



# 2022

## Newsletter

# Race 10

**July 20 Tautphaus Park, Idaho Falls**





## What's Inside

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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 10 Race Details

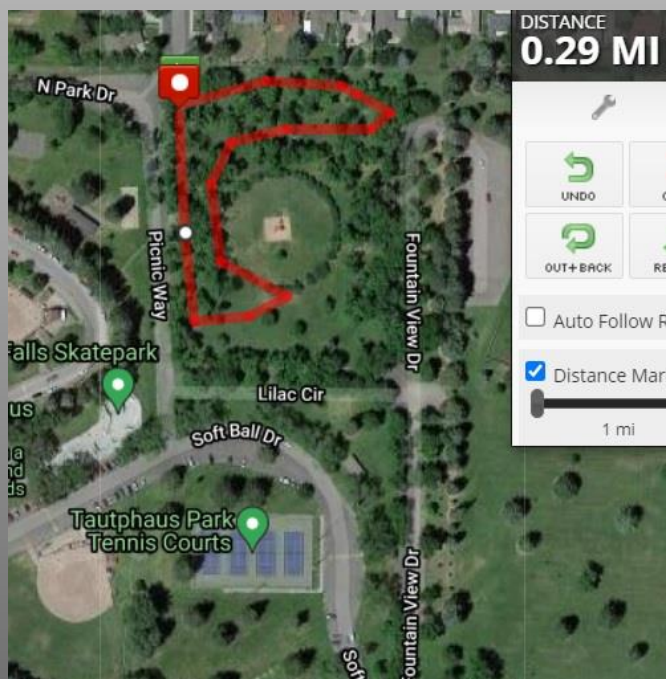


Week 10's Race Will be at Tautphaus Park in Idaho. We will be in the Lilac Circle (same general area as Week 1, but with a different course. It is Northeast of the Skate Park and straight North from the Tennis Courts.

Probably will still be a hot day, but there is a good amount of shade on this one so it shouldn't feel as hot and hard as last week. Plus the course is very flat so it should make for some fast times.

## 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 9 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 10 Challenge: Wall Sit**
  - **10 Minute Wall Sit, every time you need a break, pause your watch and do 3 burpees before starting up again.**

# 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 2 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)**.



**Snack N'Sno will be onsite during the Mud Run with sno cones to cool you off before during and after your race. Bring cash or card to pay. 50% of Snack N'Sno proceeds will be donated to the Sandcreek Cheer Team!!!**



OBSTACLE RACE- AUGUST 5, 2022

On August 6, 2022, in the morning at Skyline High School, Grit League is partnering with the Skyline Grizzly Cross Country team for a fundraiser. 80% of all registration proceeds will go to the Cross Country Team.

We will have a 1 mile long course with 10+ Grit League obstacles. You will have 1 hour to complete as many laps as you can. For each lap completed you will get a raffle ticket to try to win a bunch of great prizes! Plus there will be awards for the winners.



**Individual: \$10**

**Family: \$25**

**Donations Welcome**

**Register at:**

**[Grizzx.Eventbrite.com](https://Grizzx.Eventbrite.com)**



# 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!

