



2024 Summer Trail Handbook

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 located near the Orange County, California area. WeROCK is registered with the IRS as a Public Charity under Section 501(c)3 and all donations made are tax deductible to the full extent of the law*. Tax ID #80-0209885.

WeROCK is offering a 4 or 8-week summer trail running program that is catered to youth runners entering 6th-12th grade.

The program includes 24 in person coach led practices, one WeROCK signature race on week 4 and one Riley Park 5K/10K race on week 8. We will focus on long distance running and pacing on a variety of terrains. Due to the hilly nature of the trails, we will spend time working on up and downhill techniques as well as managing endurance and speed. There will be an additional focus placed on core strength. We are excited to spend some time running in the dirt with you this summer!

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

WHAT WE ASK OF YOU:

Prior to arrival, ensure your runner is prepared:

- a. Applied sunscreen
- b. Used the restroom
- c. Appropriate running attire and running shoes
- d. Running buff or neck gaiter (optional)
- e. Approved water bottle, belt or pack filled with at least 18oz of water
- f. Run wristwatch (basic stopwatch is fine, GPS not needed)

PARTICIPANT RESPONSIBILITIES AND EXPECTATIONS

1. **STRICT 16 Minute/Mile Pace Requirement**
 - a. Depending on the athlete, their pace can be 1 to 2 minutes slower on the trail than it is on the road
 - b. For the safety of our entire team, the 16 minute/mile pace requirement is not negotiable
 - c. Any athlete not maintaining this pace requirement will be removed from the summer program
2. Listen to instruction
 - a. Pay attention when a run route is being discussed.
 - b. If you are unsure about a run route, ask more questions.
 - c. Stop at designated breakaway points.
 - d. Do not intentionally go off course.
3. Show dedication to the training program.
4. Don't cheat or cut the designated run course.
5. Eat a balanced diet.
6. Stay hydrated on and off the training site.
7. Respect your coaches.
8. Respect your peers.
9. Respect the community & trails we visit.
10. Respect yourself!

THE USE OF MUSIC AND/OR HEADPHONES IS STRICTLY PROHIBITED

PROPER EQUIPMENT REQUIREMENTS

If your runner is missing any of the items from the list below, they will not be allowed to check in for practice.

1. WeROCK Shirt (any style)
 - a. One WeROCK short sleeve shirt or tank will be provided to each athlete that joins.
2. Appropriate running shoes
 - a. Although this is a trail running program, road running shoes are fine.
3. Appropriate running socks
4. Appropriate running shorts/bottoms
5. Running wristwatch (basic stopwatch is fine)
6. Hydration System FILLED with at least 18oz of water
 - a. This can be a handheld, belt or pack
7. Free Strava account for tracking mileage

SUMMER PROGRAM OPTIONS

Weeks 1-8: FULL PROGRAM

June 3, 2024 to July 27, 2024

Weeks 1-4: SESSION 1

June 3, 2024 to June 28, 2024

Weeks 5-8: SESSION 2

July 1, 2024 to July 27, 2024

PROGRAM COST

\$450 for 8 Weeks

24 in person coach led practices (3 per week)

2 optional trail hikes

1 WeROCK Trail 5K

1 Riley Park Trail 5K/10K

WeROCK Tech Top

WeROCK Neck Gaiter

\$275 for 4 Weeks

12 in person coach led practices (3 per week)

1 optional trail hike

1 WeROCK Trail 5K (if session 1)

1 Riley Park Trail 5K/10K (if session 2)

WeROCK Tech Top

WeROCK Neck Gaiter

MULTI-CHILD: 10% off when registering more than one athlete.

PARENT PRICING: 40% off the rates listed above.

REFUND POLICY: We do not grant any refunds for the summer trail running program.

PARTICIPATION BY NON-MEMBERS IS PROHIBITED

WeROCK training runs are designed for WeROCK team members only. Due to current insurance limitations, we cannot take responsibility for other students, visitors or parents that are not registered with our program. Only those with appropriate paperwork on file will be allowed to attend practice. We ask that parents that would like to run either join the program or enjoy our local trails and run an alternate route while your children attend WeROCK practice.

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 be in good health. We recommend that all participants see a doctor before joining our program. Additionally, please do not send your children to practice when they are sick or not feeling well.