



we run orange county's kids

Training Orange County's Youth to go the Distance

2011 Season Participant Guide



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We Run Orange County's Kids (WeROCK) is a nonprofit, community service organization that provides an after-school marathon training program for Middle and High School students in the Orange County, California area.

This *Participant Guide* is provided so that student participants and their parents, coaches and adult volunteers may obtain the most effective and enjoyable experience from the **WeROCK** program. It contains important information about the program's guidelines and requirements, as well as the conduct and level of commitment that is expected from these individuals while participating in the program.

Mission Statement

Based on the idea that life is like a Marathon, the mission of **WeROCK** is to teach our participants the important life skills of goal setting, self-reliance, discipline and self-confidence through the design and delivery of instructional programs focused on the proper training for the sport of endurance running, as well as the completion of several long-distance runs, up to and including a 26.2 mile Marathon.

WeROCK is committed to providing:

Education and ongoing exposure to the most up to date health, nutrition and physical fitness information available, via the latest in medical research.

Training for our participants, their parents, coaches and volunteers to ensure that our student runners carry these life lessons with them into and throughout adulthood.

Support for our teams by involving the families and community members of the participants in the training, mentoring and motivation of our runners.

Encouragement to empower Orange County's youth to accomplish goals well beyond their own initial personal expectations.

The intent of the **WeROCK** program is not to see how fast or how far a participant can run, but rather to teach our student runners how to set their own personal goals, devise a plan to reach those goals, follow the steps toward achieving the goals, and accomplish the task. Although most participants train for a 26.2 Marathon, **WeROCK** is a non-competitive program and participants may elect, in concert with their parents or family physicians, to set a goal of running a distance shorter than a full marathon. For students who desire to complete only races of less than the full marathon distance, the coaches will tailor the training regimen to meet their individual needs.

Training for marathons and other endurance runs requires significant planning, personal discipline, and perseverance. Participation in the **WeROCK** program will help to improve not only the physical and mental fitness of our runners but also teach them to set and achieve positive goals, develop a greater sense of personal responsibility, and become healthier, more productive citizens both now and into their adult lives. The benefits that a participant can expect to receive from the **WeROCK** program are directly dependent upon the amount of effort and discipline that the runners exercise in following the training regimen and the guidelines in this handbook.



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Medical Supervision is Not Provided

The **WeROCK** Board of Directors is comprised of experts in the fields of public education, traditional medicine, medical research, sports fitness & youth training, and in the delivery of youth-oriented and other non-profit programs. These professionals supervise the design and delivery of the training program, however, neither **WeROCK** as an organization, nor any of the members of its Board as individuals, provides any medical services to its participants. All participants **must** receive their medical care and supervision directly from their own personal physician. Program participants are also required to have a medical evaluation performed by a licensed physician prior to participating in the program. An original **WeROCK Medical Examination and Clearance Form**, signed by the participant's licensed medical doctor, must be submitted no later than Friday, October 20, 2011 in order to remain in the program. Runners without a Clearance Form on file after this date will not be allowed to participate until the form is submitted.

Qualifying for the program

The **WeROCK** program is open to all male and female Middle and High School students in the Orange County area, ages 11 through 18, on a non-restrictive basis and without regard to race, creed, sexual orientation, religious belief, physical capacity or nationality. While the program promotes a team atmosphere to provide support and encouragement to the participants, there are no try-outs to qualify for the program and all results are measured exclusively on an individual basis, without the requirement for any minimum ranking in order to remain in the program. While we are confident that most participants will be able to complete a full marathon by following the **WeROCK** training program, it is understood that all participants are expected to work according to their own personal abilities and to set their own personal goals.

For the safety of our student runners, and in order to be considered "ready and capable" of completing a full marathon, all participants must demonstrate their ability to complete all races at no more than a 16-minute per mile pace (roughly equivalent to an average, brisk walking pace). Participants will also be expected to complete an official WeROCK 20-mile Qualifying Run at a 16-minute per mile or faster pace. For those students who cannot meet both of these requirements, **WeROCK**, at its sole discretion, will determine whether or not the runner will be allowed to participate with the group in a Full Marathon or will, instead, be registered for a Half Marathon event.

Participant Responsibilities and Expectations

WeROCK participants are required to adhere to the following guidelines. Students who fail to follow any of the guidelines listed below will be dropped from the program, without a refund of any payments already made.

1. **Be dedicated to your training program**

Commitment to your training plan is a critical factor in gaining success. **WeROCK** team members are expected to follow the training program, as it has been designed, in order to avoid injury. To become properly prepared for the completion of a marathon, participants should attempt to attend all practices and complete all mileage listed on the training calendar. Runners who miss practices must make up the mileage on their own and report the mileage to their coach. Participants must show up to practice and races on time and prepared to run with water, nutrition, the proper equipment and a positive attitude.

2. **Have proper attire and equipment at all times**

WeROCK participants are required to wear the proper attire and carry the necessary equipment that is appropriate for the activity of long-distance running.



