



www.XCThrillology.com



Kenosha Running Company

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Issue #31 • November 2017



Trail Dog Running Exclusive CaniXC Event

Sunday

November 5, 2017

10:00 a.m.

KD Park

Burlington, WI

REGISTER TODAY!!



Event alerts

- **Prairie and Woods Trail Run**
Saturday, Nov. 4
Bristol Woods County Park
Bristol, WI
- **Trail Dog Running Exclusive CaniCross Adventure**
Sunday, Nov. 5
KD County Park, Burlington, WI
- **Wolfpack Trail Run & Relay**
Sunday, Nov. 12
Bong State Recreation Area
Kansasville, WI
- **Jingle Bell Run**
Sunday, Nov. 12
Rock Snow Park
Franklin, WI
- **Hateya Trail Run**
Saturday, Dec. 9
Petrifying Springs Park
Kenosha, WI
- **im Schnee festsitzen Trail Run**
Sunday, Jan. 21
Bristol Woods Park
Bristol, WI
- **Boreas Trail Adventure**
Sunday, Feb. 18
Bristol Woods Park
Bristol, WI

From me to you...

Thank you for you taking a moment to explore the November newsletter. Every month we are requesting “you” to contribute to our newsletter and thank you to the those that do. You do not have to be a professional writer (you read my stuff!) just share your experience and everyone will appreciate it.

October has been a very busy month here, as we are making progress on our new location and a dream is taking place and I am hopeful that we will be moved in sometime in January. Your input on trail, ultra, Canicross and running/dog gear we should inventory would be great. This is your specialty destination, I am only putting a roof on it!

Many of you know I also coach a high school cross country team and once again I was lucky enough to coach a young man qualify for the State Meet, 6 years of coaching at a D3 school, 6 years of sending at least one runner to the State Meet. Each season this is a personal goal of mine and on at least one of my runners. It is a chal-

lenge that is filled with hope, positive energy and a few bumps along the way. Just like us (older runners!), keeping my runners healthy is the key, a ten week season has no room for injuries. Coaching is a very fulfilling way to spend several hours every day as a coach, honestly it keeps me young in mind and heart (wish my body would follow suit!!) and could not be more thankful for the opportunity.

November we kick things off with our first ever CaniXC event, details below and our second annual Wolf Pack Trail Run & Relay, details below. I am in need of a few assistants at each event, so if you are in recovery mode or just wanting to be involved please let me know. In return you will get to run/walk or CaniCross our December event with my compliments.

To keep you motivated (if needed) we have trail and CaniXC events throughout the Winter, so mark your calendar!

Running it is just a way of life,
Brian

If you are battling cancer... our events are FREE for you.

If you are battling cancer our events are FREE to you. Many of you who that have ran, walked or assisted with our events have met my wife Tammy. She shared an article with me of a woman battling cancer and decided to run seven marathons on the seven continents in seven days.

Then I had this thought... I want to make all of our events free to those battling cancer. I have been lucky enough to not have been touched by cancer so I cannot imagine the battle one faces. I do know that the runners and walkers that attend our events are some of the most loving, thoughtful and kind people I see on a regular basis. If you need your spirits lifted and being around positive happy runners, walkers and a few dogs on occasion sounds perfect, then please join us.

Simply print out the regular event mail-in entry form, fill it out and simply write "I Believe" on the entry form. Then either mail it or bring it along with you to the event. Please share this with those that would benefit. Love to you that are currently fighting or have a loved one fighting this fight.

The next XC Thrilllogy exciting event



NEW EXCLUSIVE
CaniCross Adventure
Sign-up Today!!

1ST ANNUAL
Trail Dog Running



Sunday, Nov. 5, 2017
KD County Park
Burlington, WI
Starting time: 10:00 a.m.

REGISTER TODAY!!!!

DISTANCES & START TIMES:

10:00 a.m.	1.5 mile
10:30 a.m.	7.0 mile
Noon	1.0 mile walk
1:00 p.m.	3.5 mile
2:00 p.m.	1.5 mile

Kenosha Running Company Inc is excited to be hosting our first ever exclusive CaniXC event on November 5th at KD County Park. Over the past 10 months we have hosted five CaniXC events in conjunction with our regular trail events and have grown to love them! So, creating this exclusive event is an outcome of your support.

