



www.XCThrillology.com



Kenosha Running Company

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Issue #36 • April 2018



CaniXC Midwest Championship

Sunday

April 8, 2018

9:00 a.m. start

KD Park Park

Burlington, WI



**REGISTER
TODAY!!**

Event alerts

- **Sealed Air YMCA Shoe Expo**
Wednesday, April 4
Sturtevant, WI
- **CaniXC Midwest Championship**
Sunday, April 8
KD Park, Burlington, WI
- **Geneva Lakes YMCA Shoe Expo**
Saturday, April 28
Lake Geneva, WI
- **Wisconsin Marathon**
Fri.-Sat., May 4-5
Kenosha, WI
- **Lake County (Indiana) Pet Expo**
Saturday, May 5
Crown Point, IN (Fairgrounds)
- **Operation Finally Home 5K**
Saturday, May 26
Menomonee Falls, WI
- **Coureurs de bois
Trail Run/Relay**
Sunday, June 8
Petrifying Springs Park, Kenosha, WI
- **Kenosha Civic Veterans
Parade Run (2-mile)**
Sunday, July 1 - Kenosha, WI
- **Kenosha YMCA Firecracker
5K & 10K**
Sunday, July 1 - Kenosha, WI
- **Honoring Somer's Heroes
Mile Run (Parade Run)**
Wednesday, July 4 - Somers, WI
- **Fort2Base**
Sunday, Aug. 26 - Chicago, IL

Life has an interesting way of opening doors for you...

... when you least expect it or believe that you have time for any more additional “things” added to your plate. That happened again to me last week, and as a result I have started CaniCross USA program to start chapters throughout the Country. I was handed off the [CaniCross USA FB Group page](#) earlier this year and it seemed everyone was wanting to know about groups and events in their area, so reluctantly I posted that I would start to organize. Now 8 days later we have “45” individuals representing 23 states, with some states having several chapters. There is still a lot of crazy fun chaos as I never expected this response so quickly. If you would like to be involved in creating a chapter or joining one, please [email](#) me.

Our new location is moving along nicely and hoping to be settled by mid-to-late May. Altra and Skratch are our newest partners. So if you live in the Kenosha area (NE IL or SE WI) we hope to be your partner for running and CaniCross products.

Is the Hilloopy and Hot Hilly Hairy on your summer “fun running list”? If not, it should be! If you wish to be on the XC Thrillology XC Bandits Team, email me and we will get you squared away, everyone is welcome. Perhaps starting our own ticket sounds perfect, either

way please join us for the day. Hot Hilly Hairy has every distance covered and starting times at 6am, noon, 6pm and 9. Perhaps you are looking to accomplish your personal ULTRA distance with our 18-Hour Death March or perhaps a 10K or 20K could be your ultra if you have never ran further than a 5K before.

Have you ever felt like you were the first one to discover a new place to run and it felt completely cool? I did last week and could not wait to share it! I am calling these trails, Brian's Secret Trails. This first one is located in Kenosha County. If you would like to join me on a run there for 60-90 minutes let me know. I am planning on seeking out all the hidden trails in SE WI over the Spring and Summer and looking forward to sharing them with you.

We are closing in on starting the following: Autism Trail Team, Adaptive Athlete Program, Group Run/Walk Programs and the Trail & Road Teams. If want to be involved in any of these programs please [email](#) or call me at 414-719-4771 anytime.

Thank you all for your continued support and have an amazing day!

Running it is just a way of life. Brian

Product partners...



The next XC Thrillology exciting event



MIDWEST CHAMPIONSHIP

DISTANCES: 1.75 miles, 3.1 miles and 6.2 miles.

CaniXC Midwest Championship

Sunday, April 8, 2018 • 9:00 a.m.

KD Park, Burlington, WI

All abilities and walkers are welcome to participate.

REGISTER TODAY!!!!

You have been putting in the training.

Now is the time to see if the hard work has paid off!

The CaniCross Championships is the culmination of our Winter/Spring CaniCross season. This all day event will be highlighted with several events including a 5.3k and 10.5k morning event and a 1.5 mile afternoon event. Even if you are just dipping your paw into the world of CaniCross, no worries, this CaniCross Exclusive event will give you the opportunity to test your and Rover's fitness against other like-minded, pet loving runners/walkers. Whether you have a distance dog or a sprinter, there is an event for you! After you have competed, plan on staying and enjoy food for both you and your dog and the company of fellow CaniCross athletes!

