!!!**