



XC Thrillology Newsletter

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UPCOMING EVENTS:

Please review the upcoming race schedule there are some great events on and off the roads over the next few weeks. From a 200 mile trail event to a new tradition in Kenosha, the Veterans Day Run and other challenging and fun events through Northeast IL and Southeast WI.

If you would like your event added and/or featured in our next newsletter, please send information to:
briant@kenosharunningcompany.com

Get ready for Hateya Trail Run/Walk

Saturday, December 12, 2015 • 10:30 a.m.

**Petrifying Springs Park,
Kenosha, WI**

*Located on County Rd JR
between Green Bay Rd (Hwy 31)
and County Rd E*

The XC Thrillology Hateya Trail Run (approx. 6.4 miles) and the Hateya Trail Walk (approx. 3.5 miles) will take you on an adventure through the trails in Petrifying Springs Park. The finish of the XC Thrillology Hateya Trail Run

is at Shelter One where everyone can enjoy the great food (chili), drinks (craft beer and soda) and a bonfire to warm up at. The run will start with a cross country style start, before you head into the woods in which you will encounter some single track trails, rocks, roots, nasty hills, and possibly snow. This will be perhaps the most challenging course you have run, and if you have never ran a trail race, then the time is now!

It is December in Southern Wisconsin so we could have snow on the trails, which would make the trail even better! But you will run on groomed trails, single track trails and some open green ways through the park.

Our swag for this race will be a custom-made Christmas Running Shoe Ornament (first 100 registered). We will also have FREE BondiBands, special awards and other fun surprises!!!

REGISTER TODAY!!! <http://www.xcthrillology.com/hateyatrailrun.html>



Upcoming events...

- **Miles for Smiles**
Saturday, Oct. 24, 2015
Darien, WI
5K Race route follows the perimeter of the SMILES facility in Darien and will encompass the majority of SMILES property. This is to be considered a Cross Country race.
- **IgA Nephropathy Foundation Of America Save The Beans Halloween 5K/10K Run**
Saturday, Oct. 24, 2015
Libertyville, IL
- **Skeleton Scurry**
Saturday, Oct. 31, 2015
Delavan, WI
- **Panting for Paws**
Sunday, Nov. 1, 2015
Crystal Lake, IL
- **TBunk Endurance Challenge (200m & 150m Trail Run)**
Friday, Nov. 6, 2106
LaGrange, WI
The 2015 tBunk Endurance Challenge will be held on November 6 - 8. Registration is now open! All of the net proceeds from the event will be donated to the creation of the Bunk House, a shelter that will be built at Scuppernong in honor of Tom and Lorraine Bunk.
- **Pringle Nature Center 5K Prairie & Woods Run**
Saturday, Nov. 7, 2015
Bristol, WI
- **2015 Veterans Day 5k/10K**
Saturday, Nov. 7, 2015
Kenosha, WI
- **Northwest Trail Run**
Sunday, Nov. 8, 2015
Crystal Lake, IL
- **Hateya Trail Run/Walk**
Saturday, Dec. 12, 2015
Petrifying Springs Park,
Kenosha, WI
- **Hills Are Alive Trail Run/Walk**
Saturday, March 12, 2016
KD Park, Burlington, WI

KENOSHA RUNNING COMPANY ANNOUNCES... “XC Thrilllogy” Training Program

**Looking for a little extra guidance to keep you on track to reach your goals for 2016?
Wanting to see just how far and how fast you are able to run?**

I realize personal coaching is nothing new and there lots of options, so way should you consider our program. Whether you are an experienced runner or just getting started, a personalized approach will be taken when discussing your goals/objectives. Process: determine current level of fitness, create a baseline, establish & review goals/objectives, be realistic in regards to available time to train, establish timelines, customize workouts (in reverse) and get fired for some fun!

Workouts/training in “Reverse”, in coaching my high school athletes, I create workouts focusing on the key cross country and track meets at the end of the season and create their workouts going backwards/reverse. I have also done this personally with my own training. Allows you to see the vision and the work necessary to realize your goals.

This personalized training will include: weekly phone and email contact to touch base, weekly or bi-weekly run/work out (will use this time to evaluate running form, work on technique, re-evaluate training and objectives), develop your core and suggest other strength building drills.

My background: high school cross country and track coach, runner for over forty years and have guided many adult runners to their first 5K, half marathon and marathon for many years.

2016 Fees: We have different options for 3 months, 6 months or 12 months.

- **Four payments of \$100.00 (\$400 for the year)**
- **Two payments of of \$175.00 (\$350 for the year)**
- **One payment of \$275.00 for the year**

What I am offering for November and December is an informal training/guiding program, you can see if my style works for you. If you are interested, contact Brian Thomas at briant@kenosharunningcompany.com – office 262-925-3033 or cell 414-719-4771

Run of the Dead Elimination Run Endurance Challenge

Registration is OPEN!!

Sunday, November 1, 2015 Old School Forest Preserve, Libertyville, IL

Join us for this unique event held on The Day of the Dead holiday utilizing the trail system at Old School Forest Preserve amidst an idyllic autumn backdrop.