If you're wondering what CaniCross is then you're not alone. This is one of the fastest growing sports that one can do with their dog. It derives from the sport of dog mushing but you are working as a team with Rover. It's very much a team effort. While you can certainly participate and just run with your dog, the idea behind CaniCross is that the dog is actually pulling you while you are running. This sport has gained a lot of popularity across Europe and is gaining popularity here in United States and Canada. The only thing required is a dog harness, gangline, and CaniCross belt. To get a better idea of what CaniCross is about watch this video!

CaniCross Championship Events*:

10:30 a.m. -- 5.3k and 10.5k run event

1:00 p.m. -- 1.5 mile run event

**Times and event order subject to change.*

Awards will be determined by size of the dog (under/over 80 lbs) and then broken into female and male open, master, and super master categories (owner). We want this to be a fun experience for both you and your pet so we encourage you to come out and try out this sport. While it can be competitive we just want everyone to have fun, no matter what level you or your pup are.

XCThrillology is offering RUNSURANCE on this event. If for any reason you are unable to attend the CaniCross Championships, you can defer your entry to the next year's event, run a similar priced event, or get 80% of your entry fee refunded. Select RUNSURANCE as an option during registration if you are interested.

Yet another upcoming exciting XC Thrillology event



Coureurs de Bois Trail Run & Relay

Sunday, June 10, 2018
Petrifying Springs County Park
Kenosha, WI

REGISTER TODAY!!!!



4 or 8 mile walk

8, 12 or 16 mile run

16 mile 2-person relay

Petrifying Springs County Park in Kenosha, WI, is the location and provides perhaps the best trails along the Pike River. This is an ideal trail running and walking event for the more adventure-minded runners and walkers. You will encounter single track trails, groomed trails, up and down hills, and, if the Pike River cooperates, a river crossing (the water at the crossing points is typically less than 12 inches deep). If the course sounds a little challenging, at times it can be, but it is welcoming and we promise that you will love this course!



Coureurs de Bois (which means to run in the woods) offers four different distances for runners; 4 miles, 8 miles, 12 miles and 16 miles and two different distance for walkers; 4 miles and 8 miles. Runners can also run the 16 miles as a two person relay, alternating the 4 mile loop.

The relay as it turns out can be a great event for couples with younger children, while one runs the other is playing with the kids! Last year a couple told me it was the first time they could run the same event together!

For those that enjoy running or walking with their dog, this is a dog friendly event!

We started a tradition last year of serving crepes and other great food and soda and will continue that tradition!

XC Thrillology “Rundraising” Program

Associated with a charity that would like to enhance awareness or have a fundraiser? Our program would be a great fit. If you are a runner or walker and raising money for a charity, you can use our events for your cause.

Contact Stephanie Zuehls at stephaniez@kenosharunningcompany.com or call 262-925-0300.





**Hot Hilly
Hairy
Ultra Solo
and Relay**

**Saturday
July 28, 2018**

UW-Parkside
National Cross
Country Course,
Kenosha, WI

SOLO

- The Death March --
18 hour race -- 6:00am
- 100K Ultra Solo -
6:00am
- 85K Ultra Solo --
6:00am
- 50K -- 6:00am
- 65K The Dragon Dare
-- four races one day
-- 6:00am
- 30K -- 6:00am
- 20K --
6:00am, noon, 6:00pm
- 10K --
6:00am, noon, 6:00pm
- Charge the Knight 5K --
9:00pm

RELAY

- 85K Relay -- 6:00am
- 50K Relay -- 6:00am
- 30K Relay -- 6:00am

REGISTER TODAY!

Upcoming XC Thrillology events

**Kenosha
Civic Veterans**



**Kenosha
Civic Veterans
Parade Run (2 mile)**

Sunday, July 1, 2018
12:20 p.m., Kenosha, WI
Limited to 150 runners!!

**Registration is now open!!
Register today!**

**Honoring
Somer's
Heroes
Mile Run**

Wed., July 4, 2018
1:30 p.m.
Somers, WI



Register Today!!

Limited to 150 runners!!



**Hilloopy 100+
Relay**

Sat., July 28, 2018
6:00 a.m.
UW-Parkside National
Cross Country Course,
Kenosha, WI

Register Today!!

**Nightcrawler
Trail Adventure**

Sat., August 11, 2018
Silver Lake Park
Silver Lake, WI

Register Today!!



Upcoming area events



North Face Endurance Challenge

Kenosha Running Company is partnering with The North Face Endurance Challenge Wisconsin again in 2018. The race will take place on September 15-16 on the trails of Kettle Moraine State Park and the Ice Age Trail. Race trail running distances of 50 Mile, 50K, Marathon, Marathon Relay on Saturday and Half Marathon, 10K, 5K on Sunday.

Use the code **KRC20** at checkout to receive **20% off** any trail race distance.

