

February Seminars



February 4

Time: 10:30-11:30am

College Admissions Landscape and the Student Athlete, presented by Heather Holly-Freitag of Options Abound.
RSVP & PARENT REQUIRED



February 11

Time: 10:00am-Noon

Nutrition for Athletes, presented by Dr. Novak of OHSU & Michelle Tegenkamp of Active Nutrition.
RSVP & PARENT REQUIRED



February 18

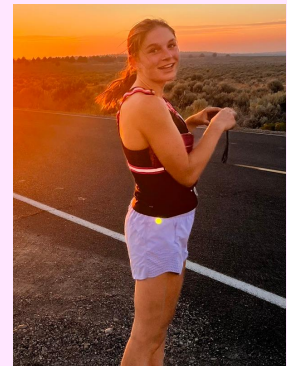
Time: 10:00-11:00am

Positive Self-Talk presented by 8-year Nike Pro Runner, Alexa Eframson.
LAST HOUR OF PRACTICE, PARENTS ENCOURAGED

To be continued, by Ashley McKinstry

"To be continued" is a new addition to the monthly newsletter, highlighting past runners who were in the program for a memorable amount of time. "To be continued" is a form of "Where are they now?" implying they are still on their path of growth and prosperity, and perhaps we will hear from them

again down the road. This month's "To be continued" highlights Ashley McKinstry, a runner on Whisper's first national team in 2017. She was a 2x national qualifier for Whisper, and a state participant during her junior season at Camas HS. I am beyond grateful for the time and energy Ashley devoted to Whisper as an athlete, a Pacer, and now a newsletter contributor. I hope you enjoy.



"On my morning run, I took a tour of Seattle's notoriously vibrant Capitol Hill, made my way to Leschi to inspect the water, and completed my journey, breezing down Lake Washington Road, waving to trees in the arboretum. Six years ago I would have patterned my run with 200 sprints or a tempo, preparing for the track season ahead. Today, I jogged along reminiscing on wearing bright yellow socks and hair ribbons, thankful for the ability to get out into the city without the constraints of looming competition. I miss my days of wearing the Whisper uniform and the friends I looked forward to seeing at practice and am excited whenever I get my siblings updates on the community. Catching snippets of the world I used to be so present in, gives me perspective on how much has changed since I have left. The streets of Seattle occupy a space in my mind, evicting the road names of Camas and Vancouver, I once knew so well. I still see my favorite running buddy a couple times a week, attempting to hold on to a bit of home in the chaotic track of growing up. Taking in the city together, we reassure each other about the heavy uncertainty of the future and circle career paths. We have both missed our days on the starting line and were easily roped back into the world of racing by the opportunity of the Boston Marathon in April. Training for the marathon has brought structure and running overall has kept me sane throughout this period of my life.

I came to college and rushed the process of grounding myself in the city, getting an internship, job, volunteering and finding others who call this place their home. I picked up unconventional means of income, hosting children's science birthday parties on the weekends to supplement hobbies of cooking, rock climbing, and music related ventures. During the week, I attend classes, working towards my majors of biochemistry and marine biology. I also spend some of my day at a cardiology lab, where I research the effect of genetic mutations on the heart. In everything I participate in, I try to make...[click to continue reading](#).

Resources Making A Difference!

In an effort to provide the best services possible to youth runners, check out the new Resources page! The new page includes Nutrition & Sports Medicine resources, local Physical Therapists, Education Consulting, and of course, Fleet Feet always has us covered!

[Click here to see the new page!](#)



Healthy Kids Running Series

Race Location: David Douglas Park

Race Dates: April 23rd, 30th, May 7th, 14th and 21st.

Race Time: 4:00PM

CLICK HERE TO REGISTER:

<https://healthykidsrunningseries.org/race-locations/vancouver-wa/>



WHY Racing Discount

Ages 12 & under free

Ages 13-18 50% off

Adults use "WHISPER" for 10% off registration



Wildwood Running Virtual Camp

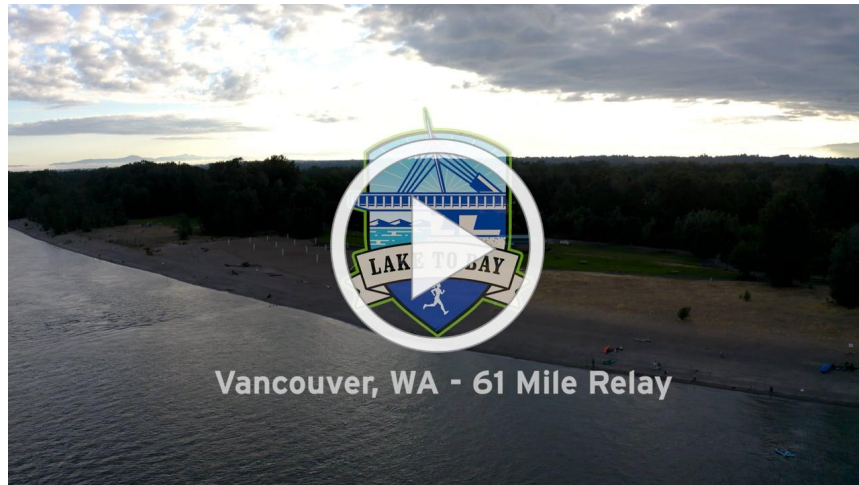
February 18 & 19 and 25 & 26

1:00 - 3:00 Pacific Time

All sessions will be recorded.

Lake to Bay Relay

Early Bird registration closes March 31, 2023



The Lake to Bay Relay is a single-day, 62.2-mile (100k) relay for all ages* venturing around the beautiful cities of Vancouver and Camas, Washington. Teams begin their journey starting at Frenchman's Bar Regional Park, run to downtown Vancouver, then loop clockwise around Clark County, finishing along the Old Evergreen Highway, and into the newly developed Vancouver Waterfront! All total, there are 15 segments throughout the course. Local high schools, middle schools, club teams, families, businesses, and everyone in between, are invited to participate in the fourth annual event!

[Click here for information and registration!](#)

To our sponsors, *Thank you!*

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

