

December 2020 Newsletter

Featured Story:

How Students are Adapting to Learning, Running, and Living in the Covid Era

This season students are taking on a challenge they never thought they would face - a pandemic. Each and every student has been impacted differently and is responding in a unique way. SRLA sent out a mid-season survey to check in on our students. When asked if they'd like to share anything about the season so far this is how they responded...



"It's been crazy I would of never expected my senior season to go like this. **Running on my own is sort of inspirational.**" - *Eduardo, Alliance Dr. Mohan High*

"I would like to say that it definitely hasn't been easy getting my training runs in without the support of my coach right by my side... it gets hard at some points but **we always pull through and finish.** Despite everything this will now be my third time running the marathon so I am extremely excited and **happy that I am at least able to train.**" - *Carolina, Carter High School*

"The training is **tough** but it is **worth it.**" - *Georgina, Narbonne High School*

"Although [the season] has been difficult due to Covid it is somewhat **distracting me from what is happening in the world.**" - *Israel, Bell High School*

"It's **hard to find determination** and not as joyful with the pandemic. Last year was amazing when things go back to normal I hope it continues that way." - *Denia, Banning High School*

"I like the program. Sometimes I feel **bored at my house** so what I always do for Sunday is running with my group, sometimes on my own." - *Brayan, Santee Education Complex*

"It has been hard because **we can't run with each other and talk** like we used to." - *Juliet, LACES*

"It's a little harder training by myself but it's teaching me how to be **more responsible with my time.**" - *Angela, Cleveland High School*

"Although this season has been very difficult we've proved that it's **not impossible...** It has really **helped my mental health.**" - *Guadalupe, Aspire Ollin University Prep*



Upcoming Events

SRLA Endurance Half Marathon

Extended to Sunday, January 3rd

Northgate Holiday Series:

Posadas Run 5K

*Special [family pricing](#), 3 race discount available!

Last Day to Register: December 21st

SRLA Leadership Challenge

New date: Sunday, January 24th

New Distance: Half Marathon

SRLA Action Challenge

New date: Sunday, February 21st

New Distance: 30K

SRLA Cross the Finish Line Challenge

*Final Event of the Season!

Sunday, March 21st



Staying the Course in an Uncertain Season

This has been a year full of changes and uncertainty and we want to keep YOU up to date! At SRLA, we have been committed to keeping our students, leaders, and supporters safe and healthy, in order to do this we have updated our 2020 training schedule! Take a look at our updated calendar to stay in the know and learn how you can Stay the Course with SRLA.

[See Updated SRLA Calendar](#)

Northgate Markets Holiday Series



Special [family pricing](#), 3 race discount available!