



# September 2021 Newsletter

Hello!

Fall is upon us! SRLA students are in the full swing of training as they prepare for their first event of the season, which is just over a week away. Read on for training tips from students and important program updates...

## SRLA Update: Covid-19 Vaccination Requirement

Recently, LAUSD announced that all students participating in extracurricular activities, like SRLA, are required to be fully vaccinated by October 31st. Accordingly, SRLA is following these mandates and is requiring that ALL staff, students, and volunteers be fully vaccinated against COVID-19. This requirement applies to all SRLA participants, including those who participate in SRLA outside of LAUSD. The health and safety of students and leaders is our first priority and vaccinations will ensure that we can all run together safely. [Learn more about SRLA's COVID-19 Protocols.](#)



LAUSD students who have not been vaccinated can make an appointment or walk-in to one of the [mobile clinics](#) visiting all secondary schools. Students from any district can get the vaccine at a [county site](#).



## SRLA Groups Put in the Miles Together

SRLA groups are back on campus and putting in the miles together! Students from many groups have begun weekend practices, while other groups are staying after school to cheer on each of their teammates as they complete their runs.

Students are building confidence and making connections as they slowly increase their mileage and set off on the road to the marathon.

## Tips for Your First 5K

SRLA Runners are preparing for their first run of the season - the [Homeboy 5K Run/Walk on October 2nd](#). A 5K is a great way to get into the world of running. Here are some tips from the SRLA community for completing your first 5K...

- "Eat lots of bananas."

- "Don't worry about everybody else's pace/results. Whatever your results are, work on improving them."
- "Smiling helps the time fly by!"
- "Hydrate!"
- "Have fun and enjoy it! Stretch after your run and drink water."
- "Relax your shoulders and have an 'I can do it' mindset."
- "Wear the right shoes and socks."
- "Don't start off too fast."
- "Do not give up! Even though you are tired slow jog instead of walking. YOU'VE GOT THIS!"

## Upcoming Events

### Homeboy 5K Run/Walk

Date: Saturday, October 2nd  
 Distance: 5K  
 Discount code: SRLA2021

### SRLA Strength 10K & La Puente 5K

Date: Sunday, October 24th  
 Distance: 5K & 10K  
 Discount code: SRLAFAMILY

### SRLA Endurance 15K

Date: Saturday, November 14th  
 Distance: 15K  
 Discount code: SRLAFAMILY

### SRLA Friendship Run 30K & 5K

Date: Sunday, February 20th, 2022  
 Distance: 30K & 5K  
 Discount code: SRLAFAMILY

### SRLA Spring into Summer 5K

Date: Saturday, June 4th  
 Distance: 5K  
 Discount code: SRLAFAMILY



### Help Wanted: SRLA Strength 10K & La Puente 5K Volunteers

We are looking for some helping hands to join us at the [SRLA Strength 10K & La Puente 5K](#) on Sunday, October 24th. We are looking for volunteers to help with the water stations, finish line, parking direction and more. All volunteers will receive the following perks...

- Free entry into the [SRLA Endurance 15K](#)
- A Volunteer T-Shirt
- An SRLA neck gaiter
- Approved service hours for graduation requirements

[Sign up to volunteer here!](#)

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