

East Ridge Cross Country Club
Nike Cross Regional Heartland Meet - Sioux Falls, SD
November 12, 2017

Website for more information: <http://www.runnerspace.com/nxn>

- The Heartland Meet is one of 8 regional cc meets held throughout the country sponsored by Nike
- The Heartland Meet includes runners from: MN, NE, ND, SD, WI, IA, KS
- It is held on Sunday, Nov. 12th at Yankton Trail Park, Sioux Falls, SD
- Runners can run as a team of 5-7 runners or run individually.
- There are several different races: ERCCC will register for the race that is most appropriate for the runners that sign-up.
- Anyone can participate in Nike Regionals. There are even community races for parents and siblings.

Nike Cross Nationals

The top 5 individuals and two teams of each gender from each Nike regional meet qualify for Nike Nationals in Portland, OR in December, 2017. ERCCC girls team qualified in Dec. 2013!

East Ridge's Involvement in the Nike Cross Regional Heartland Meet

- The Nike races are not school-sanctioned events. All expenses are paid by the runner. Estimated costs: Entry fee: \$35.00, pasta dinner on Saturday evening \$20.00, uniform - new ERCCC singlet (price tbd), hotel.
- The ER coaches will not be training or chaperoning the runners - other than their own children.
- All ER runners MUST have a parent or parent-designated chaperone with them in order to participate in the Nike Heartland meet.
- Runners are "unattached" - they cannot wear school uniforms and cannot be called by their school name. We are the "East Ridge Cross Country Club" (ERCCC). The club will design a uniform singlet which each runner who is part of a team will purchase. Kids who run independently do not need to purchase a singlet and can wear whatever they want (just not a school uniform). The singlets will be new this year so kids who have purple singlets from past years will need to purchase a new one this year.
- This is not your normal CC course, it is generally flat with a few man-made hills to navigate. Everyone runs 5K! (Check out the videos on NXN's website).
- The top 5-7 boys and top 5-7 girls from ER that want to participate will be placed on teams. Additional teams can be created if there is enough interest. If not, runners can still race as individuals.
- Runners/Chaperones leave Saturday, November 11th at 9 a.m. (caravan together).
- Runners get to run through the course early Saturday afternoon when arriving in Sioux Falls.
- Runners/chaperones check into hotel and those who have registered prepare for the pasta party.
- Runners/chaperones return late Sunday, November 12th after the races.
- As soon as we have a commitment from runners/chaperones we will get a block of hotel rooms. Prices range from \$120-\$150.

Interested? Sign-up at practice or email Coach Gramer by Saturday, October 14th!

Questions? Email Coach Gramer gramerfamily@comcast.net or talk with Michael Merthan and other runners who have gone before.

Commitments Needed by Saturday, October 14th! in order to get hotel reservations