

In this Newsletter: Track Registration, Lake to Bay (of course), To Be Continued, Gold Sponsors, WHYRacing races, and more!

April 2023

How Club Track Works

Spring Track Practice Begins April 10!

Spring Break Practices Revised!



Lake to Bay Relay

Saturday, July 8

EARLY BIRD REGISTRATION ENDS APRIL 30!

Leg 3 is the Superhero Leg! Who can do it better than Aiden's effort from the Spokane to Sandpoint Relay Leg 9?

Check-out the Lake to Bay legs for 2023, including sponsor gift legs by Generation Homes Northwest and Fleet Feet Vancouver, as well as the two costume legs!



To be continued, by Mitchell Hayward

To be continued highlights past runners who were part of Whisper in some capacity (training and/or racing). I hope you enjoy!

"...Throughout my last middle school years and early high school years, I became members of the Evergreen Storm Track Club and the Whisper Running Club. Both of these teams that I was apart of really got me faster and grew my love for the sport so much that it became the sport that I focused on the most throughout all of high school. Before you know it, after a bumpy year of covid and online..." Click [here](#) to continue reading.

So far, so Golden!

Whisper Running is seeking five GOLD Sponsors for Lake to Bay!
Wish to get involved, promote your business, or simply make a difference?
Check out the **Sponsorship Booklet** and get started today!

To our Gold Sponsors, Thank you!



WHYRacing - Get Involved!



**Next up: Spring Classic Duathlon, 5k, 10k, 1/2
Marathon - April 23**

Ages 12 & under free

Ages 13-18 50% off

Adults use "WHISPER" for 10% off registration
Can't run, but want to support? **Volunteer!**

Lake to Bay Corporate Teams!!!

Are your employees running Lake to Bay?
Upon registration, your employees or business will be
acknowledged in the next Whisper Newsletter and Social
Media, just like Recoil Bungee Fitness located in East
Vancouver!

[Click to learn more about Recoil Bungee!](#)



Healthy Kids Running Series



Race Location: David Douglas Park
Race Dates: April 23rd, 30th, May 7th, 14th and 21st.

Race Time: 4:00PM

Use the following link to register:

<https://healthykidsrunningseries.org/race-locations/vancouver-wa/>

