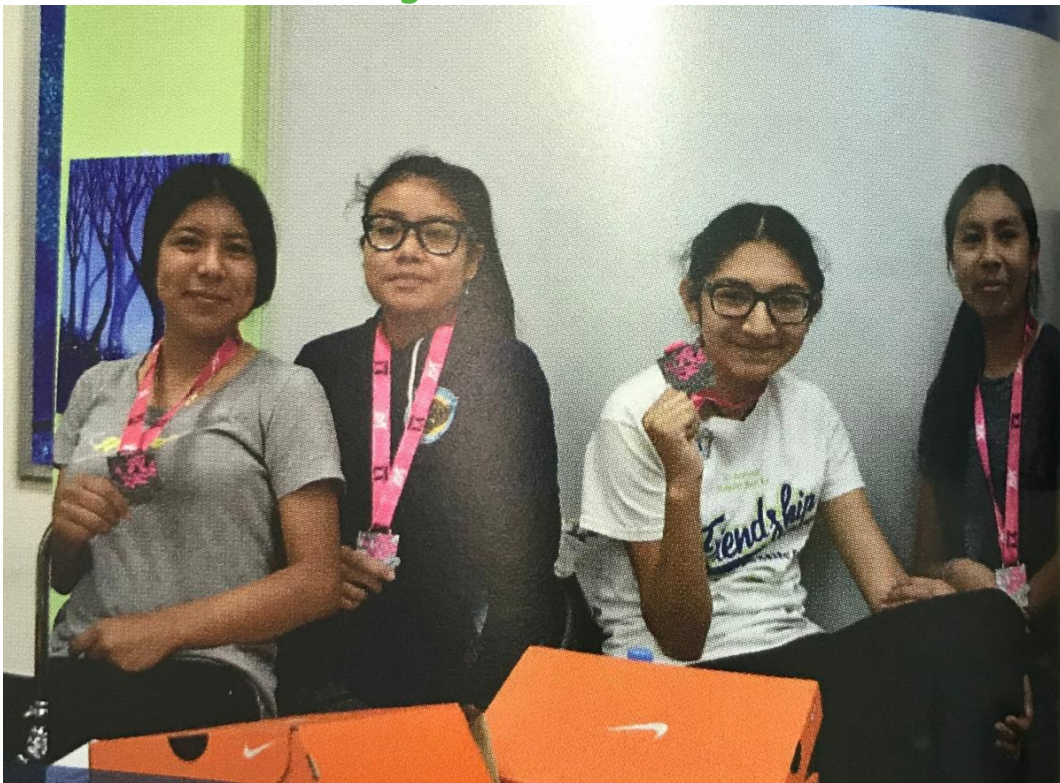


November 2019 Bulletin

SRLA Beachcomber 10K Reflection: Nancy "Nothing Can Slow Me Down"



"In the distance I could see my coach. I couldn't just give up. I had been looking forward to this race. I practiced so hard. Negativity couldn't stop me." Nancy submitted the winning blog for the SRLA Beachcomber Blog contest. Read her story on the [SRLA Blog](#).

[SRLA Lake Balboa 15K](#)



On Sunday, November 17th, students, leaders, friends and family will complete their next race on the road to the Los Angeles Marathon, the [SRLA Lake Balboa 15K](#). This is the second run in the SRLA 2019 - 2020 Race Series, friends and family members of our students and leaders are all welcome to join us for each race in the series. Use the code **HONDASRLAFAMILY** to save 15% on registration. Registration closes Saturday 11/16 at 12 noon - register today!

SRLA Cares: Yes... We CAN!



Help Feed those in need! Every SRLA participant is encouraged to bring at least 1 can of food to the SRLA Lake Balboa 15K. All cans collected will go to Hope of the Valley to feed those most vulnerable in our city. Learn more about our past [SRLA Cares Projects](#).

THE IRA ROLLOVER



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