



Annual Newsletter

2021

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COVID-19 PLAN



• SOCIAL DISTANCING

- The following protocols for social distancing will be in place:
 - Cap on registrations to keep all divisions under 40 people.
 - Hand Sanitizer will be available at the check in table and water station.
 - Warm Up lap will be divided up into smaller groups
 - Races will start in waves with participants spaced out 6' apart to begin.
 - Participants will be instructed to wait at obstacles (like the spear throw) from a distance of 6' or more until space opens up.
 - Parents and spectators are asked not to congregate at the Start/Finish, but to either watch from the car or spread out through the course, or join in our Trail Series.
 - Anyone who is sick, or has travelled to a high risk area, or has been exposed to COVID-19 should stay home, refunds will be given for races missed due to such circumstances, upon request.
 - High risk individuals should not participate or come as spectators.
 - For water stations 6' distance will be expected to be maintained when picking up a cup. Cups will be single use only.
 - We will also consider implementing other reasonable protocols to protect the participants.

9 Races Mud Run / SGX Trainings



- **Spring Season (Wed. Evenings)**

- May 12 (Freeman)
- May 19 (Ryder)
- May 26 (Sandy Downs)

- **Summer Season (Wed Mornings)**

- June 16 (Tautphaus)
- June 23 (Ryder)
- June 30 (Sandy Downs)
- July 7 (Tautphaus)
- July 14 (Freeman)
- July 21 (Ryder)

AUGUST 14 MUD RUN

Sandy Downs Park

- **Spartan SGX Training**

- TBA

Registration For 2021



For 2021 we are bringing back flexible registrations. You can use the "Packs" to sign up for however many races fit your schedule. You can also share races between family members (but you'll only get 1 shirt/award set)

• **3 Race Pack**

- **COST: \$45**
- Includes T-Shirt + Cinch Sack + Awards.
- Includes a free entry into the Mud Run at Sandy Downs.

• **6 Race Pack**

- **COST: \$75**
- Includes T-Shirt + Cinch Sack + Awards.
- Includes a free entry into the Mud Run at Sandy Downs.

• **9 Race Pack**

- **COST: \$100**
- Includes T-Shirt + Cinch Sack + Awards.
- Includes a free entry into the Mud Run at Sandy Downs.

• **Single Race**

- **COST: \$15.00**
- Includes Free Entry Into the Mud Run

• **Trail Series (Races Only)**

- **COST: Free**
- Race any or all of our Trail Races
- Includes Digital Awards

• **Trail Series (Swag + Races)**

- **COST: \$45.00**
- Race any or all of our Trail Races
- Includes shirt!
- Includes Cinch Sack!
- Includes Awards
- Includes Entry Into the Mud Run

• **Spartan SGX Trainings**

- **TBA**

Register at www.gritleague.com or gritleague2021.eventbrite.com

Use Promo Code [EARLYBIRD](#) when registering before January 31 to get 20% off!!!

Regular Races 2021



• Open Divisions

- *Due to COVID we are still only offering "Open" style divisions for 2021.*
- *OPEN JR: (Recommended for Preschool-4th Grade)*
 - May 5:00 PM
 - June-July: 10:00 AM
- *OPEN (Recommended for 2nd Grade-8th Grade)*
 - May 6:00 PM
 - June-July 9:00 AM
- *OPEN SR. (Recommended for 6th Grade-High School)*
 - May 7:00 PM
 - June-July 8:00 AM

• AWARDS

- **Explorer** (Attempt your first race)
 - **Adventurer** (Accumulate 16 points)
 - **Ultra** (Accumulate 32 points)
 - **Beast Mode** (Accumulate 40 points).
- NOTE: On average our racers complete 4 laps per race. To complete the "Beast Mode" level, racers would either need to be outstanding, or attend all 10 races.**

• Scoring

- We will be keeping score this year. Each lap will count for 1 point. After the race, participants will report in laps completed. These won't be published, but will lead to awards for those that want them.

• Obstacle Completion

- For the Open Division, we encourage participants to complete, or at least give their best attempt at every obstacle or to complete the penalties if they can't complete an obstacle, but obstacle completion is not mandatory.

• Wave Starts

- Participants will start races spaced out from each other and will start in small waves. The timer won't start until the last wave is on the course.

• Flexible Age Groups

- For Open Divisions age ranges are flexible. So if you have a 2nd grader and a 4th grader, they could both race in the same division so that you only come for 1 hour. They can also switch week to week which one they come to.

