



# 2023

## Newsletter

# Race 8

## August 7-Freeman Park





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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 HIGHLAND PARK~~
- 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> -Benjamin Call	1 <sup>st</sup> -Mason Smith
2 <sup>nd</sup> -Susan Call	2 <sup>nd</sup> -Lincoln Hodson	2 <sup>nd</sup> -Austin Smith
3 <sup>rd</sup> -Elena Hodson	3 <sup>rd</sup> -Caleb Call	3 <sup>rd</sup> -Rylan Riggs



# Week 8 Race Details



Week 8's Race will be at Freeman Park. We are going back into the creek, but with a different course this week (can you tell the creek is my favorite). So have your kids prepared to come and get wet.

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 8 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.





# Week 8 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 8 Challenge: Cold Water Submersion**
  - **For this challenge you must submerge your face in cold water and hold your breath for 1 minute. Every time you need a break to catch your breath do 3 burpees. You can do this in a bathtub with cold water, in a lake, or in the creek at Freeman Park.**



# THE FAMILY MUD RUN IS BACK

brought to you by Grit League and  
Hillcrest's Cheer Team

**A 1/2 MILE LOOPED OBSTACLE  
COURSE RACE, WITH TONS OF  
MUD.**

- Get a raffle ticket for each lap you complete
- Competitive Heat at 10am
- Open Heats at 11am and Noon.

**[FAMILYMUDRUN.EVENTBRITE.COM](http://FAMILYMUDRUN.EVENTBRITE.COM)**

**When :**

**August 12, 2023**

Saturday, 10:00am – 1pm

**Where :**

**Sandy Downs**

Idaho Falls, Idaho

50% of all registration proceeds benefit Hillcrest's Cheer Team  
[familymudrun.eventbrite.com](http://familymudrun.eventbrite.com) - [gritleague@gmail.com](mailto:gritleague@gmail.com)

Any of our Grit League kids can use one of their races to get into the Mud Run. If you have a kid using one of their races for entry, and your family wants to race with them, you can use the promo code GRITFAMILY to get a \$15 credit toward a Family Pass.



# 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!

