



www.XCThrillology.com



Kenosha Running Company

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www.kenosharunningcompany.com -- brian@kenosharunningcompany.com

Issue #42 • September 2018



REGISTER

Oktoberfest
Saturday, Sept. 8

Old Settlers Park
Paddock Lake, WI



Event alerts

- **Oktoberfest 5K+**
Saturday, Sept. 8, 2018
Paddock Lake, WI
- **North Face Endurance Challenge**
September 15-16
Kettle Moraine State Park, WI
- **Walk, Roll n Run 5K**
September 22 – Kenosha, WI
- **Pike River Trail Run/Walk**
September 29 – Kenosha, WI
- **Trails Are Alive Night Adventure**
October 20 – Burlington, WI
- **The Fall 50**
October 20 – Door County, WI
- **Bill Leonard Memorial Rig Rendezvous**
November 10 – Woodstock, IL
- **Wolf Pack Trail Run & Relay**
November 11 – Kenosha, WI
- **Trail Dog Distance Classic**
November 11 – Kenosha, WI
- **The Windmill Trail Challenge**
November 11 – Geneva, IL

What a crazy busy & fun month August has been!

Honestly... it has all been a blur.

August 2017, I made a huge mistake and bought a rundown 100-year-old building filled with trash and the accompanying 2+ acres that had been ignored for far too long.

But why let a little stupidity get in the way of a dream! Here we are 12 months later and moved into our new building. (<https://www.youtube.com/watch?v=E5p0kkzWfIU>)... here is a short video that will give you a glimpse. We are close to having everything setup inside and moving towards having everything ready outside!
www.KenoshaRunningCompany.com

If you live close, I expect to see you soon... if you live a little farther away, then plan on making a road trip! Address is 1706 - 22nd Avenue, Kenosha, WI 53140

We started our first ever Boys & Girls Club of Kenosha Running Developmental Program for those in 2nd-6th grades. This is the first non-ball sport program they have offered and it has been a huge success, we have 3 more weeks of the seven week program which ends with them running a 3K race. These kids have learned how to run, their form has improved, they know how to

pace themselves, core strength has improved and I get energized watching them.

I am entering my 8th season of coaching High School Cross Country at Christian Life in Kenosha. Honestly I was not sure how the season was going to start at this small school, as I had two of the four returning boys quitting over the summer and I only had two girls returning from last year's team. Then slowly the team started to grow over the past three weeks! I am up to six boys and eight girls and believe two-three more will join. If you live in the area, I would love to coach your kids!!!

Are you in need of a new pair of road or trail shoes and like to run races???? Well, here is our deal to you, when you buy a regularly priced pair of shoes we will give you an entry in one of our events (excludes Wolfpack, Hot Hilly Hairy & Hilloopy). Pretty unique, huh? We think so too!!

I appreciate of all your support and hope to see you soon... perhaps at [Oktoberfest 5K+](#) on Sept 8th or [Pike River Trail Run/Walk](#) on Sept 29th.

Running it is just a way of life,
Brian

Special, exciting announcement

**KRC World
Headquarters
Announcement...
WE ARE OPEN!!!**

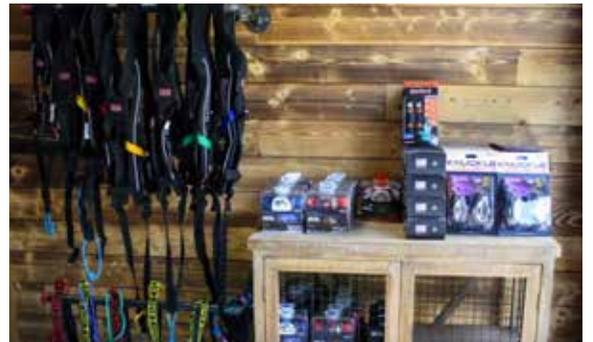
**1706 - 22nd Ave.
Kenosha, WI
(262) 925-0300**



Come visit & check out our showroom!

<https://www.youtube.com/watch?v=E5p0kkzWfIU&feature=youtu.be>

www.kenosharunningcompany.com



Our next XCThrillogy events



Oktoberfest 5K+

Sat., September 8, 2018
Old Settlers Park
Paddock Lake, WI

Register Today!!

ir gehen heute Oktoberfest 5K+. Hast Du auch Bock?

