

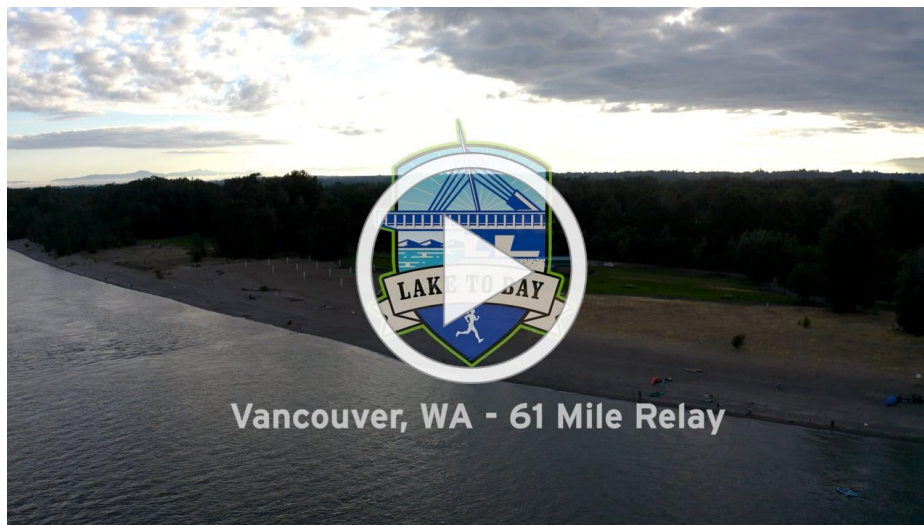
The Best Part of Whisper!

"...This is a common theme that parents may hear me say - *Blank* "is the best part of Whisper!" Whether *blank* is seeing connections made between runners from different sides of town, or even school districts, watching runners who trained during the winter or summer months reconnect ..." [click to read more!](#)



[Lake to Bay Relay](#)

[Saturday, July 8 - Register today!](#)



This mid-summer event is the perfect way to prep your Hood to Coast team, foster teamwork within your company, or keep your team in shape between the end of track and the start of cross-country!

Please share this event with the community relations department at your place of employment, place this event in a company newsletter or intranet, or share the Instagram or Facebook post onto your favorite page! Thank you!

To be continued, by Emily Rosenkranz

"I was on the treadmill the other day – simultaneously watching my show and the snow outside the window. Normally, I would have trudged through the snow and run outside, but unfortunately, the snow in Flagstaff is a little heavier than the couple of inches we get in SW Washington each year. Of course, my first year at school

had to be the year of multiple record-breaking storms! Regardless of my hatred of the treadmill, I was in a simultaneous place of boredom, pain, and suffering. But there are a few different things that make me return to the treadmill despite how much I hate it."

[Click to continue reading.](#)



[WHYRacing - Get Involved!](#)



Next up: [Couve Clover Run!](#)

Ages 12 & under free

Ages 13-18 50% off

Adults use "WHISPER" for 10% off registration

Can't run, but want to support? [Volunteer!](#)

A big thanks!

A big thanks to friend and local photographer, Jeff Gulliford, who joined us at practice last Monday to capture moments of joy through running! Families are welcome to download and keep these photos as their own. Click [here](#) and enjoy!



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/>



To our Winter Training t-shirt sponsors, *Thank you!*

Thank you for supporting local youth runners and Whisper Running! Your generosity is truly appreciated by the runners and coaches!



WHISPER
COMMUNITY

FIT MIND. FIT BODY. FIT COMMUNITY.

