

# W I N T E R G R I T LEAGUE 2023

## Week 1 Newsletter



# RACE DETAILS

## JANUARY 9

Races will be at the Bonneville County Fairgrounds Exhibition Hall, just South of Sandy Downs Park in Idaho Falls.

- **5:00 PM-OPEN JR.**
  - Open Jr. is recommended for Kindergarten to 3<sup>rd</sup> Grade.
- **6:00 PM-OPEN SR.**
  - Open Sr. is recommended for 4<sup>th</sup> to 12<sup>th</sup> grade.

Weather looks pretty good so expect the course to be about 75% outside and 25% inside. Gloves are recommended!





# WEEKLY CHALLENGE

Each Week there will be a challenge that can be completed before the race (or right after the race) to earn a Grit League wristband.

**Week 1 Challenge: Complete 5 Snow Angel Burpees. (step 1-lay down into a pushup position, step 2- lower to the ground in the snow, step 3-do 2 snow angel motions, step 4-stand up and jump) We love it if you get video and tag us on social media!**



# BADGES AND CHALLENGES

Badges can be earned by completing certain number of laps. You can pick up your badges at the end of each race. The badges are dishwasher safe and can be collected and put on the water bottles. We will also have weekly challenges where kids can complete the challenge and earn a wristband. The challenge will be sent out by Newsletter a few days before each race.





# COMING SUMMER 2023

**COMPETITIVE  
DIVISIONS  
WILL RETURN**

**EASILY SCHEDULE  
BIRTHDAY PARTIES,  
FAMILY REUNIONS,  
AND PRIVATE COURSES**

**MORE POCATELLO  
RACES**

**NEW OBSTACLES**

**MORE SCHOOL FIELD  
DAYS**

**MUD RUN RETURNS AUG 19!**





# FARM LIFE 5K



**AND FREE KID'S OBSTACLE COURSE!**

COST: \$10 (Includes Finisher Award and Water Bottle)

Check In: 7:00AM; Race Starts at 7:30AM

T-Shirts are Available to Purchase

**REGISTER AT:**

<https://runsignup.com/Race/ID/IdahoFalls/FarmLife5k>





# CHECK THESE OUT!



April 14-May 26th

Registration is now open for Spring Season!!! Friday night games at Community Park. Get details at: [www.fridaynightflag.com](http://www.fridaynightflag.com)



Parkour, Ninja Warrior and Gymnastics in Idaho Falls! Get details at

[flipandtwistidahofalls.com](http://flipandtwistidahofalls.com) and come in for a free trial class!

Make sure to ask about the "Reindeer Rumble" coming Dec. 23. Fun for the whole family!!!



Lots of wild events and challenges, like the Duck Donuthon, Dizzy Horse Backyard Ultra, Bad Ideas of Winter, and the Lost Souls Challenge. Check us out at [www.trail2sparta.com](http://www.trail2sparta.com).