

GRIT

LEAGUE

SUMMER SEASON
WEEK 4 NEWSLETTER
IDAHO FALLS



WHAT IS IN OUR NEWSLETTERS

Each week you will receive a newsletter by email from GritLeague@gmail.com. If for some reason you don't receive the Newsletter, they will also be posted at www.gritleague.com.

Each Newsletter will contain:

- **SEASONAL SCHEDULE:** A schedule, including all regular races and any special events.
 - **UPCOMING RACE INFO:** Any special instructions for the upcoming race.
 - **WEEKLY CHALLENGE INFO:** Instructions for completing the optional weekly challenge to earn special GritBands.
 - **OTHER INFORMATION:** Any other news that we need to provide you.
 - **RACE RESULTS:** A spreadsheet with the results from the previous week's race.
- **WE ALSO POST ALL OF THE PICTURES FROM THE WEEK ON OUR FACEBOOK PAGE! IF YOU HAVEN'T CHECKED IT OUT YET, YOU ARE MISSING OUT. ONLY A FEW MAKE IT IN THE NEWSLETTER**



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SUMMER SEASON SCHEDULE

DATES/LOCATIONS

June 12: Freeman Park

June 19: Tautphas Park

June 26: Sandy Downs

July 10: Freeman Park

**July 13: MUD RUN AT SANDY
DOWNS**

TIMES

OPEN Jr. (4-12 yrs old) 10:30am-11:30am

OPEN Sr (10-18 yrs old) 9:30am-10:30am

COMP Jr. (3rd-6th Grade) 8:30am-9:30am

COMP Sr (7th-12th Grade) 7:30am-8:30am

OPTIONAL TRAINING SESSIONS

June 10, June 17, June 24, July 8

- **(7:30pm-8:30pm)**
- **NOTE THE EVENING TIME!!!**



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WEEK 4-MAP AND INFO FREEMAN PARK



Week 4 will meet at the NorthEast corner of Freeman Park by the bathrooms. The course will go through the creek so plan accordingly when deciding which shoes your kids are going to wear!

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WEEKLY CHALLENGE

EACH WEEK THE KIDS WILL HAVE THE OPPORTUNITY TO COMPLETE A "WEEKLY CHALLENGE" TO EARN A SPECIAL WRISTBAND. THE CHALLENGE FOR THE WEEK WILL BE EXPLAINED ON THIS PAGE OF THE NEWSLETTER.

- **WEEKLY CHALLENGE REQUIREMENTS WILL BE EXPLAINED HERE EACH WEEK.**

- **WEEK 4**

- **10 HYDRO BURPEES**

HYDROBURPEES ARE BURPEES THAT ARE DONE IN WATER (AT LEAST YOUR FACE, AND PREFERABLY YOU WHOLE BODY MUST GO UNDER THE WATER. SET UP A KIDDIE POOL, OR FIND A SHALLOW LAKE/POOL/STREAM TO DO YOUR BURPEES IN.



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OTHER INFORMATION

- THIS MUD RUN WILL BE FOR ALL AGES INCLUDING ADULTS. TO REGISTER GO TO VOGUEMUDRUN.EVENTBRITE.COM.
- KIDS WHO ARE REGISTERED FOR GRIT LEAGUE DON'T NEED TO REREGISTER FOR THE MUD RUN, AS IT IS INCLUDED FOR EVERY GRIT LEAGUE PARTICIPANT. IF YOUR OTHER KIDS/PARENTS WANT TO RUN THE MUD RUN AS WELL YOU CAN SIGN UP FOR THE FAMILY PASS AND USE **GRITLEAGUEFAMILY** TO GET \$15 OFF OF THE FAMILY PASS OR IF A PARENT/PARENTS WANT TO RUN WITH THEIR KIDS YOU CAN SIGN UP FOR INDIVIDUAL TICKETS AND USE **GRITLEAGUEPARENT** TO GET 50% OFF OF THE REGULAR INDIVIDUAL PRICE. (IF YOU HAVE TROUBLE USING THE CODES, FEEL FREE TO EMAIL US).
- PALISADES ULTRA "CRITTER KIDS 1 MILE RUN" THIS IS A FREE TRAIL RACE EVENT FOR KIDS, UP NEAR PALISADES RESERVOIR. HIGHLY RECOMMENDED FOR ANY GRIT LEAGUE PARTICIPANTS!!!
- LOOK FOR OUR EMAIL IN THE NEXT FEW DAYS ABOUT A SPECIAL OFFER FOR GRIT LEAGUE FAMILIES TO BECOME FOUNDING MEMBERS OF **FLIP & TWIST**, A NEW NINJA AND GYMNASTICS FACILITY COMING TO IDAHO FALLS THIS FALL.



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WEEK 3 RESULTS

COMPETITIVE JR.

GIRLS		BOYS 2009-2010(1/2)	
Kenley S.	7	Tyler W.	10
Dani H.	7	Rhett B.	9
Chloe S.	7	Konner O.	8
Brooklyn S.	6	Ezra R.	8
Lydia P.	6	Jack S.	7
Dreyken B.	6	Travis R.	0
		Luke K.	0
BOYS 2006-2008		BOYS 2010(1/2)-2011	
Tel H.	10	Beckett O.	8
Griffin P.	9	Weston H.	8
Rider P.	9	Colter H.	8
Tyler B.	6	Owen H.	7
Jack H.	6	Jonah P.	6
Clay L.	5	Noah R.	5
Giryan J.	0		
Josh L.	0		

Comp Jr. was adjusted up 1 points. Top score was 9.

