



# 2023

**Newsletter**

# Race 4

**June 26 Sandy Downs**



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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 1<sup>st</sup> 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 <sup>st</sup> -Lexie Smith	1 <sup>st</sup> -Taylor Heston	1 <sup>st</sup> -Mason Smith
2 <sup>nd</sup> -Lily Jackson	2 <sup>nd</sup> -Benjamin Call	2 <sup>nd</sup> -Grady Bates
	3 <sup>rd</sup> -Brock Larsen	3 <sup>rd</sup> -James Brown

# Week 4 Race Details

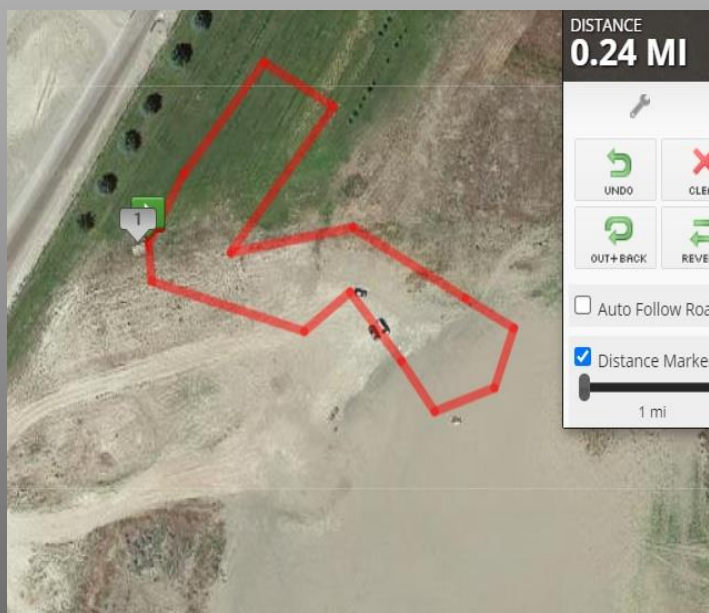


Week 4's Race will be at Sandy Downs Park. There will be some grass, some dirt and a lot of sand!

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 4 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 4 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 4 Challenge: 30 Burpees +++**

- **For this challenge you will do 30 burpees. However, you must fill your mouth with water first and keep the water in your mouth. If you lose your water, you lose 5 burpees. (IE if you make it to 15 and lose your water, rest a bit, then start again at 10 burpees). Continue until you get 30 burpees.**



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](http://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](mailto: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](http://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!

