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Kenosha Running Company

PRESENTS...



Issue #8 • December 2015



XC Thrillology Newsletter

In this issue...

- Hateya Trail Run/Walk
- Sunday Trail Running
- Gift Certificate offer!!
- Sponsorship Opportunity
- Upcoming Events
- XC Thrillology Training Program
- Hot Hilly Hairly
- Hilloopy
- Rundraising!
- XC Thrillology 2016 Events
- We Need Your Involvement



Sunday Trail Running!

The Sunday Group Trail Runs will resume in January.

Hateya Trail Run is fast approaching!

“Mark your calendar, sign up online or sign up on race day.”



Sat., Dec. 12th – 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 second annual Hateya (Cherokee for “to leave a footprint”) Trail Run will be an adventure for runners (6.5 miles) and walkers (3.5 miles) on the trails along the Pike River and in Petrifying



Springs County Park in Kenosha, WI. There are no cut off times and everyone is welcome and we especially love those new to the trails! Our swag for the event is a custom Running Shoe Christmas Ornament, we will also have XC Thrillology items available as well. We will have division winner awards and special awards that will be personal and fun. Bonfire(s) will await all runners/walkers as well as chili (feel free to bring your special chili to share!), craft beer & soda.

This event is being sponsored by the following XC Thrillology Trail Lovers: **Rafael Navarro, Grace Christian, Neil West, Jan & Jeff Bezzo, Alyssa Navarro, Brad Whippo, Erica Shin and Molly Watkins.** If you would like to become a sponsor, visit <https://www.gofundme.com/amqyc2cc>

Please contact Brian Thomas with any questions, briant@kenosharunningcompany.com or call 262-925-0300.

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

Kenosha Running Company

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www.kenosharunningcompany.com -- E-mail: briant@kenosharunningcompany.com

Upcoming events...

- **Reindeer Run & Grinch Sprint**
Saturday, Dec. 5, 2015
Elkhorn, WI
- **Arctic Frog Endurance Run**
Saturday, Dec. 5, 2015
Libertyville, IL
- **Kiwanis Santa Run for the Kids**
Sunday, Dec. 6, 2015
Crystal Lake, IL
- **Hateya Trail Run/Walk**
Saturday, Dec. 12, 2015
Petrifying Springs Park,
Kenosha, WI
- **Run Into The New Year**
Thursday, Dec. 31, 2015
Franklin, WI
- **Polar Bear Dash**
Friday, Jan. 1, 2016
South Milwaukee, WI
- **Frozen Cannoli Race**
Friday, Jan. 1, 2016
Woodstock, IL
- **S-No-W Fun Run**
Saturday, Jan. 9, 2106
Lake Geneva, WI
- **Frozen Gnome 10K & 50K**
Saturday, Jan. 9, 2106
Crystal Lake, IL

The perfect gift for the runner/walker in your life...

for Christmas or anytime!
Gift Certificates for any or all
of the XC Thrilllogy events
(excluding the Hilloopy).

Get them today...

Sponsorship Opportunities:

If you or your company
would benefit from being an
XC Thrilllogy Event Sponsor,
let's discuss how we can
work together.

Please contact Brian
Thomas, 262-925-0300

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)
- get fired up 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.

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 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



**HOT HILLY HAIRY IS...
daring you...
tempting you...
double dog daring you!!!**

*Time to embrace your "Ultra Side"
as a solo runner or as part of a relay.*

85K - 50K - 30K - 20K - 10K ••• Saturday, July 30th, 2016

Event takes place on the Wayne E. Dannehl National Cross Country Course on the campus of UW-Parkside in Kenosha, WI. We will be running loops on the 5K XC course and never far from your base camp (every loop), with two aid stations, a special designated area for gear along with chairs, cooling center and designated area for your special food and drink.

If you sign up by December 31st, you can have your t-shirt customized with your name on the back. Our events are for all abilities and walkers are encouraged to jump in! All events have a 20-hour time limit.

The time is now to get this one on your calendar, it is run in conjunction with the Hil100+py Relay and has a tailgate party feel with team camps and a DJ playing your favorite tunes. For more information and to sign up visit: www.XCThrilllogy.com



"The Return of Hilloopy"!!!

**Saturday, July 30th, 2016
Wayne E. Dannehl National Cross Country Course
on the campus of UW-Parkside in Kenosha, WI**

This is perhaps the most unique Summer running event in the Midwest as everyone sets up camp, enjoys the tailgate party-like environment, DJ playing your favorite tunes and everyone getting their "Hilloopy"!! The relay is 33 loops of the 5K XC course.

Start getting your team squared away, minimum of two runners per team and no maximum number of runners per team. The entry fee is per runner, we will not track individual runners loops only total team loops and our goal is to make sure you and your team have a great experience. More info: <http://www.xcthrllogy.com/hilloopy.html>

PRESS RELEASE:

Kenosha Running Company/ XC Thrilllogy are now official training partners for the Wisconsin Marathon, Half Marathon and 5K, and North Face Endurance Challenge. We will offer training/coaching/guidance for those new to these distances, need some extra motivation, want to get faster or just need to be held accountable! We also provide this service for all our events as well.

[Click here to check it out...](#)

Contact Brian Thomas,
briant@kenosharunning-company.com
or call 262-925-0300
for more information.

PLANNING ON RUNNING FOR A CHARITY IN 2016?

If yes, then our
"RUNDRAISING"
program will be
perfect for you!

It is this simple: register your name and charity with us, invite runners and walkers to our events, have them write your name on the entry form, and we will donate a minimum of \$5.00 for each entry with your name on it.

Visit our [website](#) or contact Brian Thomas for more information...
briant@kenosharunning-company.com
or 262-925-0300

XC Thrilllogy announces 2016 events!!

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 Ultra Solo and Relay Sat., July 30, 2016 UW-P National XC-Course Kenosha, WI</p>	<p>The Hot Hilly Hairy Ultra Solo and Relay 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>

We need you to get involved...

XC Thrilllogy Newsletter needs 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!!!

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

