

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.



kids tri harder triathlon

The City of Idaho Falls puts on a really cool event on August 8, called the kid's tri harder triathlon.

In this event the kids will swim, bike and run!

For details check out:
<https://www.idahofallsidaho.gov/638/Kids-Triathlon>

This is a great way to introduce kids to the sport of triathlons or just push their limits. Offering 4 different lengths the triathlon has something for everyone. Thanks to our generous sponsors all participants receive a goody bag filled with gifts and savings for around town, a race shirt, bib number, finishers medal, post event breakfast and NEW for 2026 a SWIM CAP thanks to Family First Medical!

Hiking-Japanese Friendship Garden

Right in downtown Idaho Falls is a little place called the Japanese Friendship Garden. It has some fun little walk areas and things to explore. If you want an even longer walk along the river, you can follow the Idaho Falls Greenbelt for many miles.



Mud Run Pics and Vids

Thank you to all who were able to make it to the Mud Run! We had great weather for getting muddy and a very nice turnout.

The City did a great job prepping the pits for us!

The pictures and videos we took from the event have been posted on our Facebook page. Make sure you go and look us up and like our page. Feel free to leave us a review as well if you love Grit League!



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

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

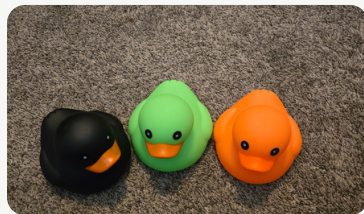
Grit League Store (1 Lap=1 Point)



Fancy Hats=45 Points



Beach Towels=45 Points



Big Ducks=25 Points



Squishy Toys=3 Points

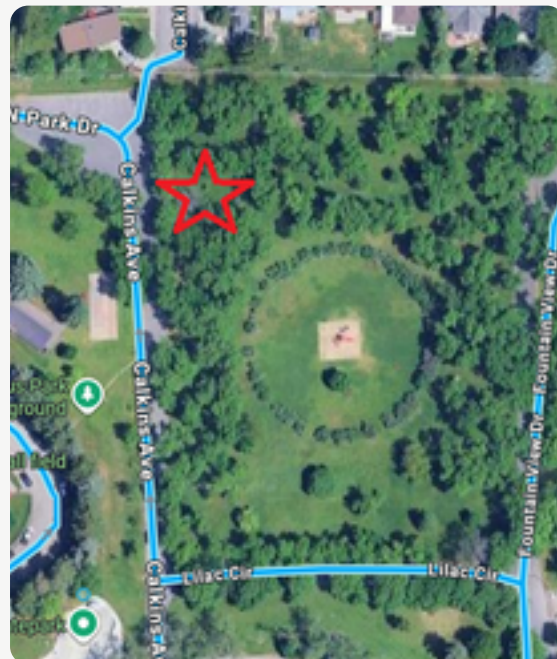


Wristbands=5



Stickers=3 Points

More to Come!!!



Race Preview

Tautphaus Park

This week we will be back at Tautphaus Park in the Lilac Circle Area. It is in the North part of the park. We picked this park because of the summer heat. There is a lot of shade for this race.

<https://maps.app.goo.gl/8WfLcHRkWcTEbrB6>



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.