

SOAR Student Training Progress Week 24 - 2 Mile Bench, Full Marathon Event

Student / WK24	15-Mar	17-Mar	20-Mar	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	21:56:00	24:46:00	349:59:00	30.2	386.05	132:10:00	13:10:00	12:20:00
Veronica Fernandez	24:00:00	22:10:00	383:04:00	30.2	330.05	143:10:00	14:10:00	11:10:00
Nataly Flores	27:00:00	Excused	406:51:00	28.2	383	216:55:00	15:20:00	13:30:00
Vanessa Flores	27:00:00	Excused	420:02:00	28.2	382.8	223:30:00	15:50:00	13:20:00
Jasmine Gill	16:21:00	24:27:00	311:07:00	30.2	356.2	117:20:00	11:40:00	13:20:00
Jazmin Gonzalez	16:59:00	25:05:00	318:33:00	30.2	326.05	120:10:00	11:55:00	10:40:00
Alexandra Medel	22:30:00	20:34:00	301:56:00	30.2	374.95	114:55:00	11:20:00	10:50:00
Alex Mendez	15:47:00	Excused	271:55:00	28.2	379.05	95:50:00	10:10:00	9:25:00
Zachary Mendoza	20:45:00	17:34:00	337:24:00	30.2	353.05	125:15:00	12:20:00	11:50:00
Mahsa Motavvef	32:00:00	Excused	446:51:00	28.2	326.2	239:25:00	17:00:00	13:40:00
Gilbert Ruiz	Excused	16:00:00	246:27:00	28.2	369.2	131:15:00	9:20:00	9:10:00
Charmaine Sadia	22:06:00	22:13:00	417:43:00	30.2	345.8	154:00:00	15:20:00	12:40:00
Jayne Tan	22:30:00	28:53:00	283:10:00	30.2	370.8	111:30:00	11:00:00	11:00:00
Carolyn Thio	16:39:00	17:00:00	318:34:00	30.2	334.95	117:25:00	11:40:00	10:00:00
Bridget Valenzuela	32:00:00	24:25:00	391:57:00	30.2	356.5	149:30:00	14:50:00	13:50:00
Stephanie Velazquez	18:45:00	18:14:00	338:40:00	30.2	379.2	125:10:00	12:25:00	10:50:00
Logan Wilson	15:36:00	18:50:00	307:11:00	30.2	352	113:55:00	11:20:00	10:30:00

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 17th. Rally Time is 7am at Castaic Lake!

3) Optional Post Season Team Event : Fight It! 5K, Saturday May 14th. Rally time is 7:30 am at Central Park!

4) Optional Post Season Team Event: SOAR Team Celebration Dinner, Friday May 13th. 6-8pm at the Santa Clarita Sports Complex!

5) Visit us on the web at : WWW.SOAR-SC.ORG

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7) Quote for the week: '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