



**GRIT**  
LEAGUE

CLIMB, CRAWL, CONQUER!!!

# 2022

## Newsletter

# Race 8

**July 6 Centennial Park, Pocatello**





## 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)**

## • Pocatello Schedule:

- Open Sr.: 8:00 AM
- Open: 8:00 AM
- Open Jr.: 9:00 AM

## • Idaho Falls Schedule

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

## AWARDS (\*Points adjusted)

- Explorer: (Attempt 1<sup>st</sup> Race)
- Adventurer (10 Points)
- Ultra (20 Points)
- Beast Mode (30 Points)
- Destroyer (40 Points)
- ButterCup (50 Points)
- Legend (60 Points)
- G.O.A.T. (70 Points)



# Week 8 Race Details

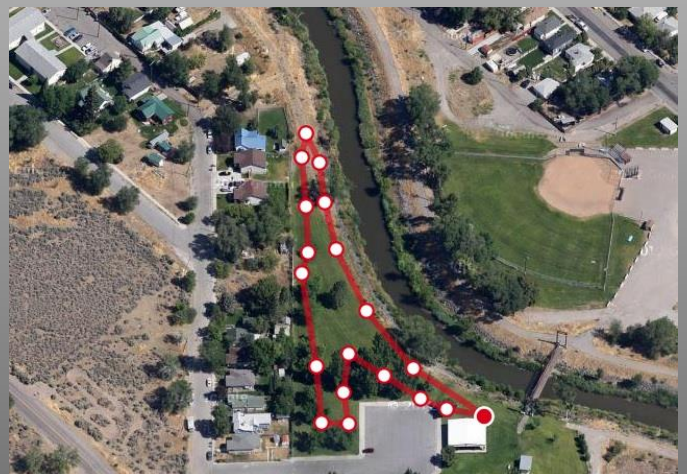


Week 8's race will be at Centennial Park in Pocatello. We will be more on the North side of the Park this week (less hills), with a few extra obstacles.

This week is "BRING A FRIEND WEEK"! For this week only you can bring a friend to race with you for free! Have their parent/guardian sign the waiver form (at the back of our Newsletter) and bring it with them to the check in table. We'll have a special Grit League Holographic Sticker for everyone who brings a friend with them.

## 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 8 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 8 Challenge: 25 Cartwheels**
  - **25 of your best Cartwheels. If you are terrible at cartwheels you just need to try your best. If you are good at cartwheels, give yourself a bit of a challenge, like trying to hit them all on a straight line, where both hands and both feet land on the same straight line. If you haven't done many, it might be best to not do them all at once.**

# Performance Awards



**Explorer Badge:** Given to those who are willing to try hard things. All participants will receive this badge at their first race.



**Adventurer Badge:** Given to those who have shown an adventurous spirit by earning at least 10 points!



**Ultra Badge:** Given to those who have stretched themselves and shown their toughness by earning at least 20 points!



**Beast Mode Badge:** Given to those who have raced with GRIT and gone far beyond what is normal by earning at least 30 points.



## **Destroyer Badge**

Given to those who destroyed courses all summer and earned 40 points!



## **Buttercup Badge**

Given to those who sucked it up and kept going and earned 50 points!



## **Legend Badge**

Given to those whose performance is nothing short of Legendary. 60 points!



## **G.O.A.T. Badge**

Is it even possible? 70 points!



**GRIT**  
LEAGUE



**SANDCREEK**  
MIDDLE SCHOOL  
**CHEER**

# FAMILY MUD RUN!



Our Family Mud Run will be on August 13, 2022! All Grit League kids, registered for 3 or more races, get FREE entry (this includes those in Pocatello). Additionally, if you want to run with your kids as a family you can use the Promo Code "GRITFAMILY" to get 50% off of an individual entry or family pass.

This year we'll be partnering with Sandcreek Middle School's Cheer Team to make it extra fun and epic!!!

For more details and to register go to

**[familymudrun.eventbrite.com](http://familymudrun.eventbrite.com)**.

You'll get thirsty



**Soda Tsunami's Food Truck will be onsite during the Mud Run with amazing treats and refreshing drinks to keep you going, during and after your race. Bring cash or card to pay. All purchases will help support the Sandcreek Cheer Team!!!**



# 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](mailto: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](http://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!





# GRIT LEAGUE WAIVER FOR BRING A FRIEND DAY!

## **Accident Waiver and Release of Liability form**

IN EXCHANGE FOR BEING ALLOWED TO PARTICIPATE IN THE OBSTACLE COURSE, I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING AND/OR VOLUNTEERING IN THE ACTIVITY OR EVENT for myself and for my child, and waive, release and discharge Grit League, LLC ("Grit League"), the City of Pocatello and any of their owners, affiliates, directors, employees, agents, volunteers, sponsors, or representatives from any and all liability, including but not limited to, liability arising from the negligence or fault of the such entities or persons and release, for disability, personal injury, property damage, property theft, or actions of any kind which may occur to me as a result of participation in the above named activity. I agree to indemnify, hold harmless, and promise not to sue the entities or persons mentioned above from any and all liabilities or claims made as a result of participation in this activity or event, whether caused by liabilities or claims made as a result of participation in this activity or event, whether caused by the negligence of those released or otherwise. Grit League is hereby authorized to take photos and video of me and my child in connection with my participation in the Event and has permission to use my likeness or my child's likeness, without compensation, for marketing and other promotional purposes.

I understand that this accident waiver and release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I understand that this Waiver will continue in effect and remain in force in perpetuity from the date executed, and covers my participation and/or my child's participation in the above described Event.

I also understand that while the event organizers will take some precautions to protect against COVID-19, there is risk in participating in this event that I or the participants for which I am responsible may become infected with COVID-19. I understand and agree that I am completely responsible for taking any and all appropriate measures to protect myself and my family against COVID-19 and its transmission. I understand and agree that participation in this event carries with it the risk of catching COVID-19 and accept all responsibility for such risk and waive and excuse any claims against the event organizers in the event I or any member of my family becomes sick from COVID-19.

I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND I FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

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Participant Name

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Parent Signature