



Let's Party!

Fall cross-country is less than six weeks away! The 2023 registration numbers are strong so far, and we'd LOVE for your son or daughter to join us this fall. Our XC season will consist of 8-10 regular season 3k races, then Junior Olympics beginning November 11. See the list of races, registration information, and more, on our [Join the Team](#) page. Click [here](#) to watch the 2023 Year In Review video, which includes a good dose of Junior Olympics!

What a time!



To the volunteers and sponsors, and to all of the participants, thank you for making [Lake to Bay](#) an incredible experience for everyone involved!

Click [here](#) to see the final results!

Visit the Whisper Running booth at **Wellness In The Park!**

Sunday, July 16

9am - 4pm

Esther Short Park

Take an exercise class, listen to music, speak with local health professionals, and more!
Free and open to the public!



Hawaii Hilo

The XC coach from Hawaii Hilo is coming to Clark College to talk with interested high school juniors and seniors, as well as transfer students. Hawaii Hilo offers women's XC. If Hawaii is a college option, along with running in college, this could be worthwhile.

WHO: HS Jr/Sr female runners looking to run XC in college.

WHAT: Alan Ryan, Head XC Coach

WHEN: Monday, July 17, 10am.

WHERE: Clark College in OSC

Whisper Tidbits!

- 1:1 afternoon sessions available. Click [here](#) for more information!
- Summer Training is still open! [Runcards](#) available!
- Latest videos: Summer Training [Week 2](#) & Weeks 3-4!
- If your child was issued a free uniform for the 2022 XC or 2023 track season, **please return the uniform(s) by Wednesday, July 19**. Thank you!
- Three steps to register your child into club cross-county this fall. See the [Join the Team](#) page for more.
- WANTED: used hula hoops and skateboards. If you have either of these toys laying around, we'd love to take them off your hands for cross-training! Looking for six of each.

To our amazing Lake to Bay Sponsors, Thank you!



WHYRacing - Get Involved!

Next up: Hagg Lake Tri & Trail Festival
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...



**'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!



Whisper Running | 00000 Vancouver, Vancouvr, WA 98684

[Unsubscribe whisperrunning@comcast.net](mailto:whisperrunning@comcast.net)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent bywhisperrunning@comcast.netpowered by



Try email marketing for free today!