Register Now: <http://bit.ly/2Cm12NX>

Website For More Details:

<https://www.thenorthface.com/get-outdoors/endurance-challenge/wisconsin.html>



Fort2Base Race

Join us for the 8th annual Fort2Base Race on Sunday August 26th.

Two unique events distances to choose from, 10 or 3 Nautical Miles (11.5 or 3.45 miles). 1/4 zip long sleep tech shirts, one of a kind finisher's medals for each event distance, free downloadable photos and family friendly post-race party open to all!

For more information or to register visit www.fort2base.com

10th Annual Wisconsin Marathon

This Wisconsin Marathon is celebrating our tenth year and we want you to come out and celebrate with us!

Run the marathon, half marathon, or 5K on Saturday, May 5th in beautiful Kenosha. Our course winds through downtown Kenosha, up towards Carthage College, and through parts of Pleasant Prairie. The magnificent views of the lake will inspire you along the way.

When you finish the race, you'll have our popular Big Cheese Medal draped around your neck and will have a chance to enjoy a beer, brat, and some cheese while listening to live music at our Post Race Party!

New for 2018: Race morning packet pick-up will be available!

Register by January 31st and beat the price increase! Use the promo code **XCTHRL10** at checkout for **10% off** any distance.

Come on out and celebrate with the cheesiest runners around!

Register at: www.wisconsinmarathon.com



Upcoming area events

HILLOOPY RELAY

We Want You!!

For our XC Thrillogy Bandits Hilloopy Team

The 4th Annual Hilloopy is well on its way and as our tradition, we are inviting you to run on our team... The XC Thrillogy Bandits!!! Many of you would like the idea of running on a team, but do not have the time to organize your own team or know enough runners to put a team of 10 runners together. Whether you are new runner, slow or fast, old or young... we want you! This is a tailgate running kind of event and I hope you take the next step!!! For more information, visit <http://www.xcthrillogy.com/hilloopy-100--relay---7-28.html> Questions? Call 262-925-0300 or email briant@kenossharunningcompany.com

Ready to sign up? Our Team name is XCTBandits Password is Bandits
<https://www.raceentry.com/race-reviews/hil100py-relay> Mark your calendar for July 28th and see you then!



Upcoming area events

Kenosha Running Company will be attending this event with our Mobile Running Store!!

**Sprint for Spring
5K Run | Walk**

Healthy Kids Day

Saturday, April 28, 2018



**5K REGISTRATION
OPEN NOW!**
Guaranteed T-Shirt &
Early Bird Pricing by April 16

262.248.6211
GenevaLakesYMCA.org/5K

Join us at the Geneva Lakes Family YMCA for our Second Annual Community 5K Run/Walk. This **chip timed** race is perfect to prepare yourself for future runs, to keep yourself in shape or simply have some fun!

Schedule of Events

- Friday, April 27, 6 am - 7:30 pm**
Packet Pick up at the YMCA
- Saturday, April 28, 8 am**
Registration/Check In at YMCA/Packet Pick up
- 9 am**
5K Run/Walk Begins
- 9:45 am**
Awards Announced
- 10 am**
FREE 1/2 Mile Run for Kids 10 and under



Follow us on Facebook at Geneva Lakes Family YMCA beginning Monday, March 5 for "Weekly Workout" posts to prepare you for this 5K!

Registration Info

- Race Starts/Ends**
Geneva Lakes Family YMCA
203 S. Wells Street, Lake Geneva, WI
- \$30: Run/Walk Participant**
Fee includes professional chip timed race, marked course, t-shirt, awards, snacks and goody bag.
- \$35 after April 16**
(shirt and goody bag are not guaranteed)



Healthy Kids Day

Healthy Kids Day is a YMCA initiative to teach healthy habits for kids and families and encourage physical and mental play. This free, community, family event is immediately after the 5K and includes many activities and informational booths. Watch our Facebook page for updates.

10:30 am—12:30 pm | Follow us: GenevaLakesFamilyYMCA

Contact the Y for GREAT 5K Sponsorship Opportunities | 262.248.6211



On Saturday, April 28, at 9 am the Geneva Lakes Family YMCA will be hosting their Second Annual Sprint for Spring 5K Run/Walk. This is a chip timed race open to the community "rain or shine". This race is perfect to prepare yourself for future runs, to keep yourself in shape or simply have some fun. A FREE kids 1/2 mile run for ages 10 and under immediately follows. Registration is required at GenevaLakesYMCA.org/5K. Registration is being accepted the day of the event, but to guarantee a t-shirt and goody bag please register by Monday, April 16.

This 5K Run/Walk is combined with Healthy Kids Day event that is a YMCA national initiative to teach healthy habits for kids and families to encourage physical and mental play. This FREE event immediately follows the race from 10:30 am-12:30 pm that includes many activities and informational booths. Watch our website for specific details at GenevaLakesYMCA.org.



