



2023

Newsletter

Race 2

June 12-Ryder Park



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9 Races



• DATE (LOCATION)

- ~~June 5 (Tautphaus)~~
- June 12 (Ryder)
- June 19 (Freeman)
- June 26 (Sandy Downs)
- July 17 (Tautphaus)
- July 24 (Freeman)
- July 31 (Ryder)
- Aug 7 (Freeman)
- Aug 12 (MUD RUN)

• Schedule for races:

- Competitive 8:00 AM
- Open: 9:00 AM
- Open Jr.: 10:00 AM

First 10 minutes will be warmup/walkthrough of course. Then about 30 minutes of race time.

AWARDS

- Explorer: (Attempt 1st Race)
- Adventurer (10 Points)
- Ultra (20 Points)
- Beast Mode (30 Points)
- Destroyer (40 Points)

Competitive Division



- The Competitive Division will race at 8am. This will be a race to complete 2 loops of the course as fast as possible. Times will be recorded.
- The Competitive course will include all of the Open Course and its obstacles, but will also have an additional loop with at least 1 more challenging obstacle.
- No help is allowed on the competitive race and obstacles must be completed. Some obstacles will have a penalty loop. If an obstacle with a penalty loop is failed, then the participant must complete the penalty loop before continuing.
- There will be end of season awards for all participants who attempted competitive as well as the Top 3 in each Age Division.
- ALL KIDS PARTICIPATING IN COMPETITIVE RACES ARE ALSO WELCOME TO RUN AT 9AM or 10AM in an OPEN DIVISION FOR FREE!

Girls Division	Boys Sr. Division	Boys Jr. Division
1 st -Lila Romney	1 st -Taylor Heston	1 st -Mason Smith
2 nd -Lexie Smith	2 nd -Benjamin Call	2 nd -James Brown
3 rd -Elena Hodson	3 rd -Nathan Hodson	3 rd -Kal Comstock

Week 2 Race Details

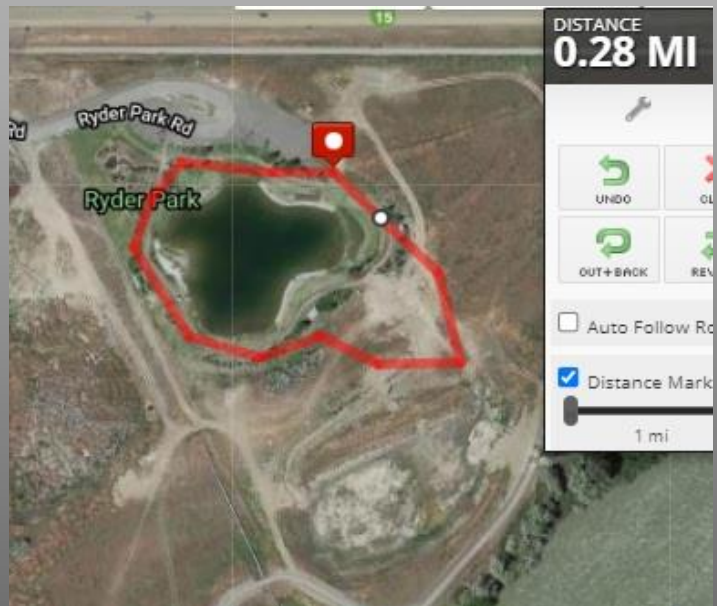


Week 2's Race will be at Ryder Park. We will start North of the main fishing pond and loop around it. Look for the Grit League flags.

We will have a check in table where you can pick up your shirt, metal water bottle and Explorer award. You will also be asked if you completed the Week 2 Challenge. If you did, you can pick up your first wristband. You do not need to bring your ticket. We will have registration lists with your name and the number of races you purchased.

Course Map

The Obstacle Route will be completely marked with Caution Tape. You will be given a paper wristband to wear, each time you complete a lap, get a mark on your wristband so that you can get credit toward the Awards. If you walk most of the time, you will likely get 3-4 points. If you run most of the time, you can get up to around 10 points.



Week 2 Challenge



- **Each Week Grit League Participants Can Earn a Wristband by Completing a Special Challenge. The Challenge is Completed at Home or before the Race. You can pick up their wristbands at the check-in table before the race.**
- **Week 2 Challenge: Dead Hang-5 Minutes Accumulated**
 - **Set a timer. Hang from a bar or something as long as you can without a break. When you need a break, pause the timer, do 3 burpees, and rest for as long as you need. When you are ready to go again, start timer and hang again. Do 3 burpees every time you need a break.**

TRAINING PLAN (Optional)



- Day 1- 30 minute easy run (run slow, if you get out of breath, walk for a bit. For now it doesn't matter how fast you go, just start building your fitness).
- Day 2 – 100 Jumping Jacks, 100 Pushups, 100 Burpees
- Day 3- 30 minute easy run (if you can't talk you are going too fast, remember this is training for the race, it is okay to walk, you will build up endurance for later).
- Day 4- 100 Squats, 100 Situps, 100 Burpees
- Day 5- Rest Day
- Day 6- 30 minute weighted walk (find a backpack, fill it with books until it feels heavy, then go for a walk while carrying it).
- Day 7- 100 Jumping Jacks-15 minute easy run
- Day 8- Race Day
- Day 9 REST



Some of you may have heard that Coach Dan has been hired by Spartan Race to be one of it's Kid's Leads. Basically, Dan travels the Country putting on 1 Spartan Kids Race per month. He will be at the Utah Spartan on July 8-9, 2023. He has designed the course and will be building and Directing the kids' race for that event.

He would love to see you at the race! The race is in the mountains near Ogden at Snowbasin Ski Resort. You can get more details at www.spartan.com.

When you go to register you can get a discount by using Dan's Spartan Code: SGX-230870. (This works for Kids and Adult Races).

The Other Stuff



• Other Info

- If you have questions please feel free to call or text Dan (208)206-5588 or send us an email at gritleague@gmail.com.
- NOTE ABOUT DIVISIONS: Our divisions are "Open" meaning that there are not required ages. If you have several kids of varying ages, you can bring all your kids at one time. Difficulty will vary.
- You can also add additional races throughout the season. Just go back to the gritleague.eventbrite.com registration page or talk to Dan.

• Sponsors!!!

- We love our sponsors! Their help gives us the freedom to do more for the kids! These local business help us get as many kids as possible off the couch and active, not just at Grit League races, but at our school and community events as well!

