

February 2020 Newsletter



Isabela: Learning to Love Myself



"I decided to make a new goal, and for the first time it wasn't about losing an extra inch or gaining a little bit more muscle. My new goal was to just run for myself, that's all I wanted." This Valentine's day we are highlighting an important form of love that often gets overlooked - self love! Isabela had spent her life being told not to love her body, that there was something wrong with it because she didn't look like the girls from TV. After joining the SRLA Team at HTPA, Isabela realized that her body was worth so much more than how it looked in the mirror. [Read her blog.](#)

SRLA Featured in LA Daily News



SRLA was very excited to have the Los Angeles Daily News cover our most recent event, the SRLA That Dam 30K/5K. Read the [article](#) to hear all about the day!

SRLA Took On That Dam 30K and is Ready for the Marathon!



Thanks to the support of our amazing community, 3,250 SRLA runners crossed the finish line at That Dam 30K this Sunday and qualified for the Los Angeles Marathon. The dam is not an easy run, but by completing it our students proved to themselves that they are ready to conquer the marathon. Check out the official [Race Day Album](#) for more pictures from the event.

Come Run With Us!

Join SRLA at the fourth and final race of our 2019-2020 Medal Series, the SRLA Spring into Summer 5K on Saturday June 8th at Griffith Park. **Early bird registration ends on April 28th, register today!**

[SRLA Spring into Summer 5K](#)



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