Dances With Dirt Gnaw Bone -- Indiana Style!

Looking for more trail fun? Look no further than Dances With Dirt Gnaw Bone, an extreme trail run on May 19, 2018 in the wicked hills of Nashville, Indiana. The terrain at Dances With Dirt will bring you shock and awe, from the breathtaking natural beauty of the area to the gnarly single track trails. This insane test of human endurance will leave you knowing you are fully awake, alive and living life in full color! Hit the trails for 10K, Half Marathon, Full Marathon, 50K, 50 Mile or grab your friends to form an extreme relay team. Pair that with sweet swag, a BBQ spread and some fine brews and you've got the makings of a seriously kick-butt day. Check out the event:

<http://dwdgnawbone.com/>



Upcoming area events

Allina Health

Trail Mix

April 21

Lake Rebecca Park Reserve, Rockford, Mn

Register before April 16th and save!!

ThreeRiversParks.org/trailmix

Start the season with one of the oldest spring turf trail races in Minnesota. The 50K, 25K, and 12.5K, solo or team races are on a looped course through a landscape of rolling hills, prairies, wetlands and big woods. Race proceeds purchase adapted equipment making outdoor, active lifestyles available for people of all abilities. Volunteers needed.



The poster for the Allina Health Trail Mix event features a yellow background with a purple silhouette of runners. Text includes 'ALLINA HEALTH TRAIL MIX', '50K • 25K • 12.5K • TEAMS', and '#TRAILMIXMN'. It also mentions 'SATURDAY, APRIL 21, 2018' and 'VOLUNTEERS NEEDED'. Logos for Three Rivers Park District and Allina Health are at the bottom.



Kettle Moraine 100

Endurance Run

Saturday, June 2

- 100m solo
- 100k solo
- 100m relay
- 50k solo
- 38m night fun run
- Volunteer

<http://kettle100.com/>

In the rolling hills and meadows of the Kettle Moraine, tough runners commit themselves to a grueling task: conquering unforgiving terrain and unpredictable conditions. It's beautiful: lots of nature and fun people to meet and compete. The task can be completed solo or as a team. Most teams form up with 4 members. Sign up!

Registration info:

<https://www.runrace.net/findarace.php?id=18153WI&tab=a3>

Early discount rego by April 22. Online registration ends at 6pm on May 26th, 2018.

Training for all! We have a spreadsheet with contact info of 20+ runners of varying abilities. We schedule practice days of varying lengths or you can find a buddy near you to motivate you into regular intervals.

If interested in a 19 or 31 mile leg and want/have a team, contact Clinton Copple at cjcopple@gmail.com.

Upcoming area events

Time to Get Your Ultra On & Relay Team Together

Saturday, July 28
UW-Parkside National Cross Country Course
Kenosha, WI



Racine Lighthouse Run June 16, 2018 – 40th Anniversary

During its 39 year history, Lighthouse Run, presented by Educators Credit Union, The Journal Times and the Racine Family YMCA, has evolved into one of the premier road run/walks in the state of Wisconsin. That tradition continues in 2018 with the Image Management 10 Mile Run, Racine Family Y 4 Mile Run, Modine 4 & 2 Mile Fun Run/Walk, LandMark Credit Union Kids Power Race and Cree Mascot Challenge.

Offering both competitive and non-competitive events, Lighthouse Run serves as the official kick-off to summer fitness awareness.

Proceeds from your participation in the Lighthouse Run help support the YMCA Strong Kids Campaign.



XC Thrillology event review

A look back...

HILLS ARE ALIVE TRAIL RUN/WALK



[Click to see more photos...](#)

CaniXC -- putting the tails on the trails



[Check out CaniCross on YouTube](#)

We are starting our third year of hosting CaniXC events and we are loving it! If you're wondering what CaniCross is then you're not alone. This is one of the fastest growing sports that one can do with their dog. It derives from the sport of dog mushing/sledding but you are working as a team with Fido. It's very much a team effort. While you can certainly participate and just run with your dog the idea behind CaniCross is that the dog is actually pulling you while you are running.

You are welcome to run or walk with your dog either on a leash or with the dog harnessed and attached to your running belt. We can also properly fit you and your dog with harness, lead line and running belt. We are partners with Howling Dog Alaska, Non-Stop Dog Wear and Kurgo.

We want this to be a fun experience for both you and your dog, so we encourage you to come and try out this sport. We have two exclusive CaniXC events and five CaniXC events associated with our trail events. We will also have a number of additional dog friendly events.

