Hello Knights parents and cross country runners, Oct 12th 2025

The members of our team have an opportunity to run in one more race after the ND State Meet. On Sunday, Nov 9th , those **who choose to participate** will be traveling to the Nike Heartland Regional Meet (NXR) in Sioux Falls, SD. This race is sponsored by Nike, and the top two teams from each championship race advance to nationals in Portland, Oregon. The top five individuals (as did Karly Ackley for GFC 2016), not on advancing teams also go on to the national meet. The Heartland region is made up of the following states: IA - KS - MN - NE - ND - SD - WI. The meet does consist of many different divisions.

We will depart Saturday morning, November 8th, and return Sunday evening, November 9th.

Everyone on our team is eligible to participate in the NXR meet. For those wanting to run in this event, we will continue to practice after the state meet at our regular time of 4 pm, from Central High School. Anyone attending is expected to keep practicing like it's our regular season.

***Any athlete that wants to race at Nike but does not make the state team will continue to practice with the team.

This is not a school-sponsored event. We will be running under the club name of **Knights XC**, and traveling to this meet does require the costs will be shouldered by each person attending. I will register those who want to attend (because the teams must register together). The registration deadline is Oct 31st. After that date I will have to charge you for those costs, even if you decide not to attend.

Costs

$45 Registration fee
$40 hotel room fee
$$ money for about 3 meals and souvenirs

Please Venmo KnightsXC $85 per athlete or check written to KnightsXC

Coaches/Parents: athletes will not be able to participate unless the Participant Release Form is signed and returned to NXR.Waivers@nike.com. The form must be signed, scanned and emailed to NXR.Waivers@nike.com prior to the start of your respective regional. If the athlete is a minor, we will need parent/guardian consent – the coach cannot sign on the parent/guardian's behalf. Download HERE

Read more: NXR Heartland – entry info **(Coach Allan will register all GFC athletes)**

There are community races (competitive and noncompetitive) for family members interested in racing. Those planning to do this will need to register on their own. Click HERE for registration information for the community race.

We will need some parents to drive and carpool with athletes that want to compete. We will reserve a block of rooms for the athletes and parents, as soon as I know who is traveling. I will reserve a block of rooms: I will assign rooms for athletes, currently (Oct 12th, 13 boys & 4 girls traveling). I need to book rooms ASAP. So if parents you want to be included in the same hotel block, I can reserve you also, but I need to know ASAP. We have had to start staying in Brookings, because all of the hotels in Sioux Falls are sold out a year ahead of time.

Those runners that have traveled to this meet in the past have found it to be a great way to finish the season.

One of my favorite things about attending a meet like this is the chance for our runners to see so many great athletes from other states, and realize just how much they can still push themselves to improve. It is a great incentive for them to train through the winter.

Thank You,

Sean Allan
GFC Knights
Heartland Home page
http://nxnhl.runnerspace.com/