2022

Newsletter

Summer

END OF SEASON

What’s Inside

- Overall Schedule
- Week 12 Race Details
- Week 12 Grit Challenge Details
- New Badges
- Family Mud Run Details
- GrizzX Details
- All the Other Stuff

WINTER GRIT LEAGUE

- **DATE**
  - **Monday, Jan 9, 2023**
  - **Monday, Jan 16, 2023**
  - **Monday, Jan 23, 2023**

- **LOCATION**
  - **Bonneville County Fairgrounds (Exhibition Hall), Idaho Falls**

- **SCHEDULES**
  - **5:00 PM OPEN JR. (Recommended for Kindergarten through 3rd Grade)**
  - **6:00 PM OPEN SR. Recommended for 4th Grade through HS.**

- **REGISTER AT**

wintergritleague.eventbrite.com

PRICES

1 Race=$15

3 Races=$45 (includes long sleeve Grit League shirt and Color Changing Water Bottle.

AWARDS

- Artic Explorer:
  - (Attempt 1st Race)
- Viking (10 Points)
- Yeti (20 Points)
- Shackleton (30 Points)

COURSES

The course are a mix of indoor and outdoor running.

More Winter Details

We are excited to be able to bring back Winter Grit League! We had a lot of fun last year at the Bonneville County Exhibition Hall figuring out the challenge of putting on a winter race in Idaho (where the weather isn't so much unpredictable as it is predictably bad. We had one race that was completely indoors because it was cold, windy and snowing, however, the other races were a mix of indoor and outdoor.

Similar to Summer Season races where the kids earn badges for completing laps, we have a set of Winter Badges that can only be earned at winter races. We also have special winter challenges to earn winter Grit Bands! For winter we've found some really cool color changing sport water bottles where kids can collect their badges.

GRIT LEAGUE & SANDCREEK MIDDLE SCHOOL CHEER

FAMILY MUD RUN!

Our Family Mud Run will be on August 13, 2022! All Grit League kids, registered for 2 or more races, get FREE entry (this includes those in Pocatello). Additionally, if you want to run with your kids as a family you can use the Promo Code "GRITFAMILY" to get 50% off of an individual entry or family pass.

This year we'll be partnering with Sandcreek Middle School's Cheer Team to make it extra fun and epic!!!

For more details and to register go to

familymudrun.eventbrite.com.

TRAIL 2 SPARTA

SNACK N' SNO

TETON AUTO GROUP

SODA TSUNAMI

Elison & Wood ORTHODONTICS

MORE MUD RUN DETAILS

- At the Mud Run Participants will complete as many laps as possible in 45 minutes. The course is about ½ mile long with a bunch of obstacles and a ton of mud!
- For every lap you complete you will get a raffle ticket to put in a jar that corresponds to the prize you want to win. Immediately following each heat, we'll draw the raffles.
- There will be 2 hoses/sprayers near the finish line where you can wash up a bit.
- The bathrooms are a short walk across the parking lot.
- The Sandcreek Cheer team cleans up trash around the park before the event and then help us put it on. They will also be running with the noon group! Several businesses have pledged to donate for each lap the Cheerleaders complete, make sure the cheer them on if you see them on the course!
- After the Event Grit League donates 50% of the registration proceeds to the Cheerleaders for cleaning up the park, finding raffle prizes and helping us put on the event.

SKYLINE GRIZZ
CROSS COUNTRY TEAM

GRIT LEAGUE

GRIZZ X

OBSTACLE RACE- AUGUST 5, 2022

On August 6, 2022, in the morning at Skyline High School, Grit League is partnering with the Skyline Grizzly Cross Country team for a fundraiser. 80% of all registration proceeds will go to the Cross Country Team.

We will have a 1 mile long course with 10+ Grit League obstacles. You will have 1 hour to complete as many laps as you can. For each lap completed you will get a raffle ticket to try to win a bunch of great prizes! Plus there will be awards for the winners.

Individual: $10
Family: $25
Donations Welcome

Register at:

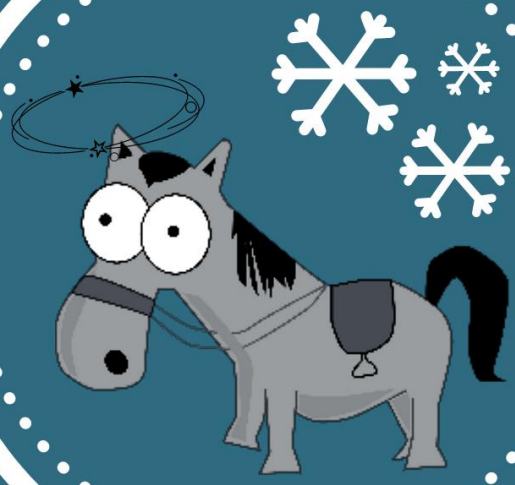
Grizzx.Eventbrite.com

TRAIL2SPARTA

DECEMBER 9

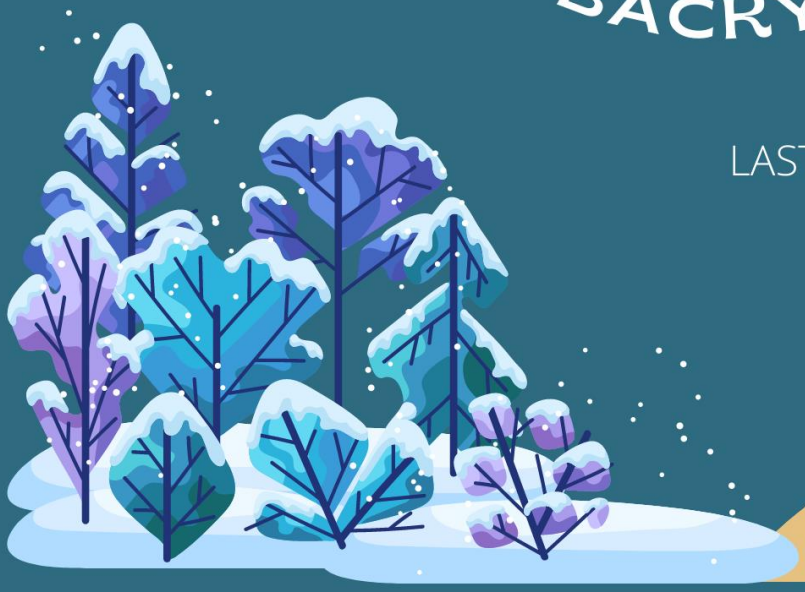
IFTR
Idaho Falls Trail Runners

DIZZY HORSE



A WINTER BACKYARD ULTRA

10:00 AM Start Time
4.167 Miles/Hour Every Hour
LAST MAN/WOMAN STANDING WINS
Bonneville County Fairgrounds



Register at
WWW.TRAIL2SPARTA.COM

TETON AUTO GROUP

hi HOMES OF IDAHO

GRIT LEAGUE

THE BEARDED REALTORS

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!

TETON AUTO GROUP

BODY CROSSFIT AMROCK MECHANICS

ELISON Orthodontics

FLIP & TWIST FAMILY AGILITY TRAINING CENTERS