



# **SUMMER UPDATE**

## **Newsletter**

# **2020**





# What's Inside

- COVID-19 PLAN
- Revised Schedule
- Registration Info for 2020
- Open Division Details
- Additional Race Details
- The Mud Run
- All the Other Stuff



# 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 kids 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.
  - 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.
  - We will do Open Divisions Only and won't use white wristbands to keep score.
  - If we use a water station, the volunteer will fill cups wearing mask and gloves. 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.
  - We will wipe down obstacles with disinfectant between races.

# 8 Races (Open Div Only) Mud Run / SGX Trainings



- **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 (PENDING)**

- **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)

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



# Registration For 2020



We are doing both summer seasons still (8 races). If you register for all 8, you will get a Grit League T-Shirt and a Grit League Hat.

If you already registered for 12 races, we will refund you back to the price you would have paid for the 8 race pack +\$10.00 to pay for the Grit League hoodie. (If you don't want the hoodie, let us know and we'll refund that as well and sell the hoodie to someone else. Hoodies will be available to purchase for \$25.00.

Also, if you registered for a Competitive Division, we will automatically refund the difference down to the Open Division. Anyone who has registered and wants a full refund can also have one.

## • 4 Race Pack

- **COST: \$40 Open**
- 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. (If we can hold it)

## • 8 Race Pack

- **COST: \$70 Open** 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. (If we can hold it)

## • 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](http://www.gritleague.com) or [gritleague2020.eventbrite.com](http://gritleague2020.eventbrite.com)



# Competitive Divisions 2020



In order for us to do Grit League this year we are required to comply  
With social distancing requirements to the best of our ability.

Because of the measures we are implementing for social distancing  
There is no way for us to fairly score the competitive divisions.

Accordingly, for 2020 we are only going to do Open Divisions.

If you were registered for a Competitive Division, you will automatically  
Be refunded the difference in cost.

If you do not wish to participate in an Open Division, please  
Let us know and we will happily refund you the full fee.



A photograph of several children climbing a large, steep sand dune. The children are wearing various colored shirts, including bright green ones with 'GFF' on them. The dune is made of dark, textured sand. The sky is blue with some clouds. A large yellow rectangular overlay is positioned at the top of the image, containing the title.

# Open Divisions 2020

## • Open Divisions

- *Open Jr. (Kindergarten-3<sup>rd</sup> recommended)*
  - 10:00 AM Monday Mornings
- *Open (2<sup>nd</sup>-6<sup>th</sup> Grade Recommended)*
  - 9:00 AM Monday Mornings
- *Open Sr. (4<sup>th</sup> grade or older recommended)*
  - 8:00 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.

## • Flexible Age Groups

- For Open Divisions age ranges are flexible. So if you have a 2<sup>nd</sup> grader and a 4<sup>th</sup> grader, they could both race at the same time 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.

## • Wave Starts

- All races will start in waves (typically 5 kids at a time, spaced 6 feet apart), once they clear the first obstacle, the next wave will start. The 20 minute timer will not start until the final wave is released.



# 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](mailto: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 of races. (Or the family can get a \$20 discount off of a family pass).
- This race is for all ages (including parents/adults).
- We are still trying to figure out how to hold this event and comply with social distancing requirements, because it is still a ways off, we will wait until we see what social distancing requirements are in effect before tying that down.





# 2020 Shirts/Hoodie



Just a little preview of this year's shirts and the Hoodie (super soft).



# The Other Stuff



## • School and Special Events

- Basically all of our school events were cancelled for Spring 2020. We have started rescheduling them for Fall and 2021.
- In the meantime, we do set up small courses in backyards that can be used for birthday parties or other special events. For a typical event, we set up the course in your backyard the evening before you need it and then pick it up sometime after. Obviously, we can't do that on race days, but can other times. Cost is \$100 to rent a mini-course setup for the day.

## • 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!

