

GRIT LEAGUE NEWSLETTER

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10th Year of Grit

This will be our 10th Season of bringing challenging and exciting obstacle courses to Eastern Idaho! What started as an idea on Dan's plane flight back from China in 2016 has grown into an Eastern Idaho Community Staple!

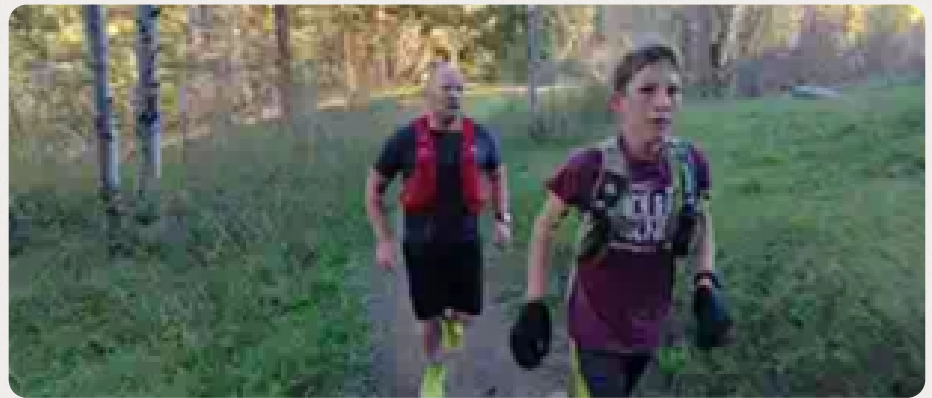
SCHEDULE

June 10 (Tautphaus Park)
 June 17 (Freeman Park)
 June 24 (Highland Park)
 July 1 (Sandy Downs Park)
 July 8 (Heritage Park)
 July 15 (NO RACE)
 July 22 (Tautphaus Park)
 July 29 (Highland Park)
 August 5 (Freeman Park)

JULY 18 (FAMILY MUD RUN @SANDY DOWNS)

familymudrun.eventbrite.com

Any Grit League participant can run the Family Mud Run for Free! Parents and others wishing to run must register.



Warrior Spotlight!

We started Grit League to help kids get off the couch and become Warriors!

We have had many kids go through Grit League and develop a love for racing, outdoors and adventures.

This week I wanted to spotlight James "The Warrior Kid" Brown. He's been running competitive Grit League Races for many years now. He's also helped me (Dan) hike gear into a remote Aid Station in

an almost inaccessible location in the middle of the Pioneer Mountain Range for the Standhope 100 Mile Race.

Jame has a Youtube channel that highlights some of his many outdoor adventures. If you want some great videos to inspire your kids to get out and adventure, go to Youtube and subscribe to his channel! You can search "James the Warrior Kid" or @jamesthewarriorkid9587.

Hiking-Cress Creek Nature Trail

If you want an easy, family-friendly hike you can go and check out the Cress Creek Nature Trail by Kelly Canyon. Just search it on google. If you want something a little more challenging, Stinking Springs Trail is in the same area.



Sponsor Shoutouts

You'll notice our obstacles are freshly painted and that we've got several new ones as well. We couldn't do it without great sponsors who help provide funding for us to be able to do that, while still keeping races affordable.

This year our biggest sponsor is Teton Toyota. They have been a sponsor of ours for many years and continue to support us. We also received support from ICCU and The Hartwell Corporation!



Run a Mile, Eat a Donut, Repeat at the Duck Donuthon on June 20.

<https://runsignup.com/Race/ID/Ammon/DuckDonuthon>

Grit League Store (1 Lap=1 Point)



Hats=25 Points



Nice Cinch Sacks=25 Points



Cinch Sacks=15 Points



Cups=10 Points

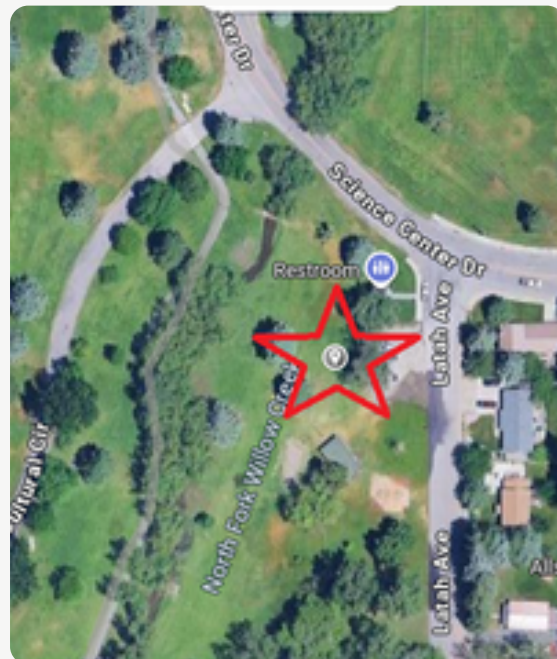


Wristbands=5



Stickers=3 Points

More to Come!!!



Race Preview

Freeman Park

Freeman Park is one of Dan's favorite parks in Idaho Falls. We will be using the Northwest corner of the park and running through the creek! Prepare your kids to get wet this week.

Google Pin:



Join us at the Farm Life 5k a Farm Themed Fun Run on August 1 to support the Bonneville County Fair

<https://runsignup.com/Race/ID/IdahoFalls/FarmLife5k>

Get Involved!

We are always looking for volunteers. Volunteer for a race (or setup/takedown) and get a free race. Send us an email at gritleague@gmail.com for details.