

NIKE REGIONAL HEARTLAND RACE-NOVEMBER 9-10. 2019

I am reaching out with information about the **Nike Heartland Regional Meet scheduled for November 10, 2019, in Sioux Falls, SD.** Teams from five states compete with the hope of winning a free trip to Nike Nationals, held at Nike headquarters in Portland, Oregon. **All MHS runners** are welcome to participate (not required).

Because of MSHL rules, this event is not coordinated through the MHS Athletic Department or coaching staff. These rules prohibit coaches from coaching during these weeks after the official season has ended. A few cc parents will be working with interested runners to coordinate the details of the meet and training post season. Because this isn't school sanctioned, the cost of participation, lodging, and meals will be the responsibility of the runner and her family. Typically, these costs run about \$80-100. **This year we are also considering chartering a bus to the meet, rather than relying on carpooling. MORE TO COME!**

You can visit <https://nxrhl.runnerspace.com/> for more information about the race.

WHAT WE NEED:

Please confirm your participation **by Monday, September 23.** **You can drop me an email or have your daughter sign-up at practice.**

We have rooms reserved for the team at Towne Place Suites (Homefield Drive) for November 9, 2019. **We need to have these rooms paid for by Friday, September 27.** I will handle payment for the girl's rooms at this stage. This hotel will be a significant upgrade in location, amenities and cost from last year. The Minnetonka boys team will also be staying at this location.

We have booked enough rooms for the girls to stay 4 to a room. Families are not required to come, **but if you would like a room, please let me know ASAP.** Once we have a runner count, we will be able to confirm how many of the 14 rooms in our block are available to families. I will be able to give those families interested the room registration link early next week. I should also mention that there is a 48 hour in advance cancellation policy.

Thank you again for confirming your participation and hotel needs **ASAP.** For those who have not been to this race before, it is an exciting way to end the season.

Thanks,

Sarah Johnson (Annalise's mom)

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