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Proper Equipment includes all of the following:

Shoes

All **WeROCK** runners must wear shoes specifically designed for the sport of running. Our official Sponsor, *A Snail's Pace Running Shops*, offers discounts to **WeROCK** members and will be happy to assist you in purchasing running shoes that are properly fit to you feet. Running in any other type of shoe or sneaker can cause injury, therefore students who show up for practice without running shoes will not be allowed to participate on that day and will need to make up the miles missed.

Shorts

Running shorts or running tights are required when running with the team. You may not wear jeans, casual wear or cut-offs to practice or to races. **WeROCK** recommends you choose running clothing that is specifically designed to keep moisture and perspiration away from your body. If you forget to bring running shorts, tights or sweats to practice, expect to sit out that day. On Race days all **WeROCK** runners will be expected to wear the designated Team uniform shorts.

Shirts and socks

Participants should wear the official **We-ROCK** training T-shirt or their school PE shirt during all practice runs. If you choose to do so, wearing a specifically designed running jersey to practice is acceptable, however, please do not show up for practice in your school clothes. To avoid blisters, socks are required at all times. Again, we recommend moisture-wicking fabrics over cotton blends in order to reduce the possibility of blisters, rashes and other injuries.

Race-day uniforms

In order to present the proper appearance when representing the organization in the community, all runners will be required to wear the official **WeROCK** uniform to all races. Race-day uniforms will be available for purchase at *A Snail's Pace Running Shops* and must be kept clean at all times. Additionally, all runners participating in **WeROCK** sponsored events must have an approved race bib which may not be altered in any fashion. Runners not wearing the official **WeROCK** uniform on race day will not be given their race bib and will not be allowed to participant in the event.

Cold Weather

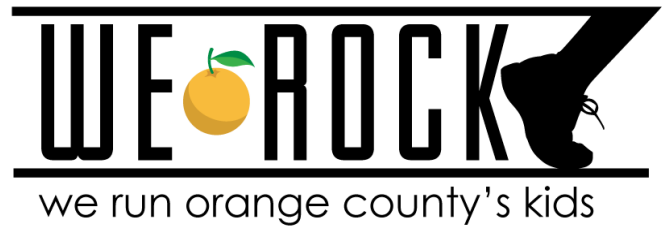
On cold weather days, student runners may wear sweats or warm-ups to practices. Running tights and long-sleeve running jerseys are also permissible. On rainy days, a garbage bag or waterproof poncho is recommended.

Wrist watches

WeROCK runners should wear a basic digital wrist watch with a stop-watch feature to all practices and races. These can be purchased for as little as \$5 at discount stores such as Target, Wal-Mart and Big Lots.

Nutrition and Hydration

Proper nutrition and hydration are necessary components of the sport of running. You must bring a large bottle of water with you to all practices and races in order to avoid dehydration. Eating a balanced diet including protein, fruits and vegetables, as well as avoiding sugar during the season, are also a required part of the training plan. WeROCK recommends the consumption of running fuel every hour during practices and long distance runs.



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3. Don't cheat

When you cheat, you only cheat yourself. **WeROCK** is a non-competitive program and all participants need to be honest with themselves and their coaches about how far they are capable of running. "Cutting the course" is never allowed. If you have concerns about the distances you are being asked to run, please speak with your coach rather than taking shortcuts.

4. Behave yourself at all times

The behavior of the student-runners who participate in the WeROCK program is a direct reflection on the reputation of the program itself and on the students who participate in it. As such, the guiding principle for all **WeROCK** runners is *RESPECT*. **WeROCK** subscribes to the "golden rule" of treating others the way you expect to be treated, and all runners must have the strength of character to behave responsibly in order to be allowed to represent the organization.

Respect takes on many forms:

Respect for Adults

WeROCK team members are expected to show respect toward adults at all times, whether participating in a sanctioned program activity or not. This respect includes following all rules and instructions given by the coaches and refraining from arguing or talking back. Respect must also be extended to your teachers, parents and all other adults within the community, at all times.

Respect for Yourself

Respecting yourself is an essential component of self-confidence and will play a key role in completing a marathon. We firmly believe that with the proper attitude and discipline, you can and will complete the **WeROCK** training program and cross a marathon finish line. Being confident, maintaining good grades, getting proper sleep and nutrition, and having high ethical standards are "musts" for **WeROCK** runners.

Respect for your Peers

Whether or not you recognize it, every person you encounter has value. **WeROCK** runners are expected to show continued respect toward their teammates, classmates, neighbors and siblings and may not tease, taunt, criticize, put down or harass any other student, of any school or age, at any place or time. Bullying or fighting will be cause for immediate removal from the program without any refund of fees already paid. **WeROCK** team members must promote goodwill and show a positive attitude at all times.

Respect for the Community

Helping to keep our community a desirable and pleasant place in which to live is the duty of every **WeROCK** team member. Runners must show respect for property including their own equipment and the belongings of others. **WeROCK** will not tolerate littering, wasting water, causing damage to public or private property, or creating any nuisances in public.