<p>im Schnee festsetzen CaniCross</p> <p>Watch for our 2019 event Bristol Woods Park Bristol, WI</p>	<p>Boreas Trail Adventure CaniCross</p> <p>Watch for our 2019 event Bristol Woods Park Bristol, WI</p>	<p>Hills Are Alive Trail CaniCross</p> <p>Watch for our 2019 event KD Park Burlington, WI</p>
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 <p>MIDWEST CHAMPIONSHIP Sunday, April 8, 2018 9:00 a.m. KD Park, Burlington, WI</p>	<p>We are ending our Winter and Spring CaniCross season with our first Midwest Championship style event. This all-day event will be highlighted with 1.75m, 3.1m, 6.2m. We will have open and masters age groups and subcategories based on the weight of the dog.</p> <p>We have awards, provide a great atmosphere, food for two and four legged creatures, beer and soda. This event is open to all abilities and walkers.</p> <p>The course at KD County park offers wide trails, challenging hills and great scenic views of this hill-n-dale course.</p>	
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<p>Pike River Trail CaniCross</p> <p>Saturday, Sept. 29, 2018 10:15 a.m. (3.5m & 7m) Petrifying Springs Park Kenosha, WI</p>	 <p>Trail Dog Distance Classic</p> <p>Sun., Nov. 11, 2018 2:30 p.m. (4.5m & 9m) Bong State Recreation Area Kansasville, WI</p>	<p>Hateya Trail CaniCross</p> <p>Saturday, Dec. 8, 2018 10:15 a.m. (3.5m & 7m) KD Park Burlington, WI</p>
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“Tails” from the trails

Thoughts on Running, Children and Dogs...

Well, I attended my first CaniCross event at Hills are Alive Trail Run/Walk on March 11, 2018. What a beautiful crisp clear day. Accompanying me for this newest adventure was the youngest of my 3 sons, my 14-year-old, and the oldest of my 3 dogs, my black lab. It was a lovely, well-marked 3-mile looped course with rolling hills and a pretty lake. The race distances varied so that you could take one loop or more with a dog or without a dog. I opted for the longer dog event which was 6 miles.

I like to run. I'm not fast, but I run a lot. I run year-round in the daytime, in the nighttime, in the heat, rain, snow, and hail on the roads, on the trail, on a treadmill, on a track. My running clothes, shoes, and gear have overtaken my wardrobe. I have a special calendar just for my running training plans, races, and events. But, sometimes it is about more than just the running.

For today's race I was a walker. My dog is fat, very fat, and running 6 miles might kill her off since she has not run more than 2 miles at once in a couple of years. My son is recovering from a hip surgery that was about 6 weeks ago. He has permission from his physical therapist to hike, but no dog walking or running is allowed yet.

We had a lovely time and being outside on a beautiful day in a beautiful setting while going at a different pace and with a different focus put me in a reflective mood. Since all the fresh air and exercise led to a quiet two hour car ride home with a sleeping boy (FYI: a headband (trail swag) makes a great eye mask) and a sleeping dog I will share some of my thoughts.



The long car ride up was a nice chance to catch up and listen to my son – Try and make time to listen to your loved ones, children grow up so fast and life can be very busy.

I did get a little bit lost near the park, but a phone call to one of the race staff had me turned around and at my destination in minutes – Life is an adventure, it's ok to ask for help.

While we walked, I was envious of the other runners at first, but I was competing with a walking team so I put on the silly green tutu (trail swag) that my son pointed out and focused on having fun with my team – To be a good partner you might have to compromise.



My dog jumped in the lake, wagged her tail, sniffed noses and butts with every dog she saw, and nudged lots of unknown humans in the hopes of a pat on the head. Sore and tired after loop one, she went even faster on loop two – An enthusiastic attitude towards life makes a world of difference when facing a challenge.

My son elected to not do loop 2. A generally sporty boy, he has been sidelined with his hip injury for months and is just starting to be more active again. I continued on with our enthusiastic dog – Listening to your body is important. Not everything will go as you plan, be kind to yourself if you must adjust your plans. Be proud of what you have accomplished.

Lots of people were racing today. Some raced with their loyal furry companion, some raced alone, some raced with friends, smiles and wagging tails were abundant – Fresh air and exercise are good for the soul, be thankful to be able to get out there and participate, there are many who can't that would be envious to be in your shoes.

And lastly, don't be afraid to talk to a stranger... we all have stories to share. ~ Susan Miller

Please feel free to share your tail from the trail... send to briant@kenosharunningcompany.com.

"Tails" from the trails

My Biggest Cheerleader

Mild Disclaimer. I'm nothing more than a glorified 5k runner! However, I love saying that. I own it. My next goal is to do a 10k. Though to be honest, that's been a goal for like, over 3 years now. So, we'll see how that unfolds. Running a quick couple miles several times a week has been one of my best selfcare pieces that I have consistently had over my life time.

