

SOAR Student Training Progress Week 20- 4 Mile Bench, 20 Mile Team Qualifier

Student / WK20	11-Feb	13-Feb	15-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	90:25:00	52:42:00	258:00:00	32.0	311.0		133:42:20	12:32	10:53
Fernandez, Marycruz	51:00:00	54:38:00	270:03:00	28.0	309.5		125:13:40	13:25	11:42
Ford, David	34:30:00	42:44:00	244:15:00	28.0	309.0		107:09:40	11:28	9:25
Ford, Johnathan	31:55:00	32:43:00	192:30:00	28.0	310.0		85:42:40	9:11	8:18
Green, Sarah	43:45:00	46:37:00	248:44:00	28.0	309.5		113:02:00	12:06	10:48
Gutierrez, Michael	51:07:00	29:40:00	190:00:00	31.0	308.0		90:15:40	8:44	8:01
Jarrell, Halei	38:35:00	52:42:00	273:00:00	28.0	309.0		121:25:40	13:00	10:35
Javier, Natalie	38:30:00	40:20:00	218:50:00	28.0	308.0		99:13:20	10:37	9:45
Lara, Nadine	35:08:00	33:00:00	241:10:00	28.0	312.5		103:06:00	11:02	8:55
Malone Brown, Megan	127:15:00	61:00:00	301:00:00	35.0	285.0		163:05:00	13:58	13:09
Min, Noelle	38:30:00	40:20:00	241:10:00	28.0	308.5		106:40:00	11:25	10:34
Norteye, Comfort	52:14:00	53:48:00	273:00:00	28.0	304.0		126:20:40	13:32	12:31
Oregel, Bonnie	107:40:00	53:48:00	293:00:00	32.0	250.9		151:29:20	14:12	13:09
Parks, Helaina	117:15:00	61:00:00	301:00:00	32.0	307.5		159:45:00	14:58	13:29
Pregozen, Izzy	36:50:00	34:54:00	212:29:00	28.0	294.0		94:44:20	10:09	10:10
Rodriguez, Daniela	128:25:00	58:51:00	332:00:00	33.0	308.0		173:05:20	15:44	15:21
Smith, Avrielle	37:10:00	40:20:00	213:33:00	28.0	314.0		97:01:00	10:23	9:14
Yurcisin, Demi	35:50:00	20:16:00	192:40:00	28.0	323.5		82:55:20	8:53	8:55
Ziemba, Matthew	50:42:00	54:25:00	290:00:00	28.0	308.0		131:42:20	14:06	11:22

1) Countdown to Marathon Week - 2 Weeks! Please submit all permission slips to Coach Sarkissian as soon as possible!

2) MGM5K rally time - 5:30am, Saturday, February 22nd. Meet at Bridgeport Marketplace. Please wear a CLEAN Team Training Shirt!

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, March 6th 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 All proceeds benefit YOU!!!!!!!!!!!!