Dust of your dirndl or don your lederhosen and help us kick off Oktoberfest as only runners and walkers truly can!

Presented by Kenosha County Parks and County Executive Jim Kreuser, the Oktoberfest 5K+ run/walk event is the perfect way to celebrate the start of fall and your new-found German heritage!

This is a scenic and challenging 5k + road course will wind its way around the neighborhoods surrounding Paddock Lake and leads you back to the start of the Oktoberfest party! Unique swag festivities highlight this fall event.

This is a welcoming event for all abilities and is dog friendly.

A portion of the proceeds for this event will benefit Old Settler's Park Band Shell project.

The purpose of the Old Settlers' Park Band Shell project is to build a permanent shelter where bands, music groups and other performers showcase their talents.

Noting the success of the downtown Kenosha bandshell, and no similar structure in Western Kenosha County, the nonprofit organization believes the addition can enliven the Village of Paddock Lake and surrounding communities. The Old Settlers' Oktoberfest board are targeting completion of the the band shell within the next 5 years.



Pike River Trail Run/Walk

Sat., September 29, 2018
Petrifying Springs Park
Kenosha, WI

Register Today!!

The river side trails and wooded single track at Petrifying Springs Park are the perfect backdrop for the Pike River Trail Run & Walk. This 3.5 mile walk or run and 6.5 mile run is the best way to embrace the changing of seasons and enjoy fall in Wisconsin at its peak.

The event will start like a cross country meet and then you will experience single track, rocks, roots, water and hills! The course will take you through some unexpected turns, but the excitement will be the beauty of the nature that surrounds you. No XCThrillogy Petrifying Springs event would be complete without an optional Pike River crossing, so plan on a crossing or two to add to the fun of this fall event.

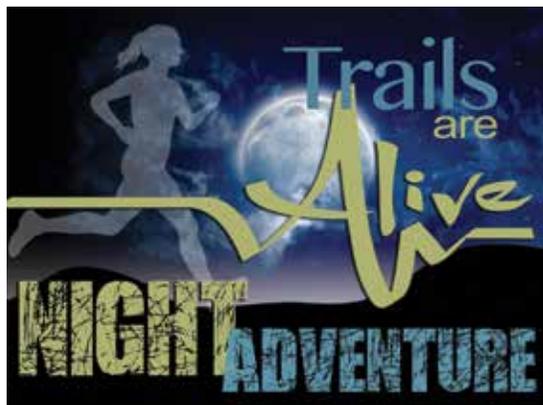
This event is perfect for all fitness levels and is dog friendly for those not interested in participating in the CaniCross Event.

For any questions on the Pike River Trail Run & Walk, call 262-925-0300 or email briant@kenosharunningcompany.com.

Product partners...



Upcoming XC Thrillology events



Trails Are Alive Night Adventure

Saturday, Oct. 20, 2018
6:00 p.m.
KD Park, Burlington, WI

[Register Today!!](#)

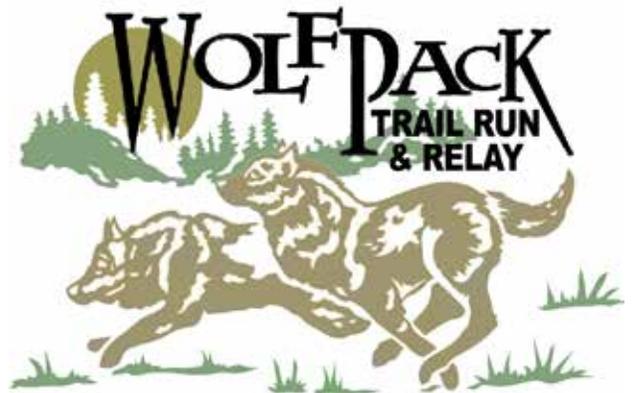
Wolf Pack Trail Run & Relay

Sunday, Nov. 11, 2018
Bong State Recreation Area
Kenosha (Kansasville), WI

[Register Today!!](#)

Also includes the...

