



IN IT FOR THE LONG RUN

23/24 IMPACT REPORT

Students Run LA Disrupts Cycles of Inactivity

Communities of color in LA County have historically had less access to parks, green space, and sidewalks.

The lack of access to safe and appealing spaces as well as affordable options for youth to play sports exacerbates health disparities in those communities. Students Run LA (SRLA) has been disrupting those cycles of inactivity in underserved communities for more than 30 years by closing the inequity gap, one student and family at a time.

Now celebrating its 35th anniversary, SRLA has empowered over 83,000 students and by extension hundreds of parents, family members, friends and communities to have active lifestyles.

59.5% of SRLA students increased the number of days per week that they were physically active

90.1% of students shared that they were interested in continuing to lead active lives after the end of the SRLA season

60.5% of all girls increased the number of days they were physically active



“
I never considered myself a runner,
but I fell in love with it.”

- Diana Galvan-Sandoval,
SRLA parent and volunteer

Meet Diana

Diana Galvan-Sandoval, a SRLA parent, never imagined she could run a marathon. After supporting her three children through the SRLA program at Los Nietos Middle School, she was inspired by their accomplishments to push her own boundaries. Watching her daughter Kamila and her peers complete the 2023 LA Marathon sparked a change in her.

Deciding to give it a try, Galvan-Sandoval became a volunteer coach and discovered a passion for running. Despite initial hesitation, she fell in love with the sport and completed the 2024 LA Marathon. Her achievement not only filled her with pride but also inspired her entire family to embrace a more active lifestyle.



By The Numbers By The Numbers By The Numbers



3183

STUDENTS
SERVED



90%

TITLE 1
SCHOOLS



99%

FINISHED THE
LA MARATHON



98.7%

GRADUATED
HIGH SCHOOL



93.5%

PLAN TO ATTEND
COLLEGE



75%

OF THOSE PLANNING TO ATTEND
COLLEGE ARE 1ST GENERATION
COLLEGE STUDENTS



42%

WERE RETURNING
SRLA STUDENTS



60.2%

OF SRLA STUDENTS
IMPROVED THEIR GRADES



81%

OF STUDENTS
WERE LATINO

The Journey: 23/24 SRLA Season

8/2
SRLA
Leader
Conference

10/22
SRLA
Strength
10K

11/11
SRLA
Anniversary
15K

2/18
SRLA
Friendship
Run
30K

5/5
SRLA
Spring into
Summer
5K

9/24
Bimbo
Global Race
5K

12/10
Holiday
Half Marathon

1/21
Rose Bowl
Half Marathon

3/17

LOS ANGELES
MARATHON



bit.ly/SRLAsites

Nearly 200 SRLA sites!
Scan to check them out.

Students
run
LA

Students run LA

Gets Latina Teens Moving

According to research by the LA84 Foundation, the youth most likely to be inactive in LA County are Latinas, aged 15-17, living in low-income households.

SRLA data shows that 46% of participants this season were girls, with 84% of those being Latina. SRLA is getting Latina teens, the least active demographic in LA County, moving.

46% Girls

↳ **84% Latinas**

56% Female Coaches

↳ **66% Latina Coaches**

“

This is my first year of SRLA and I have never wanted to continue something so badly. Now that the SRLA season is coming to an end, I can NOT wait to return and run with my younger sister and friend.

”

- Valerie,
17, Gardena High School

SRLA Returns to Pre-Pandemic Numbers: A Boost for Mental Health and Belonging

SRLA is thrilled to return to its pre-pandemic participation numbers, welcoming 3,183 students back this season.



90% of students reported that SRLA created a sense of belonging among teammates and the world around them

33.9% more students were served this year than in 2020

87.4% of students developed more friendships and relationships

The pandemic significantly disrupted the lives of young people, with a youth participation survey by the LA84 Foundation revealing that 50% of LA County youth reported being less active and 60% spent more time online. The prolonged isolation and reduced physical activity took a toll on their mental health, resulting in increased rates of anxiety and depression among young people.

By returning to pre-pandemic participation levels, SRLA is restoring a sense of normalcy and providing a lifeline for students' mental and emotional health. The program is helping bridge the gap created by the pandemic, ensuring that youth in LA County can thrive through physical activity, social connection, and personal growth.

“
In 2020, it was the hardest time for all of us, like losing stuff we loved to do and just draining us mentally. It was very heartbreaking and was really hard going through this pandemic, but it all changed when I joined SRLA... SRLA made me believe and have faith in myself, it made me push to my limits....

— Roderick,
17, Carson High School

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