

Frequently Asked Questions

Last Updated: 8/29/2014

We hope that any questions that you may have about Mustang Milers, will be addressed in this section. Should you still have a specific question, please e-mail us at mustangmilers@me.com

Registration for Mustang Milers

Q: Where can I sign my child up to be a Mustang Miler?

A: All parents must sign up for Mustang Milers through IPSF Academy. This means that we will **not accept any cash or checks** to pay for your child's registration. To register, visit: <https://www.ipsfacademy.org>

*Note: You must modify/update your child's information (age, grade, teacher, t-shirt size, & parent e-mail) prior to registering. All of these items are extremely important.

[CLICK HERE](#) for detailed instructions for registering your child on IPSF Academy.

Q: What is IPSF and ACE?

A: Irvine Public Schools Foundation (IPSF) is a nonprofit organization founded to raise funds to enhance the educational experience for the students in the Irvine Unified School District. The IPSF Afterschool Classroom Enrichment (ACE) program works to enrich the lives of students by providing high quality accessible after-school learning opportunities at Irvine school sites and would not be possible without the successful collaboration between IPSF, IUSD, principals, teachers, PTAs and parent volunteers.

Q: What is the registration deadline?

A: In order to participate in Mustang Milers, **ALL** students must be signed up/registered on-line no later than **October 1, 2014**. However, once we reach our maximum capacity, registration will close, even if it is before October 1, 2014.

Q: What if I miss the registration deadline? Can I sign up after? Can my child still participate in Mustang Milers?

A: No. If you do not sign your child up for Mustang Milers by **October 1, 2014**, **he/she will NOT be able to sign up/register after this date**. Please make sure to **register before October 1, 2014**. No late registrations will be accepted.

Q: How much does the Mustang Milers Running Program cost?

A: The 11-12 week training program costs \$75 per child.

Q: What does the \$75 registration fee include for each child?

A: The \$75 fee will include one child's 11-12 week training program each Friday (starting after winter break in January), T-shirt, pasta dinner, and fun prizes that we give out each week.

Q: Is there a limit to the number of students that can register?

A: YES, this is the first year we are capping the program. We are allowing 350 students to register for the 2014-2015 Mustang Milers Program. We had 325 students participating in 2013-2014. So be sure to register right away! Do NOT wait until the last minute.

Registration for Kids Run the OC (KROC) Race

Q: If I signed my child up to be a Mustang Miler, do I have to also sign him/her up for the Kids Run the OC?

A: Yes. One of the goals of Mustang Milers is for each child to run at least 25.2 miles during training (January-April). The final mile of their marathon (26.2 miles) will be completed at the **Kids Run the OC on May 2, 2015** at the OC Fair and Event Center.

Q: What if my child isn't able to run at the Kids Run the OC race on Saturday, May 2, 2015 because he/she has another obligation that morning?

A: If your child would like to receive a medal, but isn't able to run the Kids Run the OC race, you will still need to register your child. If you do not register your child for the Kids Run the OC race, your child will NOT receive a medal at our medal ceremony.

Q: How do I register my child for the Kids Run the OC?

A: Please visit www.kidsruntheoc.org for more information. Click on Kids Run the OC. We will notify you via e-mail when registration for the Kids Run the OC is available. **Like Mustang Milers, all registrations and payments must be made on-line.**

Q: Is there a deadline to register my child for the Kids Run the OC?

A: Yes. We are asking all Mustang Milers to be registered for the Kids Run the OC **no later than February 28, 2015.**

Q: How much does it cost to register my child for the Kids Run the OC?

A: Last year, the cost for each child was \$31 (this is a separate fee from the \$75 you paid to join Mustang Milers). Please visit www.kidsruntheoc.org for more information on the cost of registration.

Q: What does the \$31 registration fee for the Kids Run the OC include?

A: The \$31 registration fee includes 2 medals (one medal given on race day, the other at our medal ceremony in mid to late May), a T-shirt, timing chip, race bib, and goody bag.

Q: Will my child receive a medal if I do not register him/her for the Kids Run the OC race?

A: No. Only registered students for the Kids Run the OC will receive a medal, as well as the items included in the registration fee (see above answer). Your child will NOT receive a medal if he/she is not registered.

TK, Kindergarten and First Grade Students

Q: I have a child in TK, Kindergarten, or First grade. Can my child participate in Mustang Milers?

