



Annual Newsletter

2022

What's Inside

- 2022 Schedule in Idaho Falls and Pocatello
- Registration Info for 2022
- Weekly Race Details
- **NEW Awards for 2022**
- Other Race Information
- The Mud Run
- Sponsors

12 Races PLUS Mud Run



- **Spring (Evenings)**

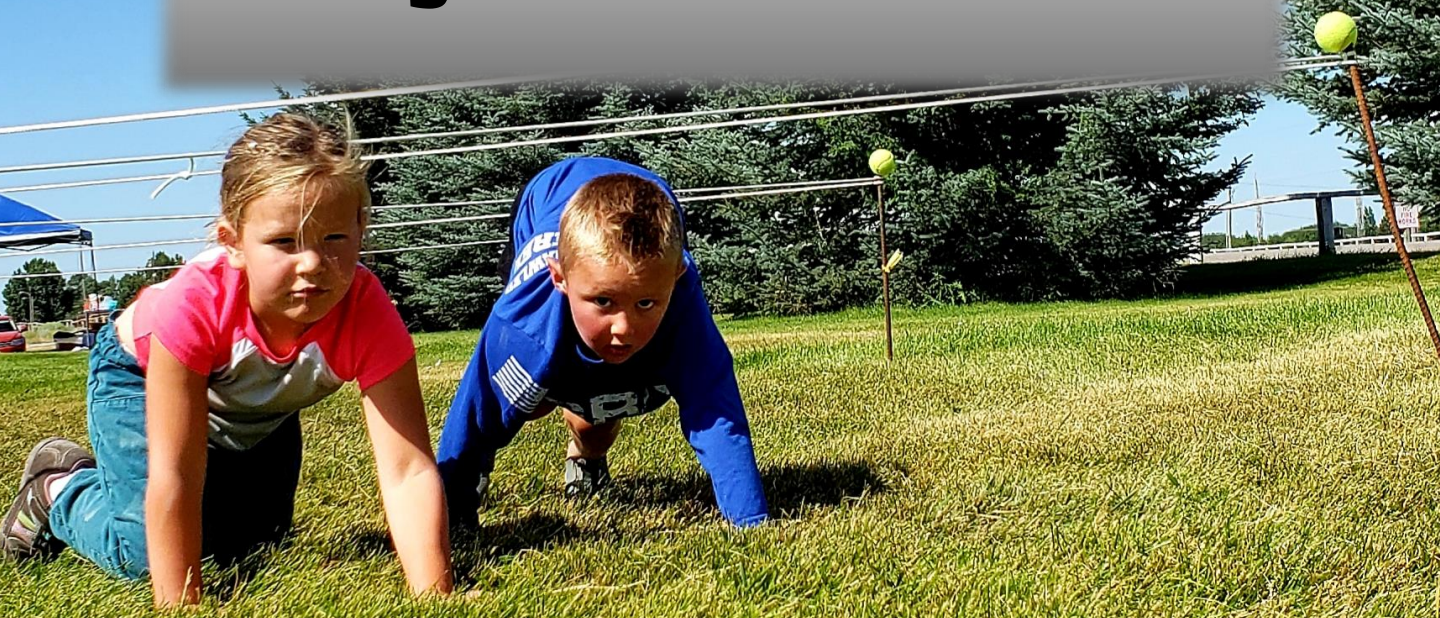
- May 4 (IDAHO FALLS-Tautphaus)
- May 11 (IDAHO FALLS-Sandy Downs)
- May 18 (IDAHO FALLS-Freeman)

- **Summer (Mornings)**

- June 8 (POCATELLO-Centennial)
- June 15 (IDAHO FALLS-Ryder)
- June 22 (IDAHO FALLS-Tautphaus)
- June 29 (IDAHO FALLS-Freeman)
- July 6 (POCATELLO-Centennial)
- July 13 (IDAHO FALLS-Ryder)
- July 20 (IDAHO FALLS-Tautphaus)
- July 27 (IDAHO FALLS-Freeman)
- August 3 (POCATELLO-Centennial)

- **AUGUST 13-MUD RUN (Sandy Downs)**

Registration For 2022



For 2022 we are bringing back flexible registrations. You can use the “Packs” to sign up for however many races fit your schedule. You can also share races between family members (but you’ll only get 1 shirt/award set)

- **9 Race Pack**

- **COST: \$105**
- Includes T-Shirt + Metal Water Bottle + Awards + Entry into MUD RUN.
- Also get all three races in Pocatello free!

