



Nike Cross Regionals (Heartland)

Here is the website for more information: <http://www.runnerspace.com/nxn>

- Is one of 8 regional cc meets held throughout the country sponsored by Nike
- We are in the Heartland region.
- Runners come from : MN, NE, ND SD, WI , IA , KS
- It is held on Sunday Nov 9th in Sioux Falls, SD.
- Runners can run as a team of 5-7 or run individually.
- There are several different races. ERCC registers for the championship race, teams/runners are then placed in appropriate races by Nike officials based on entry times. 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 addition, a few “at large” teams will also qualify. Nike Nationals is Saturday Dec 6th in Portland OR.

East Ridge’s Involvement in the Nike Cross

- The Nike races are not school sanctioned events. All expenses are paid by the runner.
- The ER coaches will not be training or chaperoning the runners.
- 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 not be called by their school name. We are the “East Ridge Cross Country Club”. The club will design a uniform singlet, which each runner will purchase.
- This is not your normal CC course, it is flat with several hay bales and whoop de dos to navigate! Everyone runs a 5K! (Check out the videos on NXN’s webpages)
- The top 7 boys and 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 Sat Nov 8th 9:00 am and return late Sunday Nov 9th.
- Clubhouse Hotel and Suites 1 866 534-8700 is where we are planning to stay, please get your rooms now because the hotel fills up.

Important Dates

- **10/3/14** Verbal commitment due
- **10/25/14** Financial commitment due

If your runner is interested please contact Carolyn Betz CarolynBetz@comcast.net or Deb Schiferl wdschiferl@msn.com