I have another selfcare piece; my horses. I co-founded a non-profit called Checkpoint One in 2016. At Checkpoint One we offer equine assisted mental health services, equine personal development, yoga, mindfulness, and other nature infused activities with a passionate focus on PTS(d), ERES (Emergency Responder Exhaust Syndrome), and stress management AT NO COST for veterans/military, first responders, and their families. My non-profit has a solid base belief of selfcare. For me, selfcare is running and working with horses. Running grounds my body and allows me to connect to my physical self and horses ground me emotionally.

Over the years I've had ups and downs where I'd go months without running and then pick up with it again. Some of those downs were just busy life events. Kids, moving, new job situations. Some of those downs were overwhelming life events too. Stress, being depressed, drained. For the past 7 years, who was there to keep asking me each day if his harness was going on? If I was going to put that leash in my hands? Watching my every move to see if my running shoes were going on? Or to just nose nudge me and half crawl into my lap for some loving. Who? My dog.



Meet Scooter, Skit Skit for short sometimes. He's a good ol' American mutt; best guess is Australian Cattle dog, border collie, retriever mix. Based only on that his mother was a retriever mix, his one sister looked like him only border collie white markings, and his other sister was all red cattle dog.

So if my selfcare is running (my physical gift to self), horses (keeping me emotionally present and aware), then I think Scooter could effectively be my biggest, unwavering, selfcare cheerleader. Everyone needs a cheerleader in life, right?

He runs exuberantly with me, goes to work with me (the horse stable), parents with me (well, plays with my kids and loves them), and snuggles with my husband when I am unable to do so (I have an early bed time and the hubby is up late often for his work). Scooter wants every human to be his friend, and still

loves giving a little chase to any new cat he meets (just a little).

I am honestly so grateful to have this dog in my life. I believe firmly that if Scooter was not who he is, his dedicated, athletic, cattle dog mutt self, I may have not ever kept up with my running after several of those little downs in life. Running with him makes me a better runner, and being a better runner, makes me better at selfcare. Selfcare makes me a better person. If I cannot help and care for myself, how can I help and care for the military folks and first responders coming my way at Checkpoint One? Scooter literally is my daily cheerleader.

Checkpoint One may be an equine based program, but myself and my team there all know that our dogs are woven in and out of our work, families, and personal lives. Checkpoint One has made some great connections with organizations here in Virginia that train service dogs for Veterans; Paws for Purple Hearts and Semper K9. Their work has inspired our team to get our personal dogs their therapy dog training and certification (Scooter included).

I would very much so like to see more actual canicross runs in the USA. So, I'm going to be the change that I want to see! I've been inspired to create a Checkpoint One canicross fundraiser run/event. It's a little overwhelming, as I've never organized a running event before. I've organized horse show events, but not a run with tons of people and dogs! There's lots to research and lots to learn so I'm still in the planning stages. The goal is November 2018 or beginning of 2019. It's going to happen. I've got the best inspiration and cheerleader anyone could have! You will see Scooter and I in the canicross world soon!



Peace & Blessings ~ Kristin A. Fitzgerald

Please feel free to share your tail from the trail... send to briant@kenossharunningcompany.com.

"Tails" from the trails

Elli...

Elli is a 3 year old black German Shepherd mix who had a rough start in life. She was found by animal control as a scared stray on a busy street. She was heartworm positive with an injured front paw around Christmas Eve 2015. She was taken in by the Humane Society then taken by her rescue, Big Dog Ranch Rescue, so she could get the proper treatment to heal.

After she was all healed up at start of March 2016 she came to the doggy day camp where I was working, to live as a foster until she found her forever home. I had no idea the day she came in that we were going to be her forever home. We thought we were content with just one dog. She came in with her shaved belly from her spay shave marks on her back from where she had undergone heartworm treatment. She was pretty rough looking but her big ears were awesome and she bonded great with her new sister, Lucy.

We took Elli home for a home visit about 2 weeks before we actually adopted her. She had some issues, she barked at everything and had some anxiety about being around people. The house would creek or the air conditioner would kick on and she would run around the house barking and getting herself so worked up we were concerned she was going to give herself a heart attack. Lucy wasn't a fan of this and looked scared which also made us un-easy. We didn't want Lucy to be scared in her own home. So we decided it wasn't going to work out after all. Taking her back was one of the hardest things I ever had to do. When I went back to work after giving her back, she would not stay in her play yard at the dog camp. She would open gates to get to Lucy and I, she would whine to get to us and Lucy would sit in the corner by Elli's cabin and wait for her to come out. It was heartbreaking to think that in that one weekend she had already formed a very strong bond with all of us. After some talking and begging (I'll admit it was like a little kid begging) Elli came back and we were all in. We hired a trainer and we put our all into her we fearing we didn't give it a good enough chance, we knew then that she was not going back.