- **6 Race Pack**

- **COST: \$80**
- Includes T-Shirt + Metal Water Bottle + Awards + Entry into MUD RUN
- Also get two free races in Pocatello!

- **3 Race Pack (Pocatello or Idaho Falls)**

- **COST: \$45**
- Includes T-Shirt + Metal Water Bottle + Awards + Entry into MUD RUN
- Also get a free race in the other City!

- **Single Race**

- **COST: \$15.00**

Register at www.gritleague.com or gritleague.eventbrite.com

Use Promo Code **EARLYBIRD** when registering before January 31 to get 20% off!!!

Regular Races 2022



• Open Divisions

- Due to COVID we are still only offering "Open" style divisions for 2022.
- OPEN JR: (Recommended for Preschool-4th Grade)
 - May 5:00 PM
 - June-July: 10:00 AM (*9:00AM Poky)
- OPEN (Recommended for 2nd Grade-8th Grade)
 - May 6:00 PM
 - June-July 9:00 AM (*8:00am Poky)
- OPEN SR. (Recommended for 6th Grade-High School)
 - May 7:00 PM
 - June-July 8:00 AM (*8:00 AM Poky)

• AWARDS

- **Explorer** (Attempt your first race)
- **Adventurer** (Accumulate 15 points)
- **Ultra** (Accumulate 30 points)
- **Beast Mode** (Accumulate 45 points)
- **Destroyer** (Accumulate 60 points).

• Scoring

- We will be keeping score this year. Each lap will count for 1 point. After the race, participants will report in laps completed. These won't be published, but will lead to awards for those that want them.

• Obstacle Completion

- For the Open Division, we encourage participants to complete, or at least give their best attempt at every obstacle or to complete the penalties if they can't complete an obstacle, but obstacle completion is not mandatory.

• Wave Starts

- Participants will start races spaced out from each other and will start in small waves. The timer won't start until the last wave is on the course.

• Flexible Age Groups

- For Open Divisions age ranges are flexible. So if you have a 2nd grader and a 4th grader, they could both race in the same division so that you only come for 1 hour. They can also switch week to week which one they come to.

AWARDS



Explorer Badge: Given to those who are willing to try hard things. All participants will receive this badge at their first race.



Adventurer Badge: Given to those who have shown an adventurous spirit by earning at least 15 points!



Ultra Badge: Given to those who have stretched themselves and shown their toughness by earning at least 30 points!



Beast Mode Badge: Given to those who have raced with GRIT and gone far beyond what is normal by earning at least 45 points!



DESTROYER BADGE

Only a select few, if any, will earn this badge. Given to those who have destroyed our courses and shown themselves to be unstoppable!

Other Race Information



• Weekly Challenges

- We will have weekly at home challenges again (things like “1 mile barefoot run”, “20 hydroburpees,” etc.) so that kids can earn a unique wristband each of the 9 weeks. We will only bring each wristband once, so if they miss a race, we still want them to do the challenge, but they won’t be able to get the wristband later.

• Weekly Newsletters

- We will send out a Newsletter about 5 days before each race. The Newsletter will have details for the challenge, a map for the upcoming week.

• Volunteers

- We love having volunteers! They help a ton with race set up, checking kids in, enforcing rules on the course, etc. All volunteers receive a free registration based on the number of races they volunteer for (IE if you commit to help with 3 races, you’ll get a free 3 pack).

The Mud Run

- **August 13, 2022@ Sandy Downs Park in Idaho Falls**
- Grit League Participants get a Free Entry.
- This race is for all ages (including parents/adults).
- More details will be coming soon!!!!



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! If you know someone who wants to be sponsor, please send them our way. Sponsors help us keep our prices low and also help us provide better prizes and awards to our participants!