[REGISTER TODAY!!](#)



Hateya Tail Run

Saturday, December 8, 2018
Petrifying Springs Park
Kenosha, WI

[Register Today!!](#)

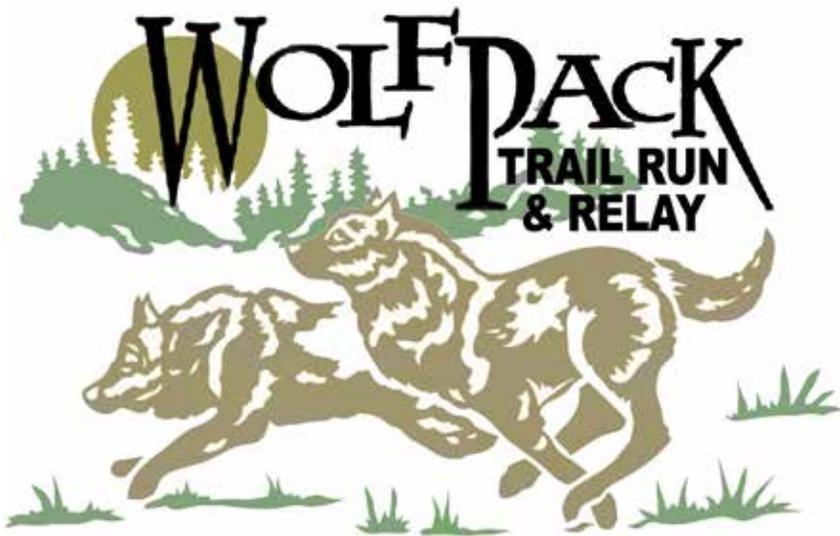
Schneeflocke Trail Adventure

Saturday, Dec. 29, 2018
5:30 p.m.
Bristol Woods Park, Pringle Nature Center
Bristol, WI

[Register Today!!](#)



XC Thrillology event preview



Wolf Pack Trail Run & Relay

Sunday, Nov. 11, 2018
Bong State Recreation Area
Kenosha (Kansasville), WI

Register Today!!

Also includes the...

REGISTER TODAY!!



WHO DOESN'T LOVE THE SOUND OF LEAVES CRUNCHING BENEATH YOUR FEET AND THE CRISPNESS OF THE AIR ON A NOVEMBER DAY?

The Third Annual Wolf Trail Run and Relay is a few months, but for those planning an ultra distance or perhaps putting a relay team together... the timing is perfect!

New for this is the 50 mile distance to go along with our unique distances of 43.5 miles, 29 miles, 14.5 miles and 4.5 miles. You are welcome to walk up to the 29 mile distance. As with all of our events there are no cut off times.

Location is the Bong State Recreation Area in Kenosha County, WI and our odd shaped figure eight course has a 4.5 mile loop and a 10 mile loop. The 10 mile loop is mostly run on the horse trails that are mostly flat, scenic and at times a little challenging. The 4.5 mile loop is around the Vern Wolfe, which is wooded, a couple challenging kick ass hills and very scenic. Each loop intersects at our main aid station and your home base. For more information on Bong, visit <http://dnr.wi.gov/topic/parks/name/richardbong/>

A tradition we started last year and will continue this year... If you have a DNF or DNS for any distance above a marathon in 2018, you can enter this event at 50% off, use discount code DNF18. Please note, you will not receive any of the swag that is offered that day as part of your entry. We have this DNF program through August 15th, no exceptions!