8am start - 8 x 4.25-mile loops (34 miles total) - \$80
9am start - 1 x 4.25-mile loop - \$40
noon start - 4 x 4.25-mile loops (17 miles total) - \$60



This elimination-style event means that each runner will have one hour to complete the 4.25-mile loop that will start on the top of every hour. Awards ceremony and after party with beer (one beer ticket included with registration) and optional BBQ dinner will be held at 4:00pm at Tighthouse Brewing Company in Mundelein. All participants of the 4 and 8-loop events will receive a race hooded sweatshirt and all 1-loop participants will receive a race t-shirt.
<https://www.facebook.com/RunoftheDeadEnduranceChallenge>

XC Thrilllogy announces Event Schedule for 2016!!

Mark your calendars! Visit www.XCThrilllogy.com for more information.

 <p>Hills Are Alive Trail Run/Walk Sat., March 12, 2016 KD Park Burlington, WI</p>	<p>This is an ideal trail running and walking event. We will be using the outer loop which is 2.5 miles, it includes great views of the lake and takes you on well-maintained trails. This course is very welcoming to newbie trail runners and walkers and to those wanting to challenge trail running abilities. Runners can select between the 7.5 mile or 5 mile events and walkers can select either the 5 mile or 2.5 mile events.</p>	 <p>County Executive 5K+ Sat., Sept. 10, 2016 Old Settlers Park Paddock Lake, WI</p>	<p>Please join the Kenosha County Parks Department and Kenosha County Executive Jim Kreuser in celebrating Oktoberfest with a morning run/walk that will be family-friendly and enjoy the scenic neighborhood surrounding Paddock Lake. The start and finish will take place at Old Settlers Park. We encourage you to dress in Oktoberfest theme to add a little fun and bring a few like-minded friends and family.</p>
 <p>Coureurs De Bois Trail Run & Relay Sat., June 11, 2016 Petrifying Springs Park Kenosha, WI</p>	<p>This event is an ideal trail running and walking event for the more adventure-minded runners and walkers. Runners and walkers will share the same 4 mile loop course throughout. If choosing to run the relay... you will have a two person relay totaling 16 miles, each runner alternating running 4 miles. Non-relay runners can select between the 16 mile, 12 mile or 8 mile event and walkers can select either the 8 mile or 4 mile event.</p>	 <p>Pike River Trail Run/Walk Sat., Oct. 1, 2016 Petrifying Springs Park Kenosha, WI</p>	<p>This event will start like a cross country meet and then you will experience single track, rocks, roots, water and hills! Some running will be on a paved bike path, golf course, groomed trails and single track rugged trails. You will cross/run through the Pike River two times throughout the 6.4 miles. The Trail Walk (3.5 mile) will follow the same trail as the runners for about 1 mile, you will then be on some of the best walking trails in Southeast Wisconsin.</p>
 <p>Hot, Hilly, Hairy 50K Sat., July 30, 2016 UW-P National XC-Course Kenosha, WI</p>	<p>The Hot Hilly Hairy is run in conjunction with the Hil100+py Relay and is perhaps the best summer running event in the Midwest. There are two ultra solo distances of 85K and 50K, these can be ran as a relay team as well. We also offer solo or relay 30K and 20K. Then there is a 10K that starts at noon and a 10K that starts at 6 pm.</p>	 <p>Hateya Trail Run Sat., Dec. 10, 2016 Petrifying Springs Park Kenosha, WI</p>	<p>The XC Thrilllogy Hateya Trail Run (approx. 6.4 miles) and the Hateya Trail Walk (approx. 3.5 miles) will take you on an adventure through the trails in Petrifying Springs Park. The finish of the XCThrilllogy Hateya Trail Run is at Shelter One where everyone can enjoy the great food, drinks and a bonfire to warm up at. The run will start with a cross country style start, before you head into the woods in which you will encounter some single track trails, rocks, roots, nasty hills, and possibly snow.</p>



Weekly Trail Runs...

Sundays at 6:00 p.m. at Petrifying Springs County Park. We meet at the parking lot directly across from the UW-P Cross Country Course. **ALL ABILITIES ARE WELCOME!**

Questions?
Contact Brian Thomas
briant@kenosharunning-company.com
office: 262-925-0300

XC Thrilllogy "Help Wanted"

Currently looking for someone to work part time in and out of the office, hours vary but probably 5-10 hours per week.

JOB DESCRIPTION:
Reaching out to runners, race directors, potential sponsors, running clubs and charities through email, phone calls and personal visits.

ASSIST WITH:
XC Thrilllogy Newsletter development, race events (pre-during-post) and developing brand.

If you are interested contact Brian Thomas, briant@kenosharunning-company.com or call 262-925-0300

HIL100+PY
RELAY

Mark your calendars!!!
Saturday, July 30, 2016



We need you to get involved...

XC Thrilllogy Newsletter has several objectives, but a key one is to have content provided by YOU... regarding an upcoming event in Northeast IL or Southeast WI, an experience running/walking an event near or far, news about your club, possibly information about running routes, hidden trails, weekly group runs, or even about fun at local pizza & beer joint. I do encourage you to become involved!!!

Brian Thomas • briant@kenosharunningcompany.com
office: 262-925-0300 • cell: 414-719-4771

