



To be continued... by Chris Amato

As I began my evening run down the Centennial Trail, my old training habits from years of competitive running kicked in: checking my watch, ensuring my pace was correct, and keeping my stride even and smooth. I worked my way through downtown Spokane, staying close to the river and observing the nighttime bustle that was all too familiar on Friday nights. As I circled back through the city, headed back to my apartment on campus, I realized that while I loved my time competing during high school, my interests had shifted once I entered college. Instead of using running as a method of competition, it became more therapeutic and comforting, a way to reduce the stress of a busy week at school filled with assignments and exams. My life has completely changed since I left for school, and using running as a method of relaxation has helped me countless times during the last three years. This realization has led me to an activity that, before college, I had no idea I would enjoy in the slightest...click [here](#) to continue reading.

Let's race!



Whisper Running is casting the net to all elementary and middle school runners who wish to dip their toes into the waters of club cross-country! **The first race, Ultimook, on Saturday, September 2, is free to all USATF registered elementary and middle school runners.** Ultimook is the first of seven regular season XC races for Whisper, followed by USATF Junior Olympics in November and December. For more information, including the season schedule and registrations, see the [Join the Team page](#).



How Club XC Works

It's really this easy

- Regular season spans August 21 - Nov 10 (grades 2-8)
- First race: Saturday, September 2, in Tillamook.
- Register (child) with USATF (follow steps on [Join the Team page](#))

- Coach Dave will send an email weeks in advance of upcoming races. Simply reply or text with the meet(s) your child wishes to participate in, pay the a la carte fee, and they're registered! An email with meet information will come in the days leading up to the race(s).
- Race when you can - 1 meet, or all races on the [schedule!](#)
- Uniforms are free to borrow for the season.
- Pay as you go - training registration via Runcard or Annual. Race registration a la carte.
- Junior Olympics begin November 11, in Seattle.
- *It's really that easy!*



Whisper XC Kickoff

WHO: Anyone wanting to run a short 2.5k race!

WHAT: Preseason intrasquad meet commencing the start of the 2023 XC season - all are welcome to run!

WHEN: Last day of Summer Training - Friday, August 19, 2023, 9-11am. Race starts at 9:35am.

WHERE: Pacific Park - Vancouver

COST: Free!

[RSVP](#) if you (or your child) is not registered for 2023 Summer Training (and would like to race).

Your child put in all this work. Now what?

With two weeks to go in the Whisper Summer Training program, your child has likely put in more miles and exercise than ever before. The high school XC season begins Monday, August 21, and the middle school season begins soon after. Here's what to expect when they return to their school program:

- **High school runners** will likely be a step ahead of their peers, and they may find themselves training on an island, waiting for their teammates fitness and speed to catch up. If this is your child, encourage them to simply keep their training consistent. While their teammates are playing catch-up, your child may sustain their fitness with similar (or faster) interval/tempo/Fartlek paces, and/or tacking on a few miles to their weekend runs if necessary. If they're in a pinch and need to talk, let's set up a Zoom session!
- For our **middle school runners**, middle school practices often have too many runners to offer quality training. Or, your child may find practices lack the workload (volume and/or intensity) they have become accustomed to at Whisper, and now they are left in a place where their fitness steadily declines. One way to remedy this is to continue training with Whisper at least one day per week. Continued Whisper training will ensure proper training oversight in an effort to reach their 2023 XC season running goals. Elementary and middle school runners do not need to complete with Whisper in order to continue training with Whisper. Similar to the high school runners, if you have questions and need to talk, let's set up a Zoom session!
- See the [Calendar](#) for updated training dates through fall.

Whisper Tidbits!

- Click [here](#) for a sneak peak at the 2023 USATF Junior Olympic XC rosters!
 - USATF Junior Olympic Track & Field 2023 National Championship Junior Olympic [results](#), which include [Tenley](#) in the Multi, and [Maya](#) in the High Jump!
 - Latest video: [Pix with Celebrities](#)
 - 1:1 afternoon sessions available through fall. Click [here](#) for more information!
 - Summer Training through Friday, August 18! [Runcards](#) available!
 - See the [Calendar](#) for updated training dates and times beginning Monday, August 21!
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See what we are doing at practice!

This summer, we've dedicated nearly all of the days to running and cross-training! At week two, we broke out the Bosu Balls, and over the next few weeks, the kids progressed from a standard two-legged squat, to a single leg squat, and now, a single-legged squat while rope-swinging. This isn't all! The kids have learned to deadlift, the "hip-hinge," used TRX's, barbells, medicine balls, and so much more! Click on the video below to see the kids in action!



WHYRacing - Get Involved!

Next up: Columbia River Triathlon &
Girlfriends Triathlon & Fitness Festival

August 11-12

Ages 12 & under free

Ages 13-18 50% off

Adults use "WHISPER" for 10% off registration.

Can't run, but want to support? **Volunteer!**



Backpack, backback...

FREE backpack with every Annual Training
Membership purchase!

For non-Annual Training Membership runners, the



backpacks are \$75 for the black, and \$100 for the white, via Venmo.

These are currently available - first come...

CAMAS HIGH SCHOOL XC
PRESENT

**RACE BACK
"TUTU"
SCHOOL**

SATURDAY, AUGUST 26 2023
STARTS AT 11:00 AM | DOC HARRIS STADIUM

OPEN 3K | 55M HUDDLES | 100M | 400M | 1500M | RIBBONS

ALL AGES WELCOME

100% OF YOUR DONATION SUPPORTS
CAMAS HIGH SCHOOL CROSS COUNTRY PROGRAM

REGISTER NOW OR RACE DAY





'23 BoFA Chicago Marathon PADI AWARE FOUNDATION

Local Action. Global Impact.



As a registered participant in the 2023 Chicago Marathon, I am teaming with the PADI AWARE Foundation, whose mission is to help support the cleaning of the ocean floors. The PADI AWARE Foundation offers scuba training for sea floor cleaning efforts, shark conservation courses, supports Dive Against Debris, and so much more! Now more than ever, we need to take action to help clean the planet. I'm hoping to raise \$5,000 for this great cause - THANK YOU!



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