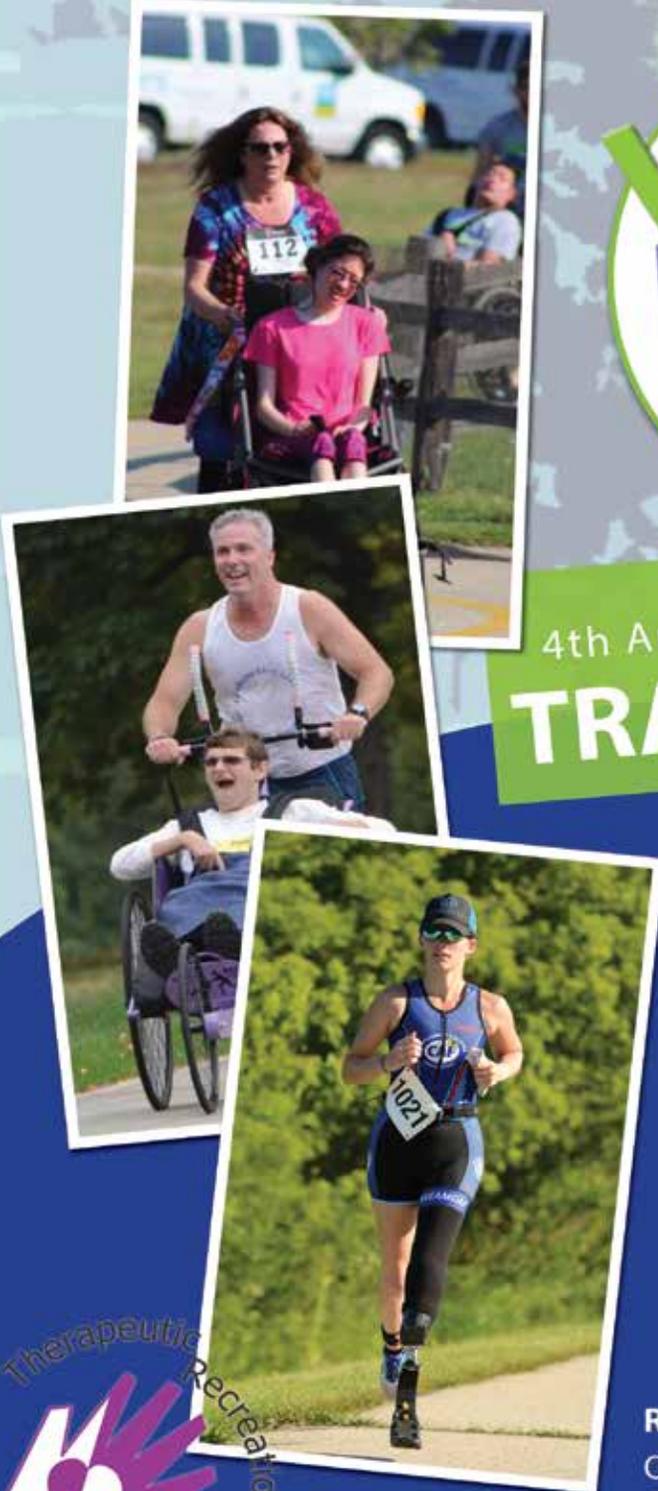
For additional information about the Wolf Pack Trail Run and Relay or any of the other XCThrillology Events, please call 262-925-0300 or e-mail briant@kenosharunningcompany.com.

Let us know if you have any questions.

A look at the 2018 Medallion



Adaptive athlete events



September 22, 2018

4th Annual Walk, Roll & Run 5K/10K TRAINING CLINIC

ABOUT THE CLINIC:
Train in a group setting with clinician Brian Thomas to prepare for the upcoming 4th Annual Walk, Roll & Run 5K/10K.

Fees: \$55 / \$70

Fees Include:

- 6 weeks of training
- Weekly workout sessions
- Race entry for Walk, Roll & Run

Min: 6 athletes **Max:** 16 athletes

Dates: August 13 - September 22
Mondays, 5:30-6:30pm at the Beach Pavilion

REGISTRATION:
ONLINE AT RECPLEXONLINE.COM
OR VISIT THE RECPLEX GUEST SERVICE DESK

QUESTIONS? CONTACT ERIN EWINCH@PLEASANTPRAIRIEWI.GOV 262-925-3647

ALL RACE PROCEEDS: BENEFIT THE THERAPEUTIC RECREATION PROGRAM AT RECPLEX



Upcoming area events



North Face Endurance Challenge

The North Face Endurance Challenge Wisconsin event is less than two months away. Watch the race video from last year and get excited to race trail running distances of 5K all the way up to 50 Miles on Sept. 15-16.

Check out the video here: <https://youtu.be/OyfioqMNH-o>

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.

