

Hello Knights parents and cross country runners,

Oct 15<sup>th</sup>, 2023

The members of our team have an opportunity to run in one more race after the ND State Meet. On Sunday, Nov 12, 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 11, and return Sunday evening, November 12. **If** enough athletes sign up, we will be taking a charter bus from Triangle Coach Service. There are a limited number of seats (55), so those intending to ride on the bus (parents and athletes alike) need to let me know by **Wednesday, Oct. 18th**. We need to know this early so we have time to arrange transportation and hotel.

**Most likely we will need to carpool down to the meet, with parents driving and providing rides to those don't have parents attending the meet.**

**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 30th. After that date I will have to charge you for those costs, even if you decide not to attend. We will be traveling with Red River's team (if we have a bus) to this event but will be running under separate club names.

### **Costs**

\$40 Registration fee  
\$45 hotel room fee (this number may also change slightly)  
\$55 for Bus (if riding on charter)  
\$\$ money for about 3 meals and souvenirs

Coaches/Parents: athletes will not be able to participate unless the Participant Release Form is signed and returned to [NXR.Waivers@nike.com](mailto:NXR.Waivers@nike.com). The form must be signed, scanned and emailed to [NXR.Waivers@nike.com](mailto: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 Regional - Meet Info - 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.

I will reserve a block of rooms (hotel TBD -- our previous hotel does not have room). Bus passengers: I will assign rooms for athletes; **adults riding the bus will need to call the hotel and arrange their own rooms with the hotel.** I will send out hotel info ASAP. Anyone traveling on their own will need to make their own lodging arrangements.

For family members riding the bus, \$55.00 + hotel cost (may vary based on adult rooming arrangements).

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/>