



Cheers to a new year!

To past, present, and future Whisper families, thank you for your presence in the program and supporting your child's ambitions! Looking forward to many more life experiences with you all!

Sincerely,

Coach Dave!

2023 - Year in Review



Run into 2024!

Starting at 11:50pm at Esther Short Park in Vancouver, WA, make your way to Franklin St & Evergreen Blvd to start the 3k trek into 2024! Follow the [online Garmin map](#) (pictured below) and start the New Year on the right track! *Watch for cars/traffic, be safe, partner up, and have fun!*



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 four training sessions per week, which includes two track sessions, mobility training, aqua jogging, weekend tempo runs, resistance training, seminars, and more!



Full registration places current Runcards on hold through March 17. Purchase today and your child may begin as early as next week (2-weeks free)!

Visit the [Winter Training page](#) for details and registration.

Whisper Tidbits!

- Track registration begins February 1!
 - See our [athletic.net](#) schedule grow and our [Join the Team](#) page for spring Track & Field registration information.
 - [Anava and Joella](#) make the news in Washougal!
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Healthy Kids Running Series

Sunday, April 7

David Douglas Park

4/7, 4/14, 4/21, 5/5

4:00pm

2yo - grade 8

[Website](#), [Register](#), [Volunteer](#)

FLEET  **FEET**

Shop shoes (and apparel) and SAVE!
Mention Whisper Running and receive 15% off shoes and apparel
in preparation for Winter Training!

Sunday, January 14
Noon-5pm.
1602 SE Mill Plain Blvd

*This deal is extended to family members as well!
Vancouver store only.*

Play it back!
The most viewed videos from 2023!!



Meet of Champions



Lake to Bay



JO Regionals

WHISPER RUNNING
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