

2025-26 Season Participant Guide

The WeROCK Participant Guide applies to student runner, parent/guardian runners (non-coaches), and coaches. Where noted, the Guidelines apply to parents/guardians of student runners.

We Run Our Community's Kids (WeROCK) is a nonprofit, community service organization that provides an after-school marathon training program for middle and high School students in or around Orange County, California. WeROCK is registered with the IRS as Student Runners of Orange County, a Public Charity under Section 501(c)3, and donations are tax-deductible to the full extent of the law* (Tax ID #80-0209885). "WeROCK" is our formal "doing business as" name as registered with the County.

This *Participant Guide* is provided so that student participants, 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 expected from these individuals while participating.

MISSION STATEMENT

To teach our community's youth goal setting and discipline through a fun, structured, non-competitive program focused on the training for, and completion of, a marathon.

VISION STATEMENT

To empower the world's youth with confidence and resilience far beyond the finish line!

WeROCK is committed to providing:

- Education and ongoing exposure to health, nutrition, and physical fitness information
- Training for our participants, their parents, coaches, and volunteers to ensure that our student runners carry these life lessons 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 our community's youth to accomplish goals beyond their 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 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 mile marathon, WeROCK is a non-competitive program. Participants may elect, after discussing with their parents or family physicians, to set a goal of running a distance shorter than a full marathon.

Training for marathons and other endurance runs requires significant planning, personal discipline, and perseverance. Participation in the WeROCK program will help improve not only our runners' physical and mental fitness 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 from the WeROCK program are directly dependent upon the amount of effort and discipline of the runners exercise in following the training regimen and the guidelines in this Guide.

MEDICAL SUPERVISION IS NOT PROVIDED

The WeROCK Board of Directors includes professionals with expertise in public education, traditional medicine, medical research, sports fitness, and youth training, and the delivery of youth-focused nonprofit programs. While these experts oversee the design and delivery of the training program, neither WeROCK nor any individual Board member provide medical services to participants.

All participants are responsible for obtaining medical care and supervision from their personal physician. A medical evaluation by a licensed physician is required before participating in the program. Each participant must submit an original WeROCK Physical Screening Form, completed, signed, and stamped by a licensed medical doctor, before their first practice.

Student runners will not be permitted to attend practices or races without a WeROCK Physical Screening Form on file.

QUALIFYING FOR THE PROGRAM

For the safety of all participants, WeROCK has established eligibility requirements for the program as specified in the WeROCK [Eligibility Policy](#). These requirements ensure that all candidates understand the expectations for participation.

Topics addressed in this Policy include:

- Definitions of participants,
- Explanation of navigation skills needed,
- Explanation of independence needs,
- Attendance expectations,
- Strava posting expectations,
- Pacing requirements,
- Dress code and gear requirements,
- Suspension policies,
- Qualifications for races,
- Guest runners, and
- Mandatory meeting expectations.

When registering for the program, parents must read, acknowledge and e-sign this Policy. See the [Eligibility Policy](#) for details.

PARTICIPANT BEHAVIOR EXPECTATIONS – CODE OF CONDUCT

All WeROCK participants are expected to uphold the values of respect, responsibility, and integrity. As representatives of WeROCK, runners are expected to demonstrate the highest standards of behavior at all times—on and off the course. The WeROCK [Participant Behavior Policy](#) defines the expected behavior standards of participants.

Topics addressed in this Policy include:

- Code of conduct,
- Runner expectations,
- Technology use, and
- Consequences for misconduct.

When registering for the program, parents must read, acknowledge and e-sign this Policy. See the [Participant Behavior Policy](#) for details.

[ATTENDANCE & TRAINING SCHEDULE](#)

The aforementioned WeROCK [Eligibility Policy](#) provides attendance requirements for training activities. WeROCK reserves the right to cancel or modify training activities based on weather conditions that could pose a health or safety risk. The [WeROCK Extreme Weather Policy](#) describes the conditions under which training may be affected.

Topics addressed in this Policy include:

- Heat protocols,
- Air quality protocols,
- Thunder and lightning protocols,
- Hydration policy, and
- Practice cancellation requirements.

When registering for the program, parents must read, acknowledge and e-sign this Policy. Refer to the [WeROCK Extreme Weather](#) and [Eligibility Policies](#) for details.

