

SOAR Student Training Progress Week 21- 4 Mile Bench, MGM 5K Fundraising Event

Student / WK20	18-Feb	20-Feb	23-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	46:20:00	Waived	Waived	4.0	315.0		46:20:00	11:35	10:54
Fernandez, Marycruz	53:40:00	Waived	Waived	4.0	313.5		53:40:00	13:25	11:46
Ford, David	38:19:00	Waived	Waived	4.0	313.0		38:19:00	9:34	9:26
Ford, Johnathan	37:38:00	Waived	Waived	4.0	314.0		37:38:00	9:24	8:21
Green, Sarah	47:22:00	Waived	120:00:00	14.0	323.5		83:41:00	11:57	10:52
Gutierrez, Michael	32:35:00	Waived	Waived	4.0	312.0		32:35:00	8:08	8:01
Jarrell, Halei	44:12:00	Waived	Waived	4.0	313.0		44:12:00	11:03	10:37
Javier, Natalie	38:15:00	Waived	97:30:00	14.0	322.0		67:52:30	9:41	9:45
Lara, Nadine	38:15:00	Waived	Waived	4.0	316.5		38:15:00	9:33	8:57
Malone Brown, Megan	53:12:00	Waived	Waived	4.0	289.0		53:12:00	13:18	13:09
Min, Noelle	40:36:00	Waived	Waived	4.0	312.5		40:36:00	10:09	10:33
Norteye, Comfort	52:14:00	Waived	Waived	4.0	308.0		52:14:00	13:03	12:32
Oregel, Bonnie	59:48:00	Waived	Waived	4.0	254.9		59:48:00	14:57	13:16
Parks, Helaina		Waived	Waived	0.0	307.5	4.0	#DIV/0!	#DIV/0!	13:29
Pregozen, Izzy	37:34:00	Waived	95:00:00	14.0	308.0		66:17:00	9:28	10:08
Rodriguez, Daniela	64:00:00	Waived	Waived	4.0	312.0		64:00:00	16:00	15:23
Smith, Avrielle	38:40:00	Waived	64:45:00	11.0	325.0		51:42:30	9:24	9:13
Yurcisin, Demi	36:30:00	Waived	Waived	4.0	327.5		36:30:00	9:07	8:54
Ziemba, Matthew	53:34:00	Waived	45:40:00	8.0	316.0		49:37:00	12:24	11:21

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

2) LA Marathon Expo rally time - 10am, Saturday, March 8th. Meet at Lowes.

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. NO MAKEUP MILES MARATHON WEEK!

6) Pre Marathon Team Carbo Load Dinner - Saturday March 8th - 2-4pm - Macaroni Grill - Stevenson Ranch.

7) Important information, team updates, race results and more at www.SOAR-SC.org