Website For More Details:

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

** Please join me -- I will be running the Half Marathon.

KRC will also have a tent at the start/finish.

Brian Thomas, bthomas@kenosharunningcompany.com

Use the code
KRC20 at
checkout to receive
20% off

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

the FALL 50

October 20th, Door County

Solo Runner event information...

Start time: 7:00 am (ALL solo runners)

Finish time: 6 pm or 11 hours (a 13:12 per mile pace)

REGISTER: <http://www.fall50.com/door-county/registration/>

MORE INFORMATION: <http://www.fall50.com/door-county/solo-101/>



The Fall 50 is designed to be a daylong running adventure set against the colorful backdrop of Door County, Wisconsin during peak Fall colors. Participants may compete as members of a team of 2-5 runners or as a solo ultra-marathoner. The course starts at the northern tip of the Door County peninsula at Gills Rock. The starting line is in front of the Shoreline Restaurant, just up the hill from the Washington Island Ferry parking lot. The course travels south primarily on back roads along the western shoreline. It passes through quaint villages and beautiful park areas including Ellison Bay, Sister Bay, Ephraim, Peninsula Park, Fish Creek, Juddville, Egg Harbor, Murphy Park, Little Harbor, Old Stone Quarry Park and finally Sturgeon Bay.

The finish line celebration will begin at 1 pm at Sunset Park in Sturgeon Bay beneath a massive big top tent. Participants will cross the finish line directly in front of the party tent to the cheers and jeers of fellow runners. A DJ will be playing music and announcing the names of finishers for the friends, family, teammates and competitors waiting beneath the tent. The finish line buffet will include beer, soda, and pizza.

PACKET PICK UP:

Friday at Stone Harbor Resort from 2-8 pm or...

Saturday at the start line – The Shoreline Restaurant in Gills Rock from 6-6:59 am

Upcoming area events

PIKE RIVER CLEAN-UP

Sponsored by the Kenosha Sportfishing and Conservation Association

Petrifying Springs Park- September 15th

Shelter #4 located near Hwy A from 8:30am till 4:00pm



The Pike River Clean-Up is meant for all ages and all skill levels. If you just want to pick up trash along the river banks and/ or get your waders on to pull tires, debris or log jams, there is plenty to do. Our goal is to keep the Pike River enjoyable for all – kayakers, hikers, fisherman, runners and environmentalist.



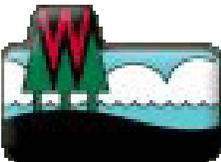
What to bring:

- ❖ Work shoes or boots
- ❖ Work Gloves
- ❖ Work Coveralls
- ❖ Hip Boots or Waders
- ❖ Reacher sticks or long steel rakes
- ❖ Canoes, kayaks or flat bottom boat

If you would like to help out with log jams using chain saws and heavy lifting, or have questions or concerns, please email:

Jim Zondlak: ssjz00@yahoo.com or call 262-620-1680.

In conjunction with Kenosha County Parks, WDNR and American Rivers.



Upcoming area events

Adopt a Husky, Inc. has announced that the

7th Annual Bill Leonard Memorial Rig Rendezvous will be held on Saturday, November 10, 2018 at 9AM. The 'Rig Rony is a fun, one day event, with the feel of a professional race. The Rig Rony follows the ISDRA (International Sled Dog Race Association) guidelines and is professionally timed.

Even though the Rig Rony is designed to give a beginner the opportunity to see what a race setting feels like, it attracts all levels of experience. The focus of the event is enjoying dog powered sports, sportsmanship and being able to mingle with experienced mushers.

The event consists of 5 classes of competition - canicross for both adults and juniors (8-15 yr), 1 dog bikejoring, 2 dog bikejoring, 2 dog scooter, 4 dog rig and a relay race that combines canicross, bikejor and rig. There are trophies for 1st-3rd places in all classes. No race experience is needed, however, your dogs must have experience and training for the event you are entering.

