2022

Newsletter

Race 3

May 18 Freeman Park, Idaho Falls

What's Inside

- Overall Schedule
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12 Races

- **DATE (LOCATION)**
  - ~~May 4 (Tautphaus)~~
  - ~~May 11 (Sandy Downs)~~
  - May 18 (Freeman)
  - June 8 (POKY-Centennial)
  - June 15 (Ryder)
  - June 22 (Tautphaus)
  - June 29 (Freeman)
  - July 6 (POKY-Centennial)
  - July 13 (Ryder)
  - July 20 (Tautphaus)
  - July 27 (Freeman)
  - Aug 3 (POKY-Centennial)
  - Aug 13 (MUD RUN)

- **Schedule for MAY races:**
  - **Open Jr: 5:00 PM**
  - **Open: 6:00 PM**
  - **Open Sr: 7:00 PM**

First 10 minutes will be warmup/walkthrough of course. Then about 30 minutes of race time.

AWARDS (*Points adjusted)

- Explorer: (Attempt 1st Race)
- Adventurer (10 Points)
- Ultra (20 Points)
- Beast Mode (30 Points)
- Destroyer (40 Points)

Week 3 Race Details

Week 3's Race will be at Freeman Park. We will start on the South Side of the park at the bottom of the big hill. Parking will be by the big band shelter.

We will have a check in table where you can pick up your shirt, metal water bottle and Explorer award. You will also be asked if you completed the Weekly Challenge. If you did, you can pick up your wristband for the week. You do not need to bring your ticket. We will have registration lists with your name and the number of races you purchased. If you purchased a 3 pack for Pocatello you also will have 1 free Idaho Falls race. Feel free to come to this one if you want.

Course Map

The Obstacle Route will be completely marked with Caution Tape. You will be given a paper wristband to wear, each time you complete a lap, get a mark on your wristband so that you can get credit toward the Awards. If you walk most of the time, you will likely get 3-4 points. If you run most of the time, you can get up to around 10 points.

Week 3 Challenge

- **Each Week Grit League Participants Can Earn a Wristband by Completing a Special Challenge. The Challenge is Completed at Home or before the Race. You can pick up their wristbands at the check-in table before the race.**

- **Week 2 Challenge: 1,000 Jumping Jacks**
  - **Complete 1,000 Jumping Jacks. Take breaks when needed.**

TRAINING PLAN (Optional)

- 5/13- 30 minute easy run.
- 5/14 – Run 5 minutes easy, then complete 10 Pushups, 10 Situps, and if possible 10 pullups or a 30 second dead hang. Repeat 5 more times.
- 5/15-Rest Day
- 5/16- 30 minute Interval Run (20 Seconds very hard run; 40 seconds easy run or walk)
- 5/17- 100 Squats, 100 Situps, 100 Burpees
- 5/18- Race Day
- 5/19 REST

We would love to see our Grit League Kids and Parents at our Duck Donuthon. This is our second year of this event and we can promise it is a ton of fun for the whole Family.

The 1 mile is perfect for little kids or those that just want a family walk followed by a donut. The 5k is great for most kids and adults who want a little challenge. The Last Duck Standing is more of an eating contest than anything else, but the winner gets $100 to Teton Running!

Our Grit Leaguers and their families can use the promo code GRIT to get 15% off of registration!!! Don’t wait to register. Last year all of our 1 mile and 5k spots sold out.

The Other Stuff

- **Other Info**
  - If you have questions please feel free to call or text Dan (208)206-5588 or send us an email at gritleague@gmail.com.
  - NOTE ABOUT DIVISIONS: Our divisions are “Open” meaning that there are not required ages. If you have several kids of varying ages, you can bring all your kids at one time. Difficulty will vary.
  - You can also add additional races throughout the season. Just go back to the gritleague.eventbrite.com registration page or talk to Dan.

- **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!

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