

GRIT LEAGUE NEWSLETTER

208-206-5588



WWW.GRITLEAGUE.COM



GRITLEAGUE@GMAIL.COM



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.



Jogging for Josh

Over the years we've had some pretty amazing kids run Grit League. One of them was Josh Lindula. He continued running Grit League even when he was probably the oldest kid still running. But he was always kind and uplifting to those running with him. He worked hard and left the world a better place!

This event is in loving memory of Josh Lindula. Come join us for a run! Josh loved running. To honor him we will be having a 5k and a 1 mile run/walk. All registrations and donations will go to Skyline Cross Country. Sign up at 7am- race starts at 8am.

Register or donate at
<https://runsignup.com/Race/ID/IdahoFalls/JoggingForJosh>

Hiking-Gem State Fishing Pond

A few minutes South of Idaho Falls, is a little know park called the "Kid's Fishing Ponds". It is just below the dam from Gem Lake. There are little roads to walk on and a fishing pond that is often filled with birds. It is also right next to the Snake River. On Google Maps just type in Gem State Fishing Pond, Idaho Falls for directions.
<https://maps.app.goo.gl/fLSILHyypfFUoInv9>



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>

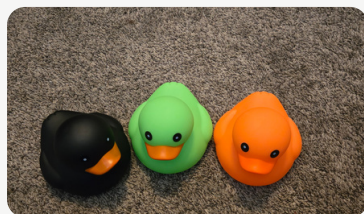
Grit League Store (1 Lap=1 Point)



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

Freeman Park

This week we will be at Freeman Park near the Bandshell. (The creek is still really low and the City is still doing construction in that area, so we will be running some of the hilly, shaded area of the park instead of through the creek.

<https://maps.app.goo.gl/4sjmtfJHdKNNEEZ3A>



Thank you to those that ran the Farm Life 5k!!! We will be doing it again next year as well!!

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.