

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.



Farm Life 5k at the Fair

For the past few years Grit League has put on a "fun run" style 5k for the Bonneville County Fair, located just south of Sandy Downs.

The "Farm Life 5k" starts and ends at the Bonneville County Fair. About half of the course is paved road and the other half is a dirt road/track on the South side of Sandy Downs Park. It also includes just a little bit of sand running to get to the 5k distance.

Because this is a fun run, it isn't officially timed, but all finishers

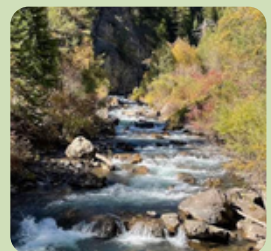
will get a mini-cowbell medal and free breakfast at the Fair.

It only costs \$10 to enter until July 1. After July 1 it's \$15. Proceeds go to benefit the Bonneville County Fair!

You can register or donate at <https://runsignup.com/Race/ID/IdahoFalls/FarmLife5k>. There is also a Free Grit League Course set up at the Fair. Your kids can run it while you run the 5k if they don't want to run that far. The race is on **August 1, 2026 at 7:30 AM.**

Hiking-Palisades Creek

About 1 hour from Idaho Falls is a popular hiking trail at Palisades Creek. Along the hike the creek is a prominent feature, with several places along the way to cool off in the water. About 3 miles up is Lower Palisades Lake, where there are often moose. About 6 miles up is Upper Palisades Lake. Just google "Palisades Creek Trailhead" for details.



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!



A Winter Backyard Ultra. Run 4.167 miles every hour until only one person is left!

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

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

Sandy Downs Park

Sandy Downs Park is on the South side of Idaho Falls. We will run on the grass, as well as in the Sand Dunes themselves. If it's a hot day it can be a difficult course. If it's nice weather your kids may want to stay and play on the Sand Dune!

<https://maps.app.goo.gl/8WfLcHRkWcTEbrBb6>



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.

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