COMPETITIVE SR.

GIRLS 2003-2005		BOYS 2003-2005	
Jessica W.	9	Matt H.	10
Keeli H.	8	Wyatte G.	10
Sadie B.	5	Thomas A.	9
Faith K.	0	Tarek B.	8
		Morgan C.	0
GIRLS 2006-2007		Boys 2006-2007	
Rachel H.	8	Kaleb W.	6
Evelyn A.	8	Bobby K.	0
Li S.	6		
Hannah B.	6		
Abigail R.	5		
Averi S.	0		
Halle C.	0		

No Adjustment this week. Top score was 10!



Note: Each week the “points” are adjusted for the length and difficulty of the course so that each week regardless of location is worth roughly the same amount of points during the season.

SEASON STANDINGS

COMPETITIVE JR.					
GIRLS DIVISION					
	WK 1	WK 2	WK 3	WK 4	TOTAL
Dani H.	6	8	7		21
Chloe S.	5	7	7		19
Kenley S.	4	7	7		18
Brooklyn S.	4	7	6		17
Lydia P.	4	7	6		17
Dreyken B.	6	5	6		17
BOYS 2006-2008 DIVISION					
	WK 1	WK 2	WK 3	WK 4	TOTAL
Tel H.	9	10	10		29
Griffin P.	8	10	9		27
Rider P.	6	9	9		24
Tyler B.	6	7	6		19
Clay L.	4	8	5		17
Jack H.	4	7	6		17
Giryan J.	7	10	0		17
Josh L.	6	8	0		14
BOYS 2009-2010 (V2) DIVISION					
	WK 1	WK 2	WK 3	WK 4	TOTAL
Tyler W.	11	10	10		31
Rhett B.	8	9	9		26
Jack S.	6	9	7		22
Konner O.	6	8	8		22
Ezra R.	6	7	8		21
Travis R.	7	7	0		14
Luke K.	4	6	0		10
BOYS 2010 (V2)-2011 DIVISION					
	WK 1	WK 2	WK 3	WK 4	TOTAL
Beckett O.	7	8	8		23
Weston H.	6	8	8		22
Owen H.	5	7	7		19
Colter H.	0	8	8		16
Noah R.	4	6	5		15
Jonah P.	1	7	6		14

COMPETITIVE SR.					
GIRLS 2003-2005					
	WK 1	WK 2	WK 3	WK 4	TOTAL
Keeli H.	7	8	8		23
Jessica W.	9	0	9		18
Faith K.	4	5	0		9
Sadie B.	0	0	5		5
GIRLS 2006-2007					
	WK 1	WK 2	WK 3	WK 4	TOTAL
Rachel H.	10	8	8		26
Evelyn A.	9	8	8		25
Abigail R.	7	6	5		18
Averi S.	9	8	0		17
Hannah B.	10	0	6		16
Li S.	0	7	6		13
Halle C.	0	0	0		0
BOYS 2003-2005					
	WK 1	WK 2	WK 3	WK 4	TOTAL
Matt H.	10	10	10		30
Thomas A.	9	10	9		28
Wyatte G.	8	9	10		27
Tarek B.	8	8	8		24
Morgan C.	0	0	0		0
BOYS 2006-2007					
	WK 1	WK 2	WK 3	WK 4	TOTAL
Kaleb W.	5	7	6		18
Bobby K.	3	4	0		7

NOTE: Final Standings will be based on the top 3 out of 4 races. So if your kids miss a race (or have an off race) that score will be dropped. Week 4 will be the tiebreaker!

OUR FRIENDS AND SPONSORS



The Edge is a great place for kids and adults to build grip, upper body strength, and have fun!!! My kids love climbing there. Ask about their summer climbing special it is a great deal!!! Our Competitive Division winners will get a month pass to the Edge!

CrossFit Amrock is a great place to workout. Whether you are just starting out or are looking for advanced workouts, they will take care of you. Everyone is like family at Amrock!!!



Bill's is my favorite Place to buy Spartan Racing shoes!!! Plus They have tons of bikes To choose from.

Flip & Twist is a new facility coming to Idaho Falls in September (over by Kohl's). They will provide Ninja training classes and classic gymnastics training classes. They will also provide discount packages with "Yoga London" (also coming in September) and Massage Envy, so while your kids are training you can train or relax! If you want more information or an opportunity for a pre-tour of their facility let Dan know!!! Check them out on Facebook or <http://flipandtwistidahofalls.com>





BOISE SPARTAN KIDS RACE

JUN 29, 2019 | PAYETTE, ID



SPARTANKIDS

REGISTER NOW AT SPARTAN.COM

Spartan Kids is on a mission to inspire children to develop a love for fitness at an early age. We provide safe, age appropriate, world class obstacle racing at various distances and difficulties for children age 4-14 to build the participants self-confidence while enjoying a thrilling outdoor activity in your community that offers lifelong progression.

Participate for recreation or world class competition:

Spartan Kids is a half mile (suggested age 4-6), one mile (suggested age 7-9), and two mile (required age 10-14) course with competitive racing available for two mile racers in age groups 10-11 and 12-14. Top three racers in each competitive two mile age group and gender receive a podium award ceremony with our adult Elite and Age Group winners along with free entry into the 2019 Spartan Kids World Championships later this year.

Children of all abilities are welcome to come climb, crawl, run, get muddy, and become a Spartan with family and friends June 29th in Payette, ID! Join a community of people who never give up- AROO!

Save 20% with code: KIDSW20 (This code will also work for the Utah Spartan too!!!)

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