

**SOAR Student Training Progress Week 23- 2 Mile Bench, Full Marathon Event**

<b>Student / WK 23</b>	<b>4-Mar</b>	<b>6-Mar</b>	<b>9-Mar</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	19:34:00	19:50:00	354:34:00	30.2	363.2		131:19:20	13:02	11:01
Fernandez, Marycruz	22:54:00	23:50:00	376:22:00	30.2	361.7		141:02:00	14:00	11:56
Ford, David	18:01:00	17:08:00	287:56:00	30.2	361.2		107:41:40	10:41	9:29
Ford, Johnathan	15:21:00	14:38:00	271:22:00	30.2	362.2		100:27:00	9:58	8:26
Green, Sarah	19:00:00	18:30:00	305:35:00	30.2	371.7		114:21:40	11:21	10:56
Gutierrez, Michael	12:20:00	13:00:00	263:27:00	30.2	360.2		96:15:40	9:33	8:05
Jarrell, Halei	17:55:00	18:02:00	377:44:00	30.2	361.2		137:53:40	13:41	10:44
Javier, Natalie	17:43:00	18:10:00	274:49:00	30.2	370.2		103:34:00	10:17	9:46
Lara, Nadine	14:45:00	14:35:00	284:01:00	30.2	364.7		104:27:00	10:22	8:59
Malone Brown, Megan	26:00:00	26:40:00	382:58:00	30.2	337.2		145:12:40	14:25	13:14
Min, Noelle	19:34:00	19:17:00	338:40:00	30.2	360.7		125:50:20	12:30	10:37
Norteye, Comfort	22:54:00	25:15:00	363:54:00	30.2	356.2		137:21:00	13:38	12:36
Oregel, Bonnie	22:54:00	25:15:00	349:21:00	30.2	303.1		132:30:00	13:09	13:15
Parks, Helaina	26:00:00	24:05:00	383:13:00	30.2	360.7		144:26:00	14:20	13:32
Pregozen, Izzy	15:05:00	19:16:00	283:20:00	30.2	352.2		105:53:40	10:31	10:08
Rodriguez, Daniela	26:43:00	28:38:00	431:01:00	30.2	356.2		162:07:20	16:06	15:24
Smith, Avrielle	17:30:00	18:10:00	284:47:00	30.2	374.2		106:49:00	10:36	9:18
Yurcisin, Demi	15:30:00	16:50:00	255:10:00	30.2	376.7		95:50:00	9:31	8:56
Ziemba, Matthew	21:28:00	19:02:00	376:44:00	30.2	364.2		139:04:40	13:48	11:29

**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 13th. Rally Time is 9am at Castaic Lake!**

**3) SOAR Team Celebration Dinner, Friday April 25th. 6-8pm at Bouquet Canyon Church!**

**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**