

In this Newsletter: To Be Continued, Season Results, Gold Sponsors, WHYRacing races, Summer Training, Summer Run Camps, Healthy Kids Running Series, and more!

May 2023



To be continued, by Daniel Whiting

To be continued highlights past runners who were part of Whisper in some capacity (training and/or racing). I hope you enjoy.

By the time I was a in Freshman in high school (2016), I realized I had developed a passion for running. Fast forward to summer of 2018, I was summer training for my upcoming junior year cross country season when I was introduced to Whisper Running. My high school coach had let the team know a running club from Vancouver, WA was going to be at our high school track to do a run if anyone wanted to join. I was the one team member to attend. I shared some of our favorite local trails that we often used for training to Whisper. After the run, I was invited by Dave to join him and the team at their beach house for activities. Dave and I had kept in contact throughout the remainder of my summer training and cross country season. That season, I had the goal of running under 17:00 minutes for the 5k race. I ended my junior year 17th at 1B/2B State Meet and held season record of 16:48. Shortly after the completion of the State meet, I met the Whisper team...[click](#) to continue reading.

Standing on the Shoulders of the Best

I'd never heard the expression "Standing on the shoulders" of another person before a morning Zoom call last Friday. From the context, I had narrowed the expression down to learning from others, and blending that knowledge or wisdom into your current practice.

Following this past Saturday's meet in at Rex Putnam High School in Milwaukie, Oregon, I received a text from Amy, the mother of Eva, who captured on video a moment of her daughters 1500m race, where I can be seen encouraging the girls to sustain pace through the emotional rigor of the moment. Running is hard, but when trained well, a good race should feel right. Difficult, but right. Difficult, but slightly easier when supported by those who are equally invested in the athletes potential. This is what I learned from Coach Larry Beatty, the head coach at Spokane CC, who I coached under for six years before taking on the head coaching responsibilities at Mt. Hood CC in Gresham, Oregon in 2022.

Larry had a perfect blend of coaching. His heartfelt passion touched the lives of so many, and still does to this day. He was a wizard at...[click here](#) to continue.



Let the Season Begin!

Fielding a smaller than usual team at the USATF Oregon Youth Developmental Track and Field meet this past weekend didn't deter the young runners of Whisper to compete at a high level. Between the 14 athletes who participated in 37 events, here are some statistics the team walked away with on Saturday:

- 32 personal records
- 5 season best times/marks
- 23 new entries in the top-10 record books
- 5 new all-time leaders in the following events:
Maya Harris (4'9" High Jump, 14.11 100m), Nolan Campos (58'6" Javelin, 20.88 Hurdles), and Emma Will (6:06.41 800m Racewalk).



Click [here](#) to see the results from last weekends Oregon Youth Developmental meet.

Whisper heads back into Oregon this weekend for the [Beaverton Youth Track Classic](#) on Friday evening and Saturday morning.

Want to get your kid signed up? See our [Join the Team](#) page to get started! Registration takes minutes, costs less then you think, and prepares the kids well for high school competition.

Whisper Tidbits!

- Summer Training plans are taking shape!
- Nutrition, Sports Medicine, Education Consulting, and more! See our Resources page!
- Charlie isn't the only runners from Whisper making a lasting impression on the GSHL Conference! Come watch the 3A and 4A district meet on Wednesday & Thursday, May 10-11 at McKenzie Stadium in Vancouver!
- The Calendar will be updated weekly through May. Thank you for your patience.



So far, so Golden!

Whisper Running is seeking two more GOLD Sponsors for Lake to Bay!
Wish to get involved, promote your business, or simply make a difference?
Check out the [Sponsorship Booklet](#) and get started today!

To our Gold Sponsors, Thank you!



Ultimook Running Camp

July 30-Aug 5

Aug 6-Aug 12

Rugged beauty, old school grit!



Youth Runner Camp

June 20-24, July 15-18, July 31-Aug 5

Use code "WHISPER" at check-out for \$100 off registration!

WHYRacing - Get Involved!



Next up: Reflection Run - May 21

Ages 12 & under free

Ages 13-18 50% off

Adults use "WHISPER" for 10% off registration

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



Fit & Flexibility

"Train with me, follow my meals plans, and let's get the results you want in a non-boring way!" - Coach Emma

Learn more at **Fit and Flexibility**

Healthy Kids Running Series

Race Location: David Douglas Park

Race Dates: May 7th, 14th and 21st.

Race Time: 4:00PM

Use the following link to register:



Backpack, backback...

(don't click here, don't click here, don't click here...)

Just in time for track season, the Whisper backpacks are here! Click **here** for more information.



Let's do this marathon thing together!
Click on the PADI AWARE logo above for more information!
Thank you!

Saturday, July 8
Vancouver, WA
Early Bird Ends April 30

LAKE TO BAY RELAY



Assemble your running team and explore our beautiful Clark County by foot! Teams will race 15 segments spanning 62-miles along scenic trails and historic roadways. Join us for this truly memorable and fun event!



SEE MORE AT WHISPERRUNNING.COM/LAKETOBAY

Families, businesses, teams, and runners are invited to run the 4th annual
[Lake to Bay Relay!](#)

Please continue spreading the word!
Thank you!



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