Two years later and Elli is now the best running buddy I could ask for. I thought her sister, the bloodhound mix, would be but Lucy thinks the world needs to move at a snail's pace and every step needs to be sniffed out thoroughly. Running helps reduce Elli's anxiety and has helped socialize her. When she and I are running, she has not a care in the world other than running. I am beyond grateful for my running group and human running buddy who has allowed her to come along on runs and even participate in races.

People are always understanding and ask to pet her, especially kids, which gradually show her that everyone is not so scary. After the initial run event I took her to the 2016 Turkey Raffle Run and she was like a different dog, she had so much more confidence. She completed her first 10k in April 2016. I was very nervous about this as it was her first big race and the furthest she had gone at that point but to my delight she was awesome. Since April 2016 when we had our first official race, we have logged tons of miles along with at least 5- 5k's and 2- 10k's with our third one in May of this year. We had a half marathon planned last November but thanks to Hurricane Irma our training took a backseat in the months prior. Due to her past health issues we have capped her distance at 13.1.



We've been through a lot with Elli. She still has anxiety and she still barks when people go by. She has broken our front glass window (not what I want to come home to) and she never learned how to teethe properly so we had an adult dog teething like a puppy. I've learned how to repair screens in windows but new people and situations are still a bit scary.

But Elli is a huge mama's girl and the best running buddy ever. She has shown me that I can accomplish my goals and she makes sure I stick to my running plan. Everyday has been a little better with her and has shown that with trust, old fears can be conquered. A loving family goes a long way and with Elli, if the sun is up it's time to BE up. Fetch is awesome and your sister Lucy will always be there for you.

by **Holli Fleming**



Please feel free to share your tail from the trail... send to briant@kenosharunningcompany.com.

Programs

MILITARY

The Kenosha Running Company is humbled and thankful to announce that all military veterans, active serviceman and their spouses will be able to run/walk all of our 2018 events for free. Enter in one of three ways; call our office at 262-925-0300, mail in an entry form or enter online (call to get a discount code). We are also looking for:

1. Assistant Race Director (volunteer position) to help nurture & grow this program. 2. We would like to give others the chance to support this program financially so it is maintainable and sustainable for many years to come.



ADAPTIVE ATHLETES

As we evolve our events it is also time to evolve our ability to be as inclusive as possible. We are making our parade events on July 1st, July 4th and December 2nd wheelchair athlete, wheelchair assisted and amputee (those able to run or walk on blades or similar) welcoming events. We are desiring to make all of our events welcoming to visually impaired runners and walkers. We are also wanting to accommodate those that suffer from PTSD by starting at an earlier times. With this program in mind, we need: 1. Assistant Race Director(s) (volunteer position). 2. Guide Runners & Walkers.



KID'S TRAIL EVENT

We would like to develop four kid trail races that would be 400 to 800 meters that would be run at the conclusion of our regular trail events. I am thinking our March, June, Sept. and Sept. events. We are in need of an Assistant Race Director to oversee and develop this aspect of our trail events.



AUTISM TRAIL TEAM

I have read stories on a similar program out East and want to develop and support an ATT here in SE WI. Honestly I have no background in this and ignorant to all the many aspects that parents deal with and the different levels of Autism. We need some coaches and Assistant Race Directors (volunteer positions) to help develop and manage this program.



Partnership Request for New Military Program

Starting with the Hateya Trail Run & CaniCross on December 9th and going forward, all of our events for military veterans, active serviceman and their spouses will be free. In order to make this program maintainable and sustainable we will need partners

to promote our events and provide financial support. If you are willing to join us in making this new program a success please contact me and let's discuss how to achieve our shared objectives. Any amount of time or financial assistance is welcome and sincerely appreciated.

Thank you for your consideration. If you are ready to make a financial contribution, make your check to Kenosha Running Company, Inc. and mail to: PO Box 126, Kenosha, WI 53141. If you would like to honor someone with your contribution, please let us know.

Contact Brian Thomas at 262-925-0300 or e-mail briant@kenosharunningcompany.com if you have questions on these programs and/or want to assistant with your time.



ALL EVENTS HELD IN THE KENOSHA COUNTY PARKS
ARE PRESENTED BY:

**Kenosha County Parks and
Kenosha County Executive Jim Kreuser**

Specialty events

We are excited to share with you this special event...