A: Yes ☺ Mustang Milers is for children in grades TK-6.

Q: Does one parent have to attend EVERY practice if their child is in TK, Kindergarten, or First grade?

A: Yes! If you have a child in either TK, Kindergarten, or First grade, one parent/adult MUST be at EVERY practice with their child. If you aren't able to be at every practice with your Kindergarten or First grade child, your child will not be able to participate in Mustang Milers.

Q: What if my TK, Kindergarten, or First Grade child attends CDC after school on Fridays (our practice days) and a parent/adult is unable to attend? Can he/she still participate in Mustang Milers?

A: No. Since one parent/adult has to be with their TK, Kindergarten or First grade child, your child may not participate in Mustang Milers if he/she attends CDC after school on Fridays. CDC is not responsible for your child as a Mustang Miler and they will not count as your child's attending adult.

Q: Why is it mandatory for only TK, Kindergarten, and First grade parents to attend every practice?

A: It is mandatory for parents of TK, Kindergarten, and First grade students to be at every practice in order to make sure that your child is able to participate to

the fullest. Your child will need your help when warming up, playing games, running one mile, and cooling down. Although it's only mandatory for Kindergarten and First grade parents to attend each practice, we highly encourage parents of students in grades 2-6 to join us at practice each week! We love and NEED parent support ☺

T-Shirts

Q: How do I know what size T-shirt to order for my child?

A: When ordering a T-shirt for your child, please keep in mind that they tend to run small. The T-shirts are made of a performance material and not cotton. To be safe, you may want to order a size or two bigger than what your child normally wears.

Q: Are the T-shirts only for the students that participate in Mustang Milers?

A: No. Parents are welcome to order a T-shirt for themselves, in addition to T-shirts for their child or children. Please note that you will have to pay for each additional T-shirt ordered for you or your family members. **DON'T FORGET TO INDICATE THE SIZE THAT YOU WILL NEED FOR YOUR CHILD'S T-SHIRT WHEN REGISTERING.** Please don't make us guess your child's size ☺

Q: I know that my child's registration cost (\$75) includes his/her T-shirt. Can I order my child an extra T-shirt?

A: Yes. If you would like to have an extra shirt for your child, you will just have to add that to your order, and pay the cost for each additional T-shirt.

Q: How much do extra or additional T-shirts and clothing cost?

A:

1. T-shirts

Youth (Small, Medium, Large, Extra Large): \$11

Adult (Small, Medium, Large, Extra Large): \$15

2. Shorts (Dark Grey) with Mustang Logo

Youth (Small, Medium, Large, Extra Large): \$15

Adult (Small, Medium, Large): \$15

3. Pants (Navy Blue, no logo)

Youth (Extra Small, Small, Medium, Large, Extra Large): \$19

Adult (Extra Small, Small, Medium, Large, Extra Large): \$22

4. Jacket (Navy Blue, Unisex) with Mustang Milers Logo
Youth (Small, Medium, Large, Extra Large): \$24
Adult (Extra Small, Small, Medium, Large, Extra Large): \$25

Q: Can I trade any T-shirts that are too small or too big?

A: Not very likely. Our advice is for you to order a size or two bigger than what your child normally wears. This will ensure that your child will have a T-shirt that will fit him/her throughout the season. If you want to see sample sizes of the clothing, please stop by the front office.

Parent Volunteers

Q: I am excited for Mustang Milers and want to show my support for this amazing program! How can I volunteer to help make this program fun and successful?

A: Mustang Milers would not be possible without the amazing support of our parent volunteers! We need help in the following areas:

1. Student check-in/check-out
2. Setting up the sound system before practice (1:30 each Friday)
3. Setting up the cones for warm-ups/cool-downs and games before practice (1:30 each Friday)
4. Setting up our canopy and banners before practice (1:30 each Friday)
5. Taking pictures
6. Pacers (setting the running/walking pace for a specific grade level group)
7. Game leaders (taking a grade level group of kids to a designated area to play our game for each practice)
8. Cheerleaders ☺ (help cheer students on as they run/walk their mile at each practice, as well as during the games, and warm-ups/cool-downs)
9. Pasta dinner set-up in the courtyard

Q: How many parent volunteers do you need?

