HEIDI (JACKELS) NICKEL

Heidi Nickel was a member of several state championship teams and runner-up teams during her high school athletic career.

* **Cross Country**: State Champions in 1988 and 1989

* **Track**: 3200 meter relay State Runner-Up in 1988 and State Champions in 1989

* **Basketball**: State Runner-Up in 1988 and State Champions in 1989

Heidi competed at the varsity level in Cross Country and Track beginning in 7th grade and was on the varsity basketball team beginning in 8th grade. She was a basketball starter from 9th through 12th grade.

As an individual runner, Heidi qualified for the State Cross Country meet from 7th grade through her senior year. Her best individual finish at the State Cross Country meet was 8th place. In track, her best State finish in the 3200 meter run was 6th place.

In basketball, Heidi found her strengths in defense and ball handling. Heidi did not make many friends on the court as she held the record for steals for many years. Her running skills and endurance also came in handy on the basketball court.

Heidi was a natural when it came to running. When she was introduced to Cross Country in 7th grade, the coach had her train with the boys. She was small and basically told to run fast and try to stay up front with the pack.

Track was more of a grind. At most Track meets, she competed in the 3200 meter run, 1600 meter run, and 3200 meter relay. She holds the following school records: 1600 meter run, 3200 meter run, and is a member of the school record holding 4 x 800 meter relay team.

Throughout her high school career, Heidi received numerous All Conference honors in all 3 sports and was named All-State in Cross Country twice.

After many years of running and maintaining a daily workout routine, Heidi took some time away from competitive racing. Several years later, after completing a few 5K and 10K road races, she challenged herself by running the Twin Cities Marathon in 2005 and 2006.

Today, Heidi and her husband, Jamie, live in Plymouth with her 2 children: Kiana and Keegan. They stay active by working out at the gym, playing golf, playing pickle ball, traveling, and enjoying Minnesota sports.