The canicross and 1 dog bikejor course is approximately 1.5 miles, all other classes run the longer course. The 2.5 mile classes will start at 9AM with the 1.5 mile events following. A MANDATORY driver's meeting will be held at 8AM. Doors open at 7AM. The event is held rain or shine at the Red Barn Farm Market, 3500 S. Route 47, Woodstock, IL. Please follow the event on Facebook for the latest breaking news on registration and sponsors and to chat with other participants...

<https://www.facebook.com/RigRendezvous/>

Adopt a Husky is an all volunteer, 501(C)(3), non-profit organization that started in 1998. It's continuing mission is to provide a second chance for stray, abandoned, abused, or otherwise homeless purebred Siberian Huskies in Illinois and Wisconsin by finding suitable, permanent, loving adoptive homes. Bill Leonard, one of the founders of AAHI, was a mid -distance musher and enjoyed mentoring several volunteers that became not only a wonderful hobby for the volunteers but it also became a focus of many of AAHI's winter activities. Bill and his wife, Lois, both passed away in 2008 but their spirit lives on in the hundreds of Siberians saved and the countless hours on the trail those they influenced continue to enjoy.

<https://www.adoptahusky.com/home>



Upcoming area events



Glow in the Garten 3K Walk/Run

by Boys & Girls Club of Kenosha

Saturday, Sept. 15, 2018 • 5:00 – 9:00 p.m.

Petrifying Springs Biergarten • 5555 7th Street, Kenosha, WI 53144

Get your glow on at the [Glow in the Garten 3K Fun Run/Walk](#) at Petrifying Springs Park & Biergarten! Enjoy a night of family fun with everything neon, light-up and glow-in-the-dark.

When: Saturday, September 15th, 5 - 9pm. The official Glow in the Garten race will kick off at 7:15pm. The short race for kids 12 and under will begin at 6:30pm. Disclaimer: the route is technically 3.5 kilometers! The race will not be timed with chips, but a clock will be available at the finish line.

Where: Petrifying Springs Biergarten & Park.

What's Included: An awesome 3.5 kilometer course filled with light-up and glow-in-the-dark decorations, a t-shirt, post-race beverage, and post-race entertainment including face painting, a balloon artist and live music by Brothers Quinn at the Biergarten!

Packet Pick-Up: Race packets may be picked up at the Boys & Girls Club of Kenosha (1330 52nd St.) on Friday, September 14th from 1 - 6pm OR on the day of the race at Petrifying Springs Biergarten beginning at 4:30pm.

Registration: Register [here online](#) or in person at the Boys & Girls Club of Kenosha.

Age Breakdown: Children: Ages 3 - 12. Adults: 13 and up. Kids 3 and under are free and do not need to register (will not receive a t-shirt or packet). If you want a t-shirt and packet for your child age 3 or under, please purchase a child registration.

Pre-Registration Cost: Now - September 14th. Adult: \$27. Child: \$22.

*Please note, registration after August 28th, we cannot guarantee your correct t-shirt size will be available.

Day Of Cost: September 15th. Adult: \$30. Child: \$25.

All [online registrations](#) will incur a processing fee. No refunds. All proceeds benefit the Boys & Girls Club of Kenosha.

Upcoming area events

DATES AND TIMES

Sunday, November 11th 2018 (rain or shine, hot or cold)
Registration at Shelter #4 (see below)
Race/Run start 9:00 am
5K/10K race awards shortly after conclusion of each race

LOCATION

Fabyan Forest Preserve, Crissey Ave/Rt 25, Geneva, IL
The preserve is located on Crissey Ave/Rt 25, south of Main St/Rt 38 and north of Fabyan Parkway. The event will be on the EAST side of Crissey Ave/Rt 25, while parking will be on both the east and west sides of Crissey Ave/Rt 25.

DISTANCE

5K (1 loop) and 10K (2 loops) timed race/run

REGISTRATION

Registration will be limited at 150 participants
Early registration until Oct 10, 2018 (or until event limit has been reached) \$25
Oct 10 – Nov 10, 2018 (available only if event limit has not been reached) \$30
Race Day (available only if event limit has not been reached) \$35

Course is mostly single-track dirt trail winding through woods, with portions of wider dirt trail, grass and asphalt. Expect trail conditions – uneven ground, exposed roots, small stones, etc. There are FOUR shallow creek crossings of ankle and lower calf depths.



