Boys Parents Letter 2026 XC Week 5th – Oct 10th

Hello XC Athletes and Parents,

Thank you to all the parent that helped make the 2026 Border Battle successful. It was a great day and we received a lot of positive feedback about the event. We would have not been able to host this event without your help!

The boys are preparing for the EDC Championships this Saturday at Lincoln Drive Park, on the same course as the Border Battle. We are stressing they get plenty of sleep and think positively about the meet.

The boys have a goal of placing 2nd , Boys that place in the top 20 of the Varsity race will be All-Conference. The top 20 in the middle school race will earn All MS Conference honors.

The EDC championships will be the end of the season for some of our athlete, since we are only allowed to run 10 boys, and 2 alternates at the state meet on in two weeks, Oct 24th, in Jamestown. Boys that want to run at Nike Heartland Regionals Nov 9th, in Sioux Falls, SD are invited to keep practicing.

Bismarck is hosting the 3rd annual MS State Meet Championships on Oct 17th. This is not a NDHSAA sponsored event so our school district will not provide a bus for us to compete in this event. I would really like to take our 7th and 8th grade boys to this meet. I plan on traveling, but will need at least another parent who are willing to carpool our boys to this meet. I will pay the entry fee out of the money we earned from our Border Battle fund raising. The boy's race is at 1:30 pm, we will leave at 8 am from Coach Allan's house, 2220 University Ave.

Nike Heartland Regional Meet (NXR)

The members of our team have an opportunity to run in one more race after the ND State Meet. On Sunday, Nov 15th 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.

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 to be covered by each person attending. I will have more information about this meet soon. Also, be aware all of the races are 5k.

***Any athlete that wants to race at NXR but does not make the state team will continue to practice with the team.
Nike Heartland Home page
http://nxnhl.runnerspace.com/

If there are any questions, feel free to reach out.

Thank you,

Sean Allan GFC Boys XC