Running & Cross Training Shoe Event

Date: Wednesday, April 4th
Time: 7:30 a.m. - 7:00 p.m.
Location: Sealed Air Family YMCA
8501 Campus Drive
Mt. Pleasant, WI 53406
Meet on Running/Walking Track

This will include a wide range of shoes to ensure the best fit and performance. KRC staff will assist in determining the best shoe for you as well. This allows you to run or walk on the track to make sure you are comfortable with the shoe. You will receive a generous discount. The Sealed Air YMCA will also receive a donation for each pair of shoes purchased.

For more information contact:

Brian Thomas
Kenosha Running Company
briant@kenosharunningcompany.com
262-925-0300



Special offers



361-SPIRE 2

To purchase online, click here...

Run for FREE!!!

Purchase of all new shoes... receive 1 of our select trail running events FREE!!

We also have special discounts for the 361° shoes at all of our events.



361-FEISU



*** SPECIAL OFFER: Buy a pair of shoes, and you get to participate in one of our events for FREE!!!!

(Excludes the Hot Hilly Hairy, Hilloopy and WolfPack Trail Run events.)

To purchase online, click here...

Introducing the Neutron 2

They make some of the best trail running shoes that you have never heard of!!!! We have partnered up with them and can now bring you these great shoes. I have been running in the Atom, a lightweight trail running shoe with excellent traction on every surface and fit perfectly right from the first run. This shoe fits true to size for me and looking forward to many miles on the trails with them! We are introducing three models for men and women, the Atom (\$120), the SPIN (\$130) and the Neutron 2 (\$135). I can order any shoe you like from www.Scarpa.com and receive the bonuses.

Questions, concerns and to place your order, e-mail briant@kenosharunningcompany.com anytime or call 262-925-0300.



To purchase online, click here...

PET RUNNING GEAR:

www.kenosharunningcompanystore.com/



store proudly offering...



XC Thrilllogy product & gear



Kenosha Running Company is on the grow! Check it out...

Just as we keep expanding our trail offerings to create more opportunities for trail runners and walkers to have fun, we are also working towards serving other needs of our running/walking community. Many of you know of our plan to open a retail store in the future. This store will be THE place to purchase your running gear (trail & road) and will be a hub for the running and CaniCross enthusiasts in the area.

As we work towards this goal, the Kenosha Running Company {online} Store (<https://www.kenosharunningcompanystore.com/>), was created to start the ball rolling. It has the same awesome merchandise that you can buy at our events, but now you can purchase it anytime!

XC Thrilllogy Swag for Sale

- String Bag\$8.00
- Large Red Duffel Bag..... \$20.00
- Frisbee\$3.00
- HooRag.....\$8.00
- Stainless Steel Water Bottle.....\$8.00
- Hats..... \$15.00
- Beach Towel \$15.00
- Gloves.....\$5.00
- Stadium Blanket \$20.00
- Trail Toes Anti-Blister Cream.... \$12.00
- Trail Toes Foot & Body Cream. \$13.00
- Trail Toes Foot & Body Cream. \$22.00

Cash, checks or credit cards accepted. Checks payable to: Kenosha Running Company
Call: 262-925-0300

Order now!!!
Click here to place your order.



Hybrid CONCEPT



XC Thrilllogy calendar (www.XCThrilllogy.com)



caniX EVENT

2019
Bristol Woods Park
Bristol, WI



caniX EVENT

2019
Bristol Woods Park
Bristol, WI



caniX EVENT

2019
KD Park
Burlington, WI



DOG friendly

Sunday
June 3, 2018
Pettrifying Springs Park
Kenosha, WI



Sunday
July 1, 2018
Kenosha, WI



\$\$\$ prize money

Wednesday
July 4, 2018
Somers Post Office
Somers, WI



Saturday
July 28, 2018
UW-P National
XC-Course
Kenosha, WI



\$\$\$ prize money

Saturday
July 28, 2018
UW-P National
XC-Course
Kenosha, WI



DOG friendly

Saturday
Aug. 11, 2018
Silver Lake Park
Silver Lake, WI



DOG friendly

Saturday
Sept. 8, 2018
Old Settlers Park
Paddock Lake, WI



caniX EVENT

Saturday
Sept. 29, 2018
Pettrifying Springs Park
Kenosha, WI



Saturday
Oct. 20, 2018
KD Park
Burlington, WI



\$\$\$ prize money

Sunday
Nov. 11, 2018
Richard Bong State
Recreation Area
Kansasville, WI



Saturday
Dec. 1, 2018
Lake Geneva, WI



caniX EVENT

Saturday
Dec. 8, 2018
Pettrifying Springs Park
Kenosha, WI



DOG friendly

Saturday
Dec. 29, 2018
KD Park
Burlington, WI