A complete practice schedule will be provided to all participants at the beginning of the season and updated monthly. Due to circumstances beyond the control of WeROCK, the schedule is subject to change without advance notice. As specified in the aforementioned [Eligibility Policy](#), regular attendance at all practices and races is necessary to properly prepare for the completion of a marathon.

[CONCUSSION COMPLIANCE](#)

WeROCK will adhere to the California Assembly Bill “Youth Sports Concussions Protocols” effective January 1, 2017 (see California Health Safety Code under the section referencing “Adolescent Health” (Cal Health and Safety Code §124235).

Link: [Youth Sports Concussion & Sudden Cardiac Arrest Prevention - WeROCK](#)

When registering for the program, parents must read, acknowledge, and e-sign this Protocol. Please refer to the Concussion Protocol for details.

PARENT RESPONSIBILITIES AND EXPECTATIONS

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

- Ensure that their student-runner follows the standards and expectations in the [Eligibility Policy](#) and [Participant Behavior Policy](#)
- Meet all deadlines published on the program calendar
- Have their student-runner examined and given medical clearance by their family doctor
- Ensure that their child has the proper shoes, clothing, fuel, and hydration at every practice and race.
- **Mandatory Aid Station Volunteer Requirement:** At WeROCK, we consider ourselves a huge family. Your generous gift of your time and talent assists WeROCK in providing safe and proper training for our participants. We ask that each family volunteer twice, per runner in the program, at a weekend aid station. Parents may be asked to perform additional tasks such as driving, hosting dinner, participating in fundraising activities, or assisting as a chaperone at various events. This does not take the place of the aid station requirement.
Please email Rachael Gallardo, WeROCK Volunteer Coordinator at volunteer@werunockids.org
- Provide transportation for their student runner to all practices and races. WeROCK will not provide transportation to any of the program events.
- Pick their child up promptly after practice. Weekend practice pick-up times may vary based on your runner's pace. Please arrive 15 minutes before their estimated finish time to ensure you are on time.
- The use of alcohol, tobacco, or drugs at any WeROCK event where minors are present is prohibited.

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.

WHAT'S INCLUDED?

The WeROCK training program includes multiple activities as listed below.

- **Three coach lead practices per week**
- **Race entry into the following events (based on your enrollment session):**
 - **October:** Aquarium of the Pacific 5K
 - **November:** Dino Dash 5K
 - **December:** Jingle Bell Run 10K or 5K
 - **January:** Citrus Heritage Half Marathon, 10K, or 5K
 - **February:** Surf City Half Marathon or 5K AND Oso Fit 5K
 - **March:** WeROCK 32K or 10K Qualifying Run
 - **April:** Rock it El Moro 10M OR Bedrock Trail Marathon, Half
 - **May:** OC Marathon, Half, or 5K
- **Race Notes:** Race distance is determined by your training program. WeROCKers who cannot race on Sundays will be offered a “virtual” or alternative race. See calendar for details. If the “in-person” races listed on our program calendar do not occur, or no longer benefit our training calendar, WeROCK will provide a “virtual” race experience for the runners instead.
- **Uniform**
 - 1 short sleeve WeROCK “color of the year” tech training shirt,
 - 1 short sleeve WeROCK orange race day tech shirt,
 - 1 long sleeve WeROCK orange race day tech shirt, and
 - 1 WeROCK gear bag.

- **Additional Items**
 - Nutrition clinics,
 - Running form clinics,
 - Yoga classes,
 - 1 finale event banquet ticket (Sessions 1B and 2 only), and
 - 1 finishers jacket (Session 1B and 2 only).

PROGRAM COSTS

The 2025-26 WeROCK training program enrollment fee is shown in Table 1, *2025-26 Program Costs – Student Runners* and Table 2, *2025-26 Program Costs – Parent/Guardian Runners*.

