



2024

Newsletter

Race 6

July 17-**FREEMAN PARK**



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10 Races



• **DATE (LOCATION)**

- ~~June 5 (Tautphaus)~~
- ~~June 12 (Sandy Downs)~~
- ~~June 19 (Highland Park)~~
- ~~June 26 (Freeman Park)~~
- ~~July 10 (SANDY DOWNS)~~
- **July 17 (Freeman Park)**
- **July 24 (Tautphaus Park)**
- **July 31 (Highland Park)**
- **Aug 7 (Ryder Park)**
- **Aug 10 (MUD RUN)**

• **Schedule for races:**

- **Competitive 8:00 AM**
- **Open: 9:00 AM**
- **Open Jr.: 10:00 AM**

AWARDS

- **Explorer: (Attempt 1st Race)**
- **Adventurer (10 Points)**
- **Ultra (20 Points)**
- **Beast Mode (30 Points)**
- **Destroyer (40 Points)**
- **MORE...**

Competitive Division



- For 2024 we are bringing back a 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.
- 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.
- Awards for top finishers will be given at each race.
- After completing the 2 “race” loops. Competitive Runners are permitted to continue accumulating laps until 8:45am in order to earn badges.

Open Division



- For Open Divisions, there are only recommended age groups. For the 9am heat we recommend 2nd grade and older. For the 10am heat, we recommend 2nd grade and younger. We don't recommend younger than 4. If you have multiple children in different age groups, you can pick which one works best for you and come to that one.
- Parents are welcome to help and follow along with their kids in the Open Divisions.
- Races you purchase work like a punch-pass. If you have more races than you need, they can be given to a neighbor or family member visiting from out of town. You can share races between siblings, however, if you buy 1 pass, you only will get one shirt.

Week 6 Race Details



For Week 6 it looks like a blistering hot day. We will be back at Freeman Park, and because it looks to be very hot, we will also be going back into the creek! Parking is in the Northeast corner of the park by the bathrooms.

We will have a check in table where you can pick up your shirt, water bottle and Explorer award. You will also be asked if you completed the 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. Every lap completed will get 1 point toward earning badges (our awards).

If you walk most of the time, you will likely get 3-4 points per race. If you run most of the time, you can get up to around 10 points.



Week 6 Challenge



- **Each Week Grit League Participant 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 6 Challenge: 20 Hydro-situps**

- **Get into some water (bathtub, creek, lakeshore, etc.) it should be at least a few inches deep. Lay on your back in the water and do 20 situps. You don't have to submerge your face.**



SPARTANKIDS



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 20-21, 2024. He has designed the course and will be building and Directing the kids' race for that event.

All Grit League Participants and their families can get free Spartan Races. These can be used for any Kids Race, Sprint, Super or Beast Race during 2024. Our two closest races are Montana (June 1) and Utah (July 20).

Once you are signed up, if you want a free race code (or codes) for your family, please email me at gritleague@gmail.com or message us through our Facebook page.

We do still have more free Spartan Race codes to give you, so if you haven't gotten any yet, or need more, just let Dan know and he'll get you what you can use.



MUD

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
- Open Heats at 10am, 11am and Noon.

FAMILYMUDRUN.EVENTBRITE.COM

When :

August 10, 2024

Saturday, 10:00am – 1pm

Where :

Sandy Downs

Idaho Falls, Idaho



August 3, 2024

Farm Life 5k

and



Obstacle Course

*AT THE BONNEVILLE
COUNTY FAIR*

Race Starts at 7:30am. 5k is \$10.

Kid's Course is free!

**Get more info and register at
www.gritleague.com**



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 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!