<https://dickpondathletics.com/info/the-windmill-trail-challenge>

Shoe promotion

Kenosha Running Company is the trail shoe running headquarters of Southeast Wisconsin. You are welcome to take our shoes for a run on our over 2+ acres to make sure you get a great fit.

When you purchase a pair of regularly-priced trail shoes, you will receive a FREE Entry into one of our upcoming events.



XC Thrillology event review

A look back...



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

Start planning your 2018-2019 CaniCross calendar



[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>Saturday January 19, 2019 Bristol Woods Park Bristol, WI</p>	<p>Boreas Trail Adventure CaniCross</p> <p>Sunday February 17, 2019 Bristol Woods Park Bristol, WI</p>	<p>Hills Are Alive Trail CaniCross</p> <p>Saturday March 16, 2019 KD Park Burlington, WI</p>
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Sunday, April 7, 2019
KD Park, Burlington, WI

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.

This event is open to all abilities and walkers.

The course at KD County park offers wide trails, challenging hills and great scenic views of this hill-n-dale course.



<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 Kansville, 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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Beyond our physical fitness

What's Your Goal?

By: Tim Barthel

A great old saying says “Start with the Finish in Mind”. This is such a true statement when it comes to running. Right now I am mid-training schedule to prepare for the Las Vegas Half Marathon that I will be running in November. When I kicked off my training last May I set my goal to finish the race running at an 11 minute per mile pace. With that goal in mind I could have just made it a pipe dream and run here and there with the hopes of it happening but as you know without practice and planning nothing happens. To make my goal a reality, I took the time to write up a training schedule (thanks Google sheets) that mapped out my progress from May until the race in November. I also told my wife, Teresa, my goal/plan so that I have an accountability partner to get me going on those days I just do not want to run. Achieving financial goals are like getting ready for a race. You need to start with the end in mind. Have a clear goal in mind, set up your plan in writing, and let someone who cares about you know your goal/plan so they can help keep you accountable. Here is a breakdown of these steps to help you achieve your financial goals.

Step 1 – Have a Clear Goal

Figure out what you want to accomplish so that you can make it measurable. If you cannot measure a goal it is very difficult to achieve a goal. You need to set a clear goal if you hope to achieve that goal. For example, if you want to purchase a car and do not want to borrow the whole purchase price take the time to figure out how much you want to spend. A good used car can cost anywhere between \$15,000 and \$30,000. So think about what you need. Do you have a lot of stuff to haul around? Then maybe you need an SUV or a truck. Is good gas mileage important to you? Then you probably want a smaller car or hybrid. How much do you want to put down on the purchase? Is it 20%, then you will need to save up \$3,000 - \$6,000. Set a clear goal so you can aim for the right target.

Step 2 – Set Up a Plan in Writing

Put together your plan and make sure it is written out. Now when I say written out, it does not mean that it needs to be on paper (but that helps). I personally love to use Google docs because you can have a specific document and spreadsheet to layout your plan. Let's say your goal is to save up \$3,000 for a down payment on a car purchase. To put together your plan you need to know when you want to have that money saved. Set a date to have the money saved up and work backwards. If you want to have the \$3,000 saved in six months you will need to save \$500 a month. To make it easier you can break that down into bite sized pieces like \$125 saved per week or about \$18 saved per day. Once you have the amount figured out, write down the ways you are going to save the money. Like spending less on coffee, buying store brand instead of name brand grocery items, collecting cans to recycle, etc. Finally, you have to complete the most important part of having a plan which is to record what you are doing on a regular basis. For example on Monday you save \$5, that means for the rest of the week you will need to save \$120. Recording what you are doing helps keep you on track so that you know the score. Knowing the score allows you to come up with the ways to keep you working towards your goal.

Step 3 – Tell Someone About Your Goal

Share your goal with an accountability partner. Tell someone about your goal/plan who you know will check in with you about it. Share with them the details of your plan to help them keep you on track. This step is key to helping you achieve your goal. Once you have shared your goal/plan with someone it makes achieving the goal a reality. By having someone you trust aware of what you want to accomplish this gives you the back up and support you need to reach for your goal. You may stumble along the way which is why you will need this person to give you the words of encouragement to keep you on track.

