



Washington State Middle School XC Championship Meet

Whisper Running is excited to host the inaugural 2023 Washington State Middle School Cross-Country Championship Meet on Friday, October 20, at Pacific Park in Vancouver, Washington.

DATE: Friday, October 20

LOCATION: Pacific Park in Vancouver

TIME: 4:45pm girls 3k, 5:15pm boys 3k

COST: \$15 per runner

NOTE: Teams must be registered by a volunteer coach, or a really nice parent offering to donate their time. Individuals not racing under a team name must register (and race) as Unattached. See instructions to register as part of a team or as an individual on athletic.net. Meet registration is \$15 and closes October 17, at 9:00pm. Day of race registration is \$25.

To be continued... By Serena Smith

Hey everyone! My name is Serena Smith, and I am from Vancouver, Washington. I started with whisper running back in 2016, and I was one of the first ever pacers for whisper running. My journey after whisper running has been a beautiful and empowering experience. I ran cross country and track and field for Union High School, and around my junior year, I met Dave Caldwell, who played a big role in helping me be successful in running. He was the first person that really believed in me and supported me. Dave introduced me to sport psychology and showed me how it plays a very important role in running.



In 2019, I attended Cal Poly Humboldt University in Arcata, California, where I continued to run cross country and track & field. Throughout all my years of running in college, it has been an enlightening and impactful experience. Running has taught me happiness and has allowed me to create beautiful friendships with teammates and make lifelong connections.

In 2022, we had a cross...[click to continue reading](#).



Halloween Dash Bash!

7 Total Races!

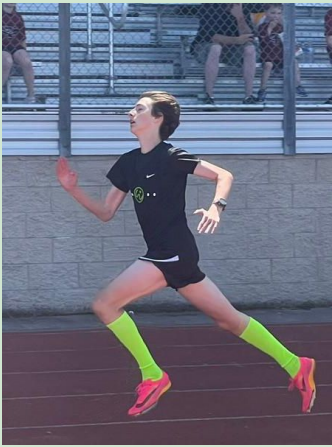
Boys & Girls 8U 2k

9-10yo 3k

11-12yo 3k
13-14yo 4k
Open 5k

Free for all Whisper runners!

Medals for the top finishers!
Fleece Blanket for 1st Place Finishers!
Click [here](#) for Youth Race Information
Open [5k Registration](#) is Open!



Cool socks make kids run faster!

If you've been a spectator or parent of a Junior Olympic runner, then you know the value of vibrant socks! Order your (child) socks today!

[CLICK HERE](#)



Whisper Tidbits!

- **TEAM PARENTS:** You should be receiving regular (weekly) emails from Coach Dave regarding meet registrations. If you are not, or if you would like to be added to this distribution list, please [send](#) a quick request. Thanks!
- Junior Olympics - Event information (registration, lodging, travel, etc.) coming Saturday, October 14!
- The [Mook XC race](#) pictures from the meet host.
- Click [here](#) to learn more about registering your child for Club XC!
- Now offering Tuesday practices! WSUV & Hockinson Meadows options! See the [Calendar](#)
- 1:1 afternoon sessions available through fall. Click [here](#) for more information!
- Fall training through December! [Runcards](#) available!
- **UNIFORMS:** We are seeking gently used Whisper singlets/shorts from past runners. \$50 per set. Please text Coach Dave at 360-989-0935 to coordinate pick-up. Thank you!



Healthy Kids Fall Series

LOCATION: David Douglas Park - Vancouver

DATE: Sunday, October 8 & 15

TIME: 4:00pm

[Click here for more information](#)



WHYRacing - Get Involved!

Next up: Scary Run - Half Marathon, 10k, 5k

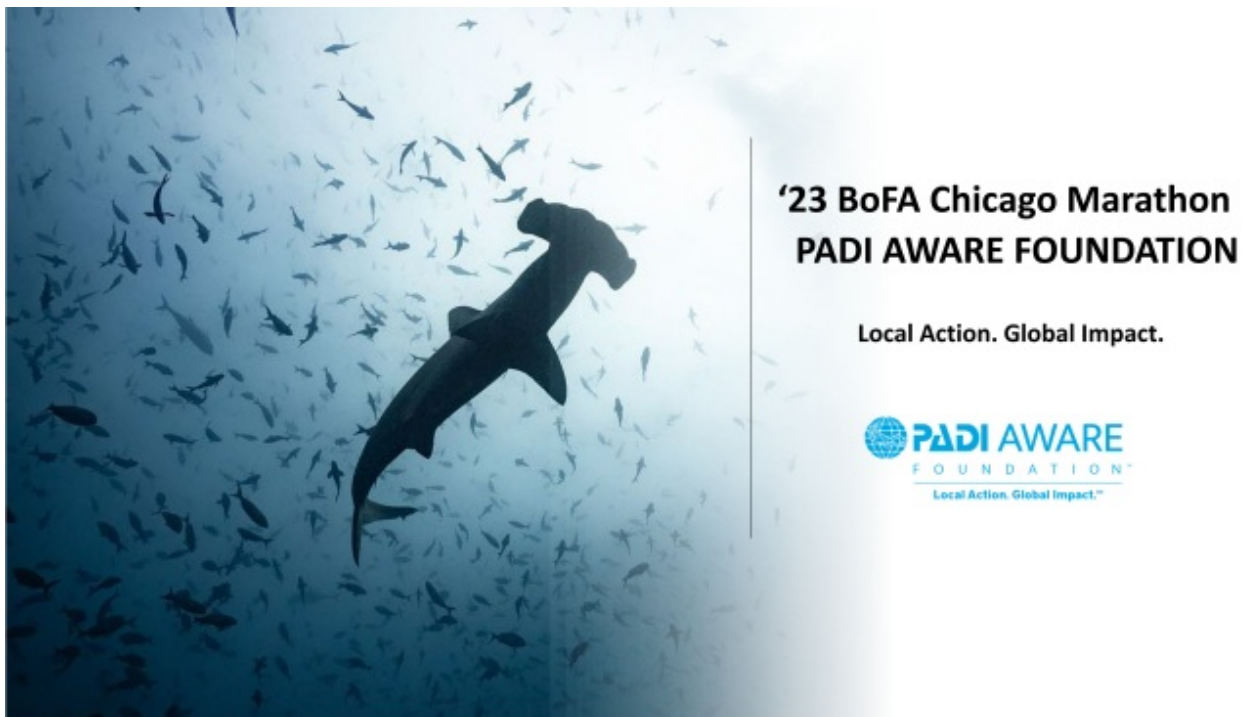
Sunday, October 29, 2023

Ages 12 & under free

Ages 13-18 50% off

Adults use "[WHISPER](#)" for 10% off registration.

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



As a registered participant in the 2023 Chicago Marathon, Coach Dave is 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. Please consider placing a nominal donation to this trusted nonprofit organization.

THANK YOU!



Whisper Running | 00000 Vancouver, Vancouvr, WA 98684

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