



2025

Newsletter

WEEK 4

June 25-Sandy Downs Park



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- Overall Schedule
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9 Races



• DATE (LOCATION)

- ~~June 4 (Tautphaus)~~
- ~~June 11 (Freeman Park-River)~~
- ~~June 18 (Highland Park)~~
- June 25 (Sandy Downs Park)
- July 9 (Freeman Park-Hill)
- July 16 (Tautphaus Park)
- July 23 (Highland Park)
- July 30 (Freeman Park-River)

**AUG 16 (FAMILY MUD RUN
at Sandy Downs)**

• Schedule for races:

- Competitive 8:00 AM
- Open: 9:00 AM
- Open Jr.: 10:00 AM

AWARDS (NEW!!!)

- First Race-FROG
- 10 Laps-RABBIT
- 20 Laps-WOLF
- 30 Laps-LYNX
- 40 Laps-WILDEBEAST
- 50 Laps-POLAR BEAR
- 60 Laps-ANTELOPE
- 70 Laps-CHEETAH
- 80 Laps-PEREGRIN FALCON
- 90 Laps **MYSTERY**

Competitive Division



- For 2025 we are bringing back a Competitive Division.
- The Competitive Division will race at 8am. This will be a race to complete 2 loops of the course as fast as possible. Times will be recorded.
- The Competitive course will include all of the Open Course and its obstacles.
- No help is allowed on the competitive race and obstacles must be completed. Some obstacles will have a penalty loop. If an obstacle with a penalty loop is failed, then the participant must complete the penalty loop before continuing.
- Awards for top finishers will be given at each race.
- After completing the 2 “race” loops. Competitive Runners are permitted to continue accumulating laps until 8:45am in order to earn badges.

Open Division



- For Open Divisions, there are recommended age groups (as opposed to strict age groups). For the 9am heat we recommend 2nd grade and older. For the 10am heat, we recommend 2nd grade and younger. We don't recommend younger than 4. If you have multiple children in different age groups, you can pick which one works best for you and come to that one.
- Parents are welcome to help and follow along with their kids in the Open Divisions.
- Races you purchase work like a punch-pass. If you have more races than you need, they can be given to a neighbor or family member visiting from out of town. You can share races between siblings, however, if you buy 1 pass, you only will get one shirt.

Week 4 Race Details



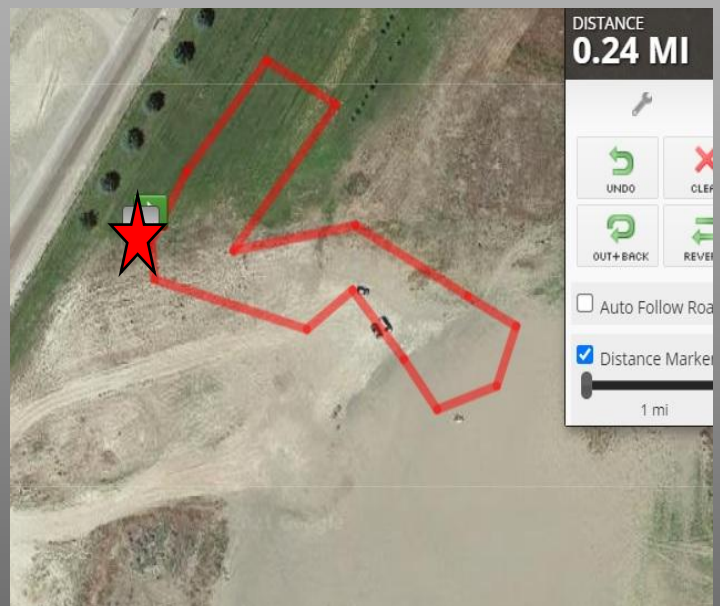
Week 4's Race will be at Sandy Downs Park. The course will be a mix of grass, sand and dirt. There could be some sticker weeds so wearing shoes is advisable, but some kids will go barefoot when their shoes fill up with sand. We try to avoid the sticker weeds, but no promises.

We will have a check in table where you can pick up your shirt, water bottle and first badge. You will also be asked if you completed the Week 3 Challenge. If you did, you can pick up your first wristband. You do not need to bring your ticket. We will have registration lists with your name and the number of races you purchased.

Course Map

The Obstacle Route will be completely marked with Caution Tape. Every lap completed will get 1 point toward earning badges (our awards).

If you walk most of the time, you will likely get 3-4 points per race. If you run most of the time, you can get up to around 10 points.



Week 4 Challenge



- **Each Week Grit League Participant 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 3 Challenge: 1 Mile Barefoot**

- **Walk or Run 1 Mile Barefoot. 4 times around the grassy part of Sandy Downs is a mile.**

BADGES for 2025



At your first race you will get a color changing water bottle. Use it as a "Trophy Case" for the badges you collect. At your first race you will get the "FROG" badge. After that you can earn more badges for every 10 laps you complete, it might take you all summer to earn them all. Do your best and see how many you can earn.



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 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!