Table 1, 2025–26 Program Costs – Student Runner

Program Session	Dates	Payment Option	Total Cost	Details*
Complete Season (Sessions 1A & 1B)	Sept. 9, 2025 – May 9, 2026	Pay in Full	\$1,400	9-month program
Session 1A Only	Sept. 9, 2025 – Feb. 14, 2026	Pay in Full	\$800	6-month program
		<u>Optional Payment Plan</u>	\$860	\$500 Enrollment Fee (due by first practice) + \$60/month (Sept.–Feb., due by 15th)
Session 1B Only (Must complete Session 1A)	Feb. 15, 2026 – May 9, 2026	Pay in Full	\$600	3-month program
		<u>Optional Payment Plan</u>	\$630	\$450 Enrollment Fee (due by Feb. 15, 2026) + \$60/month (Mar.–May, due by 15th)
Session 2 Only *Half Marathon Training Only*	Jan. 7, 2025 – May 10, 2025	Pay in Full	\$750	5-month program
		<u>Optional Payment Plan</u>	\$800	\$500 Enrollment Fee (due by first practice) + \$60/month (Jan.–May, due by 15th)

*Notes: Runners wishing to train for the full marathon must enroll in Session 1A and continue through Session 1B. Session 2 participants are automatically placed on a half marathon training plan. Running a marathon or half marathon is not required to complete the program.

Table 2, 2025-26 Program Costs – Parent/Guardian Runner

Program Session	Dates	Payment Option	Total Cost	Details*
Session 1A Only	Sept. 9, 2025 – Feb. 14, 2026	Pay in Full	\$500	6-month program
Session 1B Only (Must complete Session 1A)	Feb. 15, 2026 – May 9, 2026	Pay in Full	\$450	3-month program
Session 2 Only *Half Marathon Training Only*	Jan. 7, 2025 – May 10, 2025	Pay in Full	\$500	5-month program

***Notes:** A parent/guardian runner (non-coach) is a parent or legal guardian of an actively enrolled WeROCK student runner training in the program as a participant. Payment plans and refunds are not available.

***Notes:** Runners wishing to train for the full marathon must enroll in Session 1A and continue through Session 1B. Session 2 participants are automatically placed on a half marathon training plan. Running a marathon or half marathon is not required to complete the program.

- **Delinquent Payments:** Payments must be received by the due dates specified above. If any installment payment is not received by the payment due date, WeROCK may withhold all services, including, but not limited to, race participation, practices, and special events, until the amount due is paid in full.
- **Registration Dates and Deadlines:**
 - **Session 1A:** Opens August 5, 2025, and closes on October 10, 2025
 - **Session 1B:** Opens January 1, 2026, and closes on February 15, 2026
 - **Session 2:** Opens December 1, 2025, and closes on February 2, 2026
- **Scholarships:** Limited scholarships are available on a first-come, first-served basis. Please let us know if you are interested in providing a scholarship for a runner who cannot afford the program. Individuals who do not have the financial resources available to pay the entire program enrollment fee and/or dues may submit a Scholarship Request Form to request a partial scholarship. Scholarship forms are due by October 10, 2025, for Session 1A and February 2, 2025, for Sessions 1B and 2.

[Link to Scholarship Application](#)

WeROCK is a non-profit, public charity that relies heavily upon donations to deliver its important and life-changing program to its participants. Donations are tax-deductible under IRS rule 501(C)(3)* and can be made on the WeROCK website. Donations are always greatly appreciated. Check with your tax preparer regarding your personal tax situation deduction.

WITHDRAWAL FROM THE PROGRAM

We hope your participant will stay with us through the end of their enrollment session. If they must leave us, there is a formal process to begin the withdrawal process. Once enrolled in the WeROCK program, it is assumed that your participant will continue until the designated end of your session. If your participant opts to end the session early, a 30-day withdrawal notice must be submitted in writing to the WeROCK Executive Director. Once the notice is received, a partial refund and/or cancellation of future monthly payments will commence the month following the end of the withdrawal period. Failure to provide a 30-day withdrawal notice will result in additional months to be collected.

The [WeROCK Refund Policy](#) defines conditions under which a participant may receive a partial refund.

Topics addressed in this Policy include:

- Definitions of payment types,
- Explanation of approved withdrawals,
- Refund scenarios, and
- Refund amount.

When registering for the program, parents must read, acknowledge, and e-sign this Policy.

GUEST RUNNER POLICY

The safety of our participants is paramount. As such, guest runners (non-enrolled family members of student runners) are limited in how and when they may run alongside their student during WeROCK training runs on weekdays and weekends. The WeROCK [Eligibility Policy](#) specifies these conditions.

Parents must read, acknowledge, and e-sign the [Eligibility Policy](#) when registering for the program. Refer to this Policy for details on guest runner participation.

Athlete Name: _____

Signature (Parent/Guardian if under 18): _____

Date: _____

Student Runners of Orange County
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