

Parents Letter, Week 9, 2023

Hello XC Athletes and Parents,

Thank you to our parents who helped make the 2nd annual Border Battle meet a success! We had parents who helped by bringing items to the bake sale, volunteering to work the meet, or work the bake sale. We could not put on a meet that large without your help. We have received a lot of positive feedback from fans, athletes and coaches about how great the event was.

After a week to recover from the meet, we are hosting the Eastern Dakota Conference Championships (EDC) on Saturday October 14th, with an elementary race (grades 1-6th) starting at 11:30 am. We need our athletes to be at our team tent by 10:30 am. There will be an entrance fee of \$10 for the EDC meet. The amount is set by the North Dakota High School Association. I would suggest arriving early and parking in the neighborhood or riding bike to Lincoln Drive Park. There will be no fan buses or fan parking inside the park.

The top 20 placers in the Varsity races will earn All-Conference honors.

Central cross country is having another bake sale, at EDC. This one is being put on by Central only, so all of the profits will go to both the boys' and girls' teams. We need home baked items again, but please no water or Gatorade, we still have a lot left over from the BB.

The Sande's are hosting a pasta feed on Friday the 13th, they are providing all of the food and treats!

Monday: Long Run

Tuesday: Speed workout

Thursday: Speed workout

Friday: Pasta Dinner at Sande house at 6:00pm, the address will be sent out on GroupMe

Saturday: EDC Championships at Lincoln Park Drive.

NO fan parking will be allowed inside Lincoln Drive Park with the exception of those needing handicapped parking.

After EDC, we have the State Cross Country Meet, in Jamestown Oct 28th. We can only run 10 athletes and bring two alternates to the State Meet. We will inform the boys at our team meeting on Monday, Oct 16th, who will be running. Those not qualifying for the state meet are encouraged to keep practicing with the team if they want to run at the Heartland Nike Regionals, in Sioux Falls, SD on Nov 12th. [Website link](#)

I will be posting more information on this meet on our website this week.

Thank you

Sean Allan GFC Boys

If there are any questions, feel free to reach out