



## Washington State Middle School XC Championship Meet

Hosted by: Whisper Running

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. Similar to the Nike Cross National registration experience, middle schools will be represented as club teams through athletic.net, the host registration site of this year's event. The state meet will offer awards for the top individuals and teams.

**DATE:** Friday, October 20

**LOCATION:** Pacific Park in Vancouver

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

**COST:** \$15 per runner

In an effort to continue growing the sport of youth running, and making this event as successful as possible, please share this [event](#) with to your child's middle school coach so southwest Washington can have a healthy representation of athletes.

To ensure a fulfilling and rewarding experience, we are seeking sponsors and volunteers for this event. See our [Sponsor Booklet](#) and [Volunteer page](#) for more information. Thank you!

## The Ultimook Experience Never Fails

The Whisper boys wrapped up the middle school division finishing second to a fine team out of Portland. Our boys were led by last year's Ultimook champion, Cooper, and teammate Payten. Together they powered through the course, first to the mud pit, then to the water crossings. They were 1-2 at the 2k mark, and finished 1-3 in the end. Cooper ran an incredible 10:44, 8 seconds faster than his winning 2022 time, but this time finished third.



Hands down, the performance of the day goes to Payten, who set a course record on his way to victory, running 10:32. Keep in mind, the course distance is a 3k, with a mud pit and two water crossings! Whisper has had the fortune of racing Ultimook annually since 2017. Ultimook's inception was in 2012. In the seven years participating in Ultimook, Whisper now has three boys in the top-5 of Ultimook's 12-year history - Payten (1) and Cooper (5), and Sam Soto (3) in 2020, a year in which no mud pit was included in the race for social distancing purposes.

The girls side was just as impressive. Never before in the history of the Ultimook race has a female middle school runner broken 12-minutes in the 3k course. That was, until Saturday. Sofia, like Payten, broke the Ultimook course record by running a blistering 11:53.04, .02 seconds ahead of third place finisher, Lilly of Enterprise Running Club. Though Sofia broke the course record, shockingly, she placed second behind Cassidy of Timerhill Harriers. The top three girls were .4 seconds apart, or about the length of time it takes to blink your eyes. Charlie...click [here](#) to continue reading.





## '23 BoFA Chicago Marathon PADI AWARE FOUNDATION

Local Action. Global Impact.



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 XC Kickoff

Summer Training was chalked full of memories and miles, and we hope your child feels stronger than ever heading into fall XC! Click [here](#) to view the results of the XC Kickoff race.

We hope your child will join us for 2023 [Winter Training](#) - like summer, but colder!

### Whisper Tidbits!

- Now offering Tuesday practices! - WSUV & Hockinson Meadows options! See the [Calendar](#)
- 1:1 afternoon sessions available through fall. Click [here](#) for more information!
- A trip to see [Dave Matthews!](#)
- Fall training through December! [Runcards](#) available!

## WHYRacing - Get Involved!

Next up: **AppleTree Marathon, Half Marathon, & 5k**

September 16-17

Ages 12 & under free

Ages 13-18 50% off

Adults use "WHISPER" for 10% off registration.

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





## **Backpack, backback...**

**FREE backpack with every Annual Training Membership purchase!**

*For non-Annual Training Membership runners, the backpacks are \$75 for the black, and \$100 for the white, via Venmo.*

*These are currently available - first come...*



Whisper Running | 00000 Vancouver, Vancouvr, WA 98684

[Unsubscribe whisperrunning@comcast.net](mailto:whisperrunning@comcast.net)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent bywhisperrunning@comcast.netpowered by



Try email marketing for free today!