Bonus Step

Here is a bonus step to keep you on track. Physically write down your goal on a piece of paper and put it somewhere you will see it every day. Stick it to your bathroom mirror or on your fridge door. As you get closer to your goal write down how much you have saved to see how close you are. Seeing your goal every day will give you more motivation to achieve it. Remember that life happens, so as you are working towards your goal if you stumble take the time to regroup and go through the steps again to get yourself back on track. It takes small steps and practice to achieve any goal. Start setting your financial goals today so that you can be on the path to financial success in your future.

Tim Barthel is President/CEO of Southern Lakes Credit Union in Kenosha, WI. He has been part of the Credit Union movement for 16 years. His passion is helping people achieve financial success. Southern Lakes Credit Union serves people who live or work in Kenosha, Racine, Walworth, Milwaukee, Rock, and Waukesha counties in Wisconsin along with Lake and McHenry counties in Illinois.



Programs

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.

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.



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



**Sneak peak at our 2018...
Traditional Hateya
Christmas Ornament**

... guaranteed to the 1st 120 runners.
Register today to assure you get yours.



Special offers



***** 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 Altra Escalante

Introducing the Limited Edition Escalante™, this Altra Ego™-equipped runner is our popular Escalante but in a limited release color. It features an engineered knit magenta/gray upper for a sleek, sock-like fit and flexibility. Built on Altra's PFS performance last with a responsive Altra Ego™ midsole and decoupled heel, the Escalante is designed for a fast ride with energetic rebound and minimal ground contact. Take a run and unleash your alter ego with the all-new Altra Ego™ experience. You can't have too many Escalantes, right?! Right, so grab yourself a pair before they are gone.

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



361-SHIELD 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



store proudly offering...



To purchase online, click here...

PET RUNNING GEAR:

www.kenosharunningcompanystore.com/

XC Thrilllogy product & gear



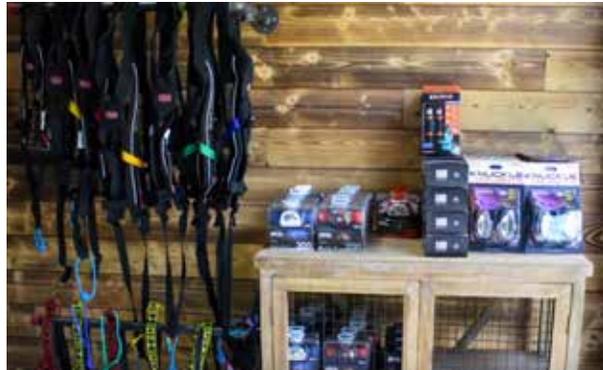
Kenosha Running Company is on the grow! Check it out...

Kenosha Running Company Online Store (<https://www.kenosharunning-companystore.com/>) or visit our New Specialty Destination located at 1706 - 22nd Avenue, Kenosha, WI.

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-Blisters 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



Hybrid CONCEPT



XC Thrilllogy calendar (www.XCThrilllogy.com)



caniX EVENT

Saturday
Jan. 19, 2019
Bristol Woods Park
Bristol, WI



caniX EVENT

Sunday
Feb. 17, 2019
Bristol Woods Park
Bristol, WI



caniX EVENT

Saturday
March 16, 2019
KD Park
Burlington, WI



DOG friendly

Saturday
June 8, 2019
Petifying Springs Park
Kenosha, WI



Sunday
June 30, 2019
Kenosha, WI



\$\$\$ prize money

Thursday
July 4, 2019
Somers Post Office
Somers, WI



Saturday
July 27, 2019
UW-P National
XC-Course
Kenosha, WI



\$\$\$ prize money

Saturday
July 27, 2019
UW-P National
XC-Course
Kenosha, WI



2019
Silver Lake Park
Silver Lake, WI



DOG friendly

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



caniX EVENT

Saturday
Sept. 29, 2018
Petifying 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



caniX EVENT

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



Saturday
Dec. 29, 2018
KD Park
Burlington, WI

Check out
www.XCThrilllogy.com
for more details.