

FOR IMMEDIATE RELEASE



For More Information:  
Tanya Lopez  
310-736-3723

## LOCAL CLUBS COMPETE IN REGIONAL QUALIFIER FOR NIKE CROSS NATIONALS

*Southwest Regional Championship Held in Tempe, AZ*

**WHAT:** This weekend, high-school-aged cross country athletes from across the Southwest will come together in Tempe to toe the line in the Nike Cross Nationals (NXN) Southwest regional qualifier for the chance to compete in the NXN national championship. NXN is the only club team and individual national championship in high school cross country, giving high-school-aged cross-country athletes the opportunity to vie for a national club and individual title.

The regional championships will be completed November 15-29, with the 2008 Nike Cross Nationals held on Saturday, December 6, at the Portland Meadows race track in Portland, Ore. Nine regions--Midwest, Northwest, Heartland, Southwest, South, Northeast, Southeast, California and New York--will each send the top two teams and top five individuals to the national meet.

**WHEN:** November 22, 2008  
8:45 a.m.: Boys' Freshman-Sophomore 5K  
9:15 a.m.: Girls' Freshman-Sophomore 5K  
9:45 a.m.: Boys' Open 5K  
10:15 a.m.: Girls' Open 5K  
11:15 a.m.: Boys' Championship 5K  
12:00 p.m.: Girls' Championship 5K

**WHERE:** Kiwanis Park  
Tempe, AZ

**WHO:** *Top local high school boys' and girls' cross-country club teams from across the Southwest*  
(Athletes from Arizona, Utah, Colorado, New Mexico, Nevada and Wyoming)

*Nike Athlete Abdi Abdirahman*

With personal bests at both 5,000m (13:13.32) and 10,000m (27:16.99), Abdi has been a fixture on the U.S. distance running scene for the last decade, and a leading figure in the resurgence of American distance running in international competition. His resume on the track includes three consecutive Olympic births at 10,000m and four outdoor USA titles at that same distance. Abdi has also been a dominant force off the track, winning on the road at the 2005 U.S. 10 Mile Championships and 2007 U.S. 10K Championships. He has personal bests of 61:07 in the half marathon and 2:08:56 for the marathon. Abdi has also competed at the USA XC Championships and four times at the World XC Championships. In addition to his support of the Southwest NXN Regional Championship, Abdi will be the captain of the Southwest qualifiers at this year's Nike Cross Nationals event in Portland, Oregon.

**WHY:** As the only club team and individual national championship in high school cross country, Nike Cross Nationals brings together the top high-school-aged, cross-country club teams and athletes in America to celebrate the sport, the spirit of teamwork, and the individual commitment and perseverance of young athletes. The NXN is part of the larger Nike Nationals championship series established in 2004 to help strengthen the national circuit for high school cross country and celebrate the sport. For more information, including results and photos from the NXN regional championships, visit [www.nikecrossnationals.com](http://www.nikecrossnationals.com).

###

### About Nike

NIKE, Inc. based near Beaverton, Oregon, is the world's leading designer, marketer and distributor of authentic athletic footwear, apparel, equipment and accessories for a wide variety of sports and fitness activities. Wholly-owned Nike subsidiaries include Cole Haan, which designs, markets and distributes luxury shoes, handbags, accessories and coats;

Converse Inc., which designs, markets and distributes athletic footwear, apparel and accessories; Hurley International LLC, which designs, markets and distributes action sports and youth lifestyle footwear, apparel and accessories; and Umbro Ltd., a leading United Kingdom-based global football (soccer) brand.

For more information, visit [www.nikebiz.com](http://www.nikebiz.com)