

In this Newsletter: Saturday's Gift Drive for foster teens, USATF JO XC Nationals,
Winter Training 2024, Fleet Feet Shoe Day,

DECEMBER 2023



Foster Teen Gift Drive

Past, present, and future Whisper runners are invited to be a part of the 2023 Christmas Gift Drive to benefit foster teens of Clark County!

DATE: Saturday, December 2
TIME: 3:15-5:45pm
PLACE: Fireside Lounge at Clark College

RSVP's encouraged - please text Coach Dave so he can get a head count for food.

[MORE INFO!](#)

On to Nationals!

With the largest contingent of qualifying runners in team history, Whisper Running heads to Nationals in Louisville, Kentucky next week!

Five teams representing four age groups, along with one individual runner, for a total of 35 runners from Whisper, will toe the line at Tom Sawyer Park on Saturday, December 9. The five teams is also the most ever qualified by Whisper, with each team presently ranked in the top-40 nationally.

Most notably, two teams from the 13-14 age division at the Regional Meet in Athol, ID, qualified for Nationals.

See the [Whisper Blog](#) for the list of runners making the cross-country journey to Kentucky!



Winter Training 2024

Starts Monday, January 15!

2024 track and field preseason conditioning begins Monday, January 15, spans six weeks for high school runners, and nine weeks for middle school runners. Training locations and times vary slightly. Training will include two track sessions per week, mobility training, aqua jogging, weekend tempo runs, resistance training, seminars, and more! Visit the [Winter Training page](#) for details and registration.



Shop shoes (and apparel) and SAVE!

Shop at Fleet Feet on Sunday, January 14, mention Whisper Running, and receive 15% off shoes and apparel in preparation for Winter Training! This deal is extended to family members as well!

Store & event hours are noon-5pm.
Fleet Feet of Vancouver (1602 SE Mill Plain Blvd, Vancouver)

UW Indoor Meet + Arcadia Invitational

If your (high school-age) child is looking for a great opportunity to race some of the fastest runners in the PNW ([UW Indoor, February 10-11](#)) or from around the nation ([Arcadia, April 5-6](#)), see the websites for more information. Each meet has qualifying standards and registration is handled by the athlete or parent for the UW Indoor, or high school coach for Arcadia.

UW HS INVITE

ARCADIA INVITE

Whisper Tidbits!

- UNIFORMS (singlets/shorts): Uniforms must be returned by December 31. Unreturned uniforms are \$129.
 - Runcards purchased before October 1, will expire December 31, 2023!
 - Off-season conditioning continues through December! [Runcards](#) available!
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Play it back - The best videos from November!



Post-Run Shenanigans



**Boys 13-14 have a fine day
in Idaho!**



2023 State XC Participants!



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