



## Into JO's we go!

Whisper Running heads into it's seventh USATF Junior Olympic season next week, looking to qualify individuals and teams for the National meet in Louisville, Kentucky. The three meet series begins on Saturday, November 11, at Magnuson Park in Seattle, followed by the Association meet in Athol, Idaho, on November 18. The National Meet will be held at Tom Sawyer Park in Louisville, on Saturday, December 9. New this year is the option to race in the 15-18 category, meaning runners in that division may pass on running Associations and advance directly into Regions.

Click [here](#) to see our current list of runners! Registration closes Wednesday. If your child is interested in participating in the Seattle meet on November 11, visit the [Join the Team](#) page, or contact [Coach Dave Caldwell](#).

## Middle School State, Halloween Races Highlight October

The Washington State Middle School Championship Meet provided a post-season platform for runners around the state to extend their season and race for a state title at Pacific Park in Vancouver, Washington, on Friday, October 20. Harrison Decker led the Vashon Islanders to the boys team trophy, placing first in the 3k distance with a time of 9:58. The Vashon girls team also took home first place, with Katherine Thompson leading the way for the Islanders, placing fifth overall. Vancouver runner, Charlie Garrett, who runs for McLoughlin Middle School, won the girls race with a time of 11:35.

Twelve hours later, the Halloween Dash Bash commenced, this time offering a similar format to Junior Olympics, where runners raced distances based on age. Runners eight years and younger ran the 2k distance, ages 9-10 ran the 3k, 11-12 also ran the 3k, 13-14 ran the 4k, and 15+ ran the Open 5k.

For a list of results, see the [athletic.net](#) team page.



## Foster Teen Gift Drive

Whisper team, please join us for the 2023 Christmas Gift Drive for foster teens of Clark County on Saturday, December 2, 3-6pm at

CLICK HERE



## Thanksgiving Turkey Trot

Join us for a practice we can all benefit from! The 2023 Clark County Turkey Trot at Kline Pond!

5k or 10k events, \$25/participant

[REGISTER TODAY!](#)

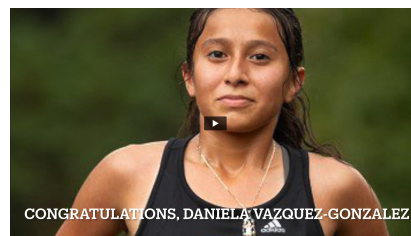
## Whisper Tidbits!

- FALL TEAM PARENTS: You should be receiving regular (weekly) emails from Coach Dave regarding meet registrations. If you are not receiving these emails, or if you would like to be added to this distribution list, please [send](#) a quick request. Thanks!
- Fall training through December! [Runcards](#) available!
- UNIFORMS: We are seeking gently used Whisper singlets/shorts from past runners. Please text Coach Dave at 360-989-0935 to coordinate pick-up. Thank you!

## Play it back - The best videos from October!



**Halloween Dash Bash!**



**Daniela - GSHL 3A Champ!**



**2023 State XC Qualifiers!**



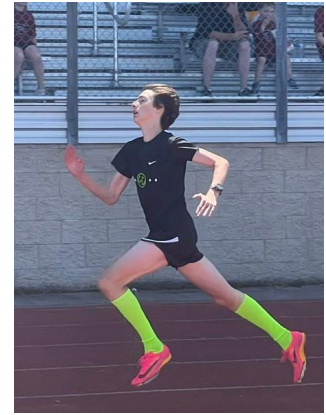
**2023 State XC Participants!**



## Huckleberry Approved Whisper Socks

If you've been a spectator or parent of a Junior Olympic runner, then you know the value of vibrant socks!

[CLICK HERE](#)



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