Trail Series 2021



• TRAIL SERIES

- Each week we will have a separate “Trail Only” course at the same park where our Grit League race is occurring. This will be a 1 mile long loop route.
- The Trail Series is open to Adults and Older Kids (12+) who want to run a Cross-Country Style course without having to worry about obstacles.
- Each course will be a 1 mile loop. You will have 45 minutes to complete as many laps as you can and you’ll get 1 point for each lap you complete (except at Sandy Downs, where you’ll get 1.25 points for each lap).
- **START TIMES:**
 - May 5:00PM; 6:00PM; 7:00PM; 8:00PM
 - June-July 7:00AM; 8:00AM; 9:00AM; 10:00AM

Instead of just sitting around watching while your kid’s run, get some exercise in!!!

• AWARDS

- *(If you do the free version; awards will be a paper certificate; if you do the paid version, you will receive a physical award).*
- **Trail Explorer**” (Attempt your first one)
- **Trail Adventurer** (Accumulate at least 15.5 points)
- **Ultra Trail Runner** (Accumulate at least 31 points)
- **“Beast Mode” Trail Runner** (Accumulate at least 40 points).

NOTE: We expect that an average runner (IE someone who runs a 5k in around 30 minutes) should be able to earn at least 4 points at each race. Counting the “Mud Run” that would allow for 40 points if you ran all 10 available races.

Alternatively, someone just walking around the course should be able to earn at least 2 points at each race. Counting the “Mud Run” that would allow for 20 points if you came and walked all 10 available races.



New Awards for 2021

Explorer: Try your first race!

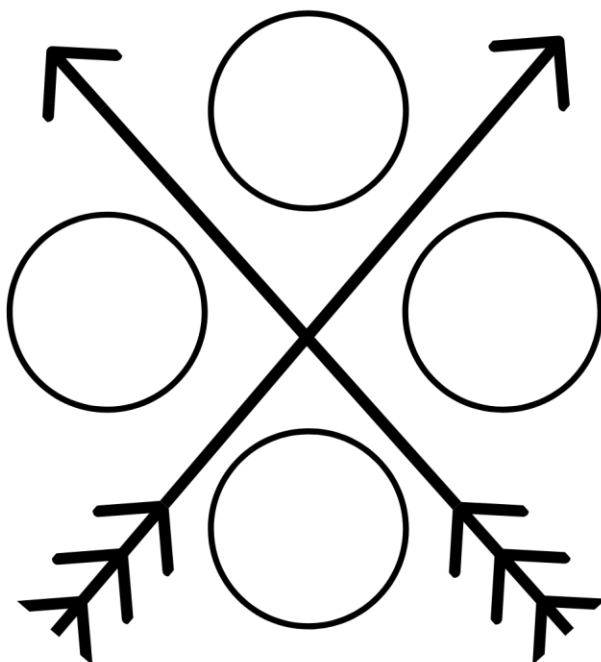
Adventurer: Earn 16 points!

Ultra: Earn 32 points!

Beast Mode: Earn 40 points!

1 Point Per Lap, not including the warm up.

On average Racers earn 4 points per race,
however, some of our fastest racers can
earn 7-8 points per race.



The logo on the Left will be printed on our new, Cinch Sacks (the Cinch Sacks are nice ones with a zipper pocket and mesh water bottle holders on the sides. Show up for your first race and you get the cinch sack with the first pin which goes in the top center circle. The pins are 1.75" across. Earn them all to fill all the circles!

Other Race Information



• Weekly Challenges

- We will have weekly at home challenges again (things like “1 mile barefoot run”, “20 hydroburpees,” etc.) so that kids can earn a unique wristband each of the 9 weeks. We will only bring each wristband once, so if they miss a race, we still want them to do the challenge, but they won’t be able to get the wristband later.

• Weekly Newsletters

- We will send out a Newsletter about 5 days before each race. The Newsletter will have details for the challenge, a map for the upcoming week.

• Volunteers

- We love having volunteers! They help a ton with race set up, checking kids in, enforcing rules on the course, etc. All volunteers receive a free registration based on the number of races they volunteer for (IE if you commit to help with 3 races, you’ll get a free 3 pack; don’t worry if you have to miss a week, you can let us know and send a substitute in your place). We also give volunteers a Grit League shirt.
- Last year we were lucky enough to have Madison Judy and Jessica Williams volunteer as part of their Senior Project and Aiden Reese, Justin Lance, Averi Summers and Matt Hales help as well. We loved having their help and I think the kids loved having them too. If you know of any HS Seniors or others that would like to volunteer, please have them contact Dan (gritleague@gmail.com).

The Mud Run

- **August 14, 2021@ Sandy Downs Park in Idaho Falls**
- Grit League Participants get a Free Entry for themselves or a discount for a Family Pass.
- This race is for all ages (including parents/adults).
- More details will be coming soon!!!!



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! If you know someone who wants to be sponsor, please send them our way. Sponsors help us keep our prices low and also help us provide better prizes and awards to our participants!