A: We need as many volunteers as possible. The more the merrier ☺ We greatly appreciate your help in any capacity. So, if you are "free" Friday afternoons from January to early May, please sign up to volunteer! Thanks!

Q: If I volunteer, how will I know what to do each week?

A: We will do our best to assign specific parents to specific roles. That way, you will do the same thing (more or less) each week. Additionally, you will receive an e-mail letting you know what our schedule will be for each practice, to help you plan accordingly.

Rainy Day/Inclement Weather

Q: If it is raining, will Mustang Milers still hold practice?

A: No. Practice will have to be canceled due to rain or other inclement weather. Unfortunately, we do not have a large enough room to safely hold an indoor practice.

Q: How will I know if practice has been canceled due to rain or inclement weather?

A: An email will be sent out no later than 12:15 p.m. on the day of practice if we will need to cancel due to current weather conditions or forecasts predicting rain during our practice. Please check your email frequently ☺

Q: If practice is canceled, is my child required to make up the one-mile run?

A: Yes. Even though we don't have practice due to rain or inclement weather, **ALL** Mustang Milers **MUST** run/jog/walk at least one-mile on their own. This can be done on that Friday of a canceled practice (if the weather permits), or on a different day. However, **ALL** Mustang Milers **MUST** complete their one-mile run/jog/walk **before practice on the following Friday.**

Logging Mileage/Homework/Missed Practices

Q: How many miles does my child have to run/jog/walk during the Mustang Milers program?

A: All Mustang Milers **MUST** complete a total of 25.2 miles by either running, jogging, or walking, by Friday, May 3rd.

Q: Can my child run/jog/walk **MORE than 25.2 miles during the Mustang Milers program?**

A: Yes. While **ALL** Mustang Milers are required to run/jog/walk 25.2 miles by May 4th, if your child would like to exceed that goal, please encourage them to do so. ☺ Please note that exceeding the goal of 25.2 miles is optional and not a requirement of being a Mustang Miler.

Q: Can my child run/jog/walk **LESS than 25.2 miles during the Mustang Milers program?**

A: No. When your child committed to being a Mustang Miler, he/she committed to running/jogging/walking a total of 25.2 miles by May 4th. Please help your child follow through with this commitment. It will definitely pay off! ☺

Q: Why does my child have to run/jog/walk 25.2 miles?

A: The goal of Mustang Milers, in conjunction with the Kids Run the OC, is for each child to accumulate at least 25.2 miles over the course of the training program. On Saturday, May 4th, your child will run their final mile at the Kids Run, making their final total 26.2 miles...the distance of a MARATHON! ☺

Q: Wait, there are only 10 practices scheduled for Mustang Milers. How will my child meet their goal of running/jogging/walking 25.2 miles if they only run one mile at each practice?

A: When signing up for Mustang Milers, EVERY child commits to running/jogging/walking at least one mile on their own for homework, BEFORE the next practice. So, if your child comes to every practice, he/she will have completed 10 miles. Your child's homework is to run at least another mile (or more), before each practice (homework mileage will need to be 13 miles or more).

Q: What if my child is sick or isn't able to make one of the scheduled practices?

A: If your child isn't able to attend one or more practices during the training program, it will be his/her responsibility to make up the missed mileage. It is extremely important for ALL Mustang Milers to show integrity and make up their mileage. Additionally, your child needs to continue to build his/her stamina and endurance in order to be ready for race day and beyond.

Q: How do I keep track of my child's mileage?

A: Please visit the section, Logging Mileage, on our website. You can log your child's mileage after each run/jog/walk or each week.

Q: How many times per week does my child have to run/jog/walk?

A: During the training program (see our 2013-2014 schedule on our website), ALL Mustang Milers are required to run/jog/walk at least 2 times per week (one time at practice, and one time for homework). However, if your child would like to run/jog/walk more than 2 times per week, encourage them to do so. ☺ This is a great family activity and a wonderful way to show your child your support of their goals, as well as your commitment to living a healthy lifestyle.

Q: Besides running/jogging/walking at least one-mile for homework, is there anything else that my child needs to do?

A: Yes. Each week your child will be given a different Nutritional Challenge, such as replace juices/sodas with water or try a new fruit/vegetable. Our goal is to not only promote an active lifestyle, but an overall healthy one with an improved diet. We want your child (and family) to make healthier choices when it comes to what they eat and drink.