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Parent Responsibilities and Expectations

Parents of **WeROCK** participants are required to adhere to the following guidelines:

1. Ensure that their student-runner follows all of the expectations listed above
2. Meet all deadlines published on the program calendar
3. Have their student-runner examined and given medical clearance by their family doctor
4. Ensure that your child has the proper shoes, clothing, fuel AND WATER at each and every practice and race.
5. Fulfill a Volunteer requirement:

WeROCK is a non-profit organization and relies on volunteers in order to make the program work. Parent participation in the program is mandatory and each runner's family will be required to complete at least one volunteer task during the course of the season.

6. Provide or arrange for transportation for their student runner to all practices and races. Due to budgetary limitations, **WeROCK** will not be able to provide transportation to any of the program events.
7. Pick their child up promptly after practice. Some practices may end early, so please arrive 15 minutes before the end of practice to ensure you are on time.
8. Will not use alcohol, tobacco or drugs in the presence of **WeROCK** members.

Parents who do not adhere to these guidelines will have their student runners dropped from the program, without a refund of any payments already made.

Attendance and Training Schedule

A complete practice schedule will be provided to all participants at the beginning of the season. Due to circumstances beyond the control of **WeROCK**, the schedule is subject to change without advance notice.

Practices will be held, rain or shine, on the following days:

Weekdays

Three times per week, after school at your school site (or other nearby location as determined by your coach).

Weekends

Actual times, days and locations will be determined by your coach. On most every Saturday there will be a training run with the mileage of these weekend runs increasing as the season progresses. Races are generally held on weekends, and some events may take place on Sundays.



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Regular attendance at all practices and races is necessary in order to properly prepare for the completion of a marathon. In the event that any practices or races are missed, participants must make up their mileage within the week that it is missed and report the mileage to the coach. Regardless of whether the mileage is run as scheduled or made up, the Coach will have discretion to determine when and if a particular **WeROCK** participant is ready to undertake a Full Marathon.

WeROCK training runs are designed for **WeROCK** team members and their parents *only*. Due to insurance limitations, we cannot take responsibility for other students who have not registered for the program or who do not have the appropriate paperwork on file. Adults are always encouraged to run with the team, both after school and on weekends, however friends, neighbors and relatives of our participants who are not adults are prohibited from running with the team. Any parent wishing to run with the team must have a signed *Waiver and Release of Liability Form* on file, prior to participating. Parents may also take advantage of group discounts and preferred race entrance opportunities by joining the **WeROCK** team along with their child.

For the safety of our student runners, and in order to be considered "ready and capable" of completing a full marathon, all participants must demonstrate their ability to complete all races at no more than a 16-minute per mile pace (roughly equivalent to an average brisk walking pace). For those students who cannot meet this requirement, **WeROCK**, at its sole discretion, will determine whether or not the runner will be allowed to participate with the group in a full marathon.

Program Costs

The tuition for the 2010 - 2011 **WeROCK** training program is \$550, payable in two installments. The first installment of \$300 is due no later than October 13th, 2011, and the remaining \$250 is due on January 3rd, 2012. If paying in installments, both checks (with the 2nd check being post-dated) must be submitted by the October 13th deadline. The **WeROCK** tuition includes weekly training, a **WeROCK** training Tech-top, attendance to a number of nutrition & sports clinics, and ALL race entrance fees. Tuition paid is non-refundable. Late registration ends on October 21st, after which the program will have progressed too far for any additional runners to begin participating.

Fundraising events are being planned in order for each individual runner to defray or completely cover the cost of his or her tuition. Regardless of the runner's planned participation in the Fundraisers, the first installment of \$300 must be paid by the October 13th deadline. Fundraising proceeds will be credited first to the 2nd installment of \$250, and then to the initial \$300 payment in the form of a refund given at the end of the season.

Scholarships may be available on a limited basis dependent on the availability of funds received from outside grants and donations. Individuals who do not have the financial resources available to pay all of the program fees may submit a Scholarship Request Form but no guarantees can be made that any Scholarships, either full or partial, will be available this year.

WeROCK is a non-profit, public charity and relies entirely upon donations in order to deliver this important and life changing program to our participants. Donations are tax-deductible under IRS rule 501(C)(3) and can be made easily on the **WeROCK** website at www.WeRunOCKids.org. Donations are always greatly appreciated.

If you are interested in providing a Scholarship for those runners who cannot afford the program, please let us know.

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Acknowledgment and Consent Form

We, the undersigned, have read and understand the "WeROCK 2011-2012 Participant Guide" and accept all guidelines and policies included therein. We hereby grant our permission for our son/daughter to participate in the program and agree to all of the terms and conditions as outlined in the Guide.

Student's Name _____

Student's date of birth _____

Student's signature _____

Parent or Legal Guardian _____

Parent's signature _____

Date _____

School attending _____

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