



Annual Newsletter

2020



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- 2020 Schedule in Idaho Falls
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3 Seasons / 12 Races

Mud Run / SGX Trainings



• Spring Season

- April 23 (Tautphaus)
- April 30 (Sandy Downs)
- May 7 (Freeman)
- May 14 (Tautphaus)

• Early Summer Season

- June 8 (Freeman)
- June 15 (Sandy Downs)
- June 22 (Tautphaus)
- June 29 (Freeman)

• Late Summer Season

- July 13 (Freeman)
- July 20 (Sandy Downs)
- July 27 (Tautphaus)
- August 3 (Freeman)

JULY 11 MUD RUN

Sandy Downs Park

• Spartan SGX Training

- June 11 (Sandy Downs)
- June 18 (Tautphaus)
- June 25 (Freeman)
- July 2 (Freeman)
- July 9 (Freeman)
- July 16 (Sandy Downs)
- July 23 (Tautphaus)
- July 30 (Freeman)

**Spring season races will be Thursday evenings. Summer season races will be Monday mornings. SGX Trainings will be Thursday mornings.*

Registration For 2020



For 2020 we are going to be a bit more flexible in letting you register. There will be 3 distinct seasons, with 4 races each and a bit of a break between seasons. If you just want to sign up for 1 season, buy a "4 race pack" and come to all the races during that season. If you miss a race, you can make it up in a different season. The 12 Pack will be available until Spring starts, the 8 pack will be available until Early Summer season starts and the 4 pack will be available until Late Summer season starts. A single race can be used for friends visiting or to add a race here and there. To get the super cool Grit League Hoodie you must sign up for the 12 race pack!!!

• 4 Race Pack

- **COST: \$40 Open/\$45 Competitive**
- Sign up to use for any 4 of the 12 races during the Spring or Summer seasons.
- Includes a Grit League T-Shirt.
- Includes a free entry into the Mud Run at Sandy Downs.

• 8 Race Pack

- **COST: \$70 Open/\$80 Competitive**
- Sign up to use for any 8 of the 12 races during the Spring or Summer seasons.
- Includes a Grit League T-Shirt and a Grit League Hat.
- Includes a free entry into the Mud Run at Sandy Downs.

• 12 Race Pack

- **COST: \$100 Open/\$110 Competitive**
- Sign up to use for all 12 of the races during the Spring or Summer seasons.
- Includes a Grit League T-Shirt, Hat and Hoodie.
- Includes a free entry into the Mud Run at Sandy Downs.

• Single Race

- **COST: \$12.50**
- Does not include a t-shirt or entry into the Mud Run.

• Spartan SGX Trainings

- **1 Training Session (\$10)**
- **4 Training Sessions (\$25)**
- **8 Training Sessions (\$40)**

Register at www.gritleague.com or gritleague2020.eventbrite.com

Competitive Divisions 2020



• Competitive Divisions

- *Competitive Jr. (3rd-4th and 5th-6th)*
 - Spring: 6:30 PM Thursday Evenings
 - Summer: 8:30 AM Monday Mornings
- *Competitive Sr. (7th-8th and 9th-12th)*
 - Spring: 7:30 PM Thursday Evenings
 - Summer: 7:30 AM Monday Mornings

• Seasonal Championships

- To be eligible for prizes during a 4 week season, you will need to run at least 3 out of 4 races in that season.
- Standings will be based on best 3 races during season.
- Complete all 4 races in a Season and get a special award!

• Yearly Championship

- To be eligible for prizes for the whole year you must run at least 8 out of 12 races.
- Standings will be based on best 8 races during 2020.
- Complete all 12 races and get the Ultimate Grit League finisher award!

• Scoring

- Racers will have 25 minutes to complete as many laps as possible, and 5 minutes to complete a final lap. Each lap will count as 1 point.
- Scores will be adjusted based on the top score so that the top score for each race is 10 points. IE if the fastest racer got 8 laps, then everyone would get an additional 2 points added to their score. (This helps us account for changes in difficulty between the terrain/obstacles from week to week).
- The 4th race of each season and the 12th race of 2020 will act as a tiebreaker for awarding of trophies and prize packs.
- Runners must complete all obstacles or designated penalties. Those caught cutting the course or skipping penalties/obstacles by a race director or a volunteer will be deducted 1 point for each instance. Repeat offenders will be ineligible for prizes and removed from the standings.

• Obstacle Free First Lap

- Because of our modified registration procedures it is possible that a much larger group than expected shows up to a single race. If that occurs, the race director may have all of the kids run the first lap on the outside of the caution tape, skipping the obstacles to spread the field and minimize congestion at early obstacles on the course.

A photograph of several children climbing a large, steep sand dune. The children are wearing bright green t-shirts with 'GFL' on them. One child is at the top, another is near the top, and others are at various points on the slope. The sand is dark and textured. The sky is blue with some clouds.

Open Divisions 2020

• Open Divisions

- *Open Jr. (Kindergarten-3rd recommended)*
 - Spring: 4:30 PM Thursday Evenings
 - Summer: 10:30 AM Monday Mornings
- *Open Sr. (4th grade or older recommended)*
 - Spring: 5:30 PM Thursday Evenings
 - Summer: 9:30 AM Monday Mornings

• Seasonal Participation Awards

- Complete all 4 races in a season to receive an award. Complete 8 races and receive an additional award. Complete all 12 races and receive the Ultimate Grit League Finisher Award!

• 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 Open Sr. division so that you only come for 1 hour. They can also switch week to week which one they come to.

• Scoring

- We don't keep official score for Open division participants. They will have 20 minutes to complete laps and then 10 minutes to finish a final lap. We do recommend that they keep their own score to see how they improve and to stay motivated!

• 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.
- For Open divisions, parents are welcome to help their child along the course as long as they are mindful of the other kids on the course.

• Wave Starts

- Because of our new registration method, it is possible that we get a much larger than expected group of runners at a race. (IE maybe everyone wants to run at Sandy Downs). If that happens, we will break the group into waves for the start (ie 30 kids at a time). The 20 minute timer won't start until the last group leaves the start.

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 12 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, and up to date Competitive Division Standings.

• 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 4 races, you’ll get a free 4 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 Justin Lance and Nathan Walter volunteer as part of their Senior Project. 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 and Dance Party

- **July 11, 2019 @ Sandy Downs Park in Idaho Falls**
- Grit League Participants get a Free Entry with any 4 pack, 8 pack or 12 pack of races. (Or the family can get a \$20 discount off of a family pass).
- This race is for all ages (including parents/adults).
- More details will be coming soon!!!!



The Other Stuff



• School and Special Events

- We love putting on events at schools and for school clubs. Last year we visited over 15 elementary schools, 2 family reunions, a fundraiser event for Shelley's Cross-Country teams, and many more special events.
- This year we have the following scheduled already:
 - January 29-Sunnyside Elementary (STEAM Night)
 - April 16-Kids in Motion
 - April 23-Kids in Motion
 - April 25-Idaho Falls Earth Day
 - May 11-Woodland Hills
 - May 21 Theresa Bunker
 - May 22 Hillview Elementary
 - May 26 Dora Erickson
 - May 27 Falls Valley
 - May 28 Sunnyside Elementary
 - TBA-Ammon Elementary

We love seeing kids in Grit League shirts when we visit schools. So if we are coming to your school, make sure to have your kid wear theirs when we visit!!! We'd also love to add some more schools, so if you don't see your school listed, have your PTO or someone at the school reach out to us.

• 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!

