

# Emma, Lucky for the Little Things

*Emma considered herself lucky because she was able to join SRLA and take part of the Los Angeles Marathon in 2020. When just 5 days later the world was locked down due to the Coronavirus pandemic, Emma had to come back to running with a new mindset. She realized she was lucky for the little things.*

Emma completing her first Los Angeles Marathon in March, 2020.

I still remember the day that I became a part of the SRLA family. My P.E teacher and fourth-grade teacher, who would become my SRLA leaders, announced and explained the program to me and I went on a limb and signed up. I had never really thought about how long 26.2 miles was and how much work it would even take.

That last-minute decision however was the best thing I have ever done because the 2019-2020 season was some of the best times that I have ever had. My friends and I had pasta parties and sleepovers, which were then followed by a race and even more celebrating. It was amazing. **Then in March, we were luckily able to run in the LA Marathon.** I got a great time and had seen so much improvement in my running and overall fitness throughout the season.

**Then just 5 days later, the world stopped.** The coronavirus, or Covid-19, had taken over the world and forced everyone into lockdown. It was a blast of shock, fear, and uncertainty that followed my personal euphoria. When the world stopped initially, everyone stopped. Like most, I wasn't doing as great mentally or physically and was overall just lacking.

***"The pandemic just gave me an understanding of how lucky I am to be surrounded by great people that want the best for me, and how lucky we were to just see each other and motivate each other to run in these troubling times."***

Emma during one of the 20 - 21 virtual races.

As time went on and just staying at home and not seeing the people you care about and doing the things you love became normal, I was itching to do something. Especially just having finished a great season. I just wasn't ready to let that go. **I knew that what I needed to get back into my usual go-getter mentality, I needed running back.**

The SRLA 2020-2021 season began, and running in a pandemic brought many new changes. **There were no more pasta parties, sleepovers, or live races. But even with these changes, I found myself so happy to just see my coaches and team and go on normal runs.** One of my coaches recently had a newborn child, and I find myself so grateful for him. I struggle to wake up at 6 am for practice in the morning and I don't have a newborn baby crying all night to tend to.

**The pandemic just gave me an understanding of how lucky I am to be surrounded by great people that want the best for me, and how lucky we were to just see each other and motivate each other to run in these troubling times.** Even though I jokingly complain to my coaches and teammates when I arrive tired at the crack of dawn to begin running, I really wouldn't trade running and being part of SRLA for the world.

This year is unlike any other, but through adversity, I and those around me have improved so much and will be forever grateful for this season, SRLA, and each other.

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FEBRUARY 22, 2021