HERE IS THE LINEUP:

- 8:30 a.m. Harness fitting, line selection, belts and other related dog gear to test and evaluate
 - 9:00 a.m. Packet pickup and same day signup begins
 - 10:00 a.m. 7 mile run
 - 11:45 a.m. 1.5 mile run/walk
 - 1:00 p.m. 3.5 mile run
 - 2:00 p.m. 1.5 mile run/walk
- (after 10:00 am start, the other start times are estimated - the a.m. 1.5 mile will start 20 minutes after the last finisher)

Dog Harness & Gear Fitting
throughout the day with
Non-Stop Dogwear.
Howling Dogs Alaska and Kurgo

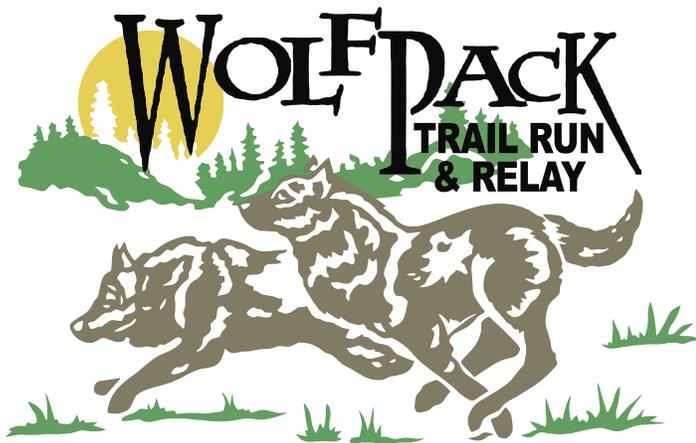
****You are welcome to run more than one event, the second event is 50%.****

THE COURSE: currently the distances are estimated and final distance will be very close to the distances listed as the final trail route has not been finalized. The course is wide and welcoming, describe the terrain and Hill-n-Dale with some open and wooded sections. There is a crystal clear lake that your dogs will enjoy after a hard day of running!

We will have at least four divisions for male & female, open & masters, dogs weighing under & over 60 pounds. Please indicate when you sign up the weight of your dog (honor system in place). We use manual timing system and all results are posted as you finish. You have the option of running with a leash at our events as well.

We will be serving food, beer & soda throughout the day and is included in your entry fee.
OUR SWAG: we will have a swag buffet and some dedicated items specific to CaniXC.

Yet another upcoming exciting XC Thrillology event



Wolf Pack Trail Run & Relay

Sunday, Nov. 12, 2017
Bong State Recreation Area
Kenosha (Kansasville), WI

REGISTER TODAY!!!!

Who doesn't love the sound of leaves crunching beneath your feet and the crispness of the air on a November day?

Wolf Pack Trail Run and Relay is the perfect way to enjoy all the sights and sounds of the fall season.

Richard Bong State Recreation Area is the host for this fall ultra-event. Once designated to be a jet fighter base, the park is fittingly named after Major Richard I. Bong, a Poplar, WI native who was America's leading air ace during World War II. The recreation area encompasses 4,515 acres of rolling grassland, savanna, wetlands, and scattered woodland. Nature is on display all around and is constantly changing with the seasons.

You can select between 4.5 miles (solo - run or walk), 14.5 miles (solo or relay - run or walk), 29 miles (solo or relay - run or walk), and 43.5 miles (solo or relay - run only). The figure "8" style course is uneven loops, with the small loop being roughly 4.5 miles and the larger loop being around 10 miles. We will be using the Horse Trails and Blue Trail for this event with the Blue Trail being one of the nicest trails, taking you through prairie and woodland, past wetlands, and around Wolf Lake. The uneven figure "8" style course is the perfect combination of distances enabling runners enabling runners/walkers of differing ability to partner as a relay. It also makes the entire event family/spectator friendly and well supported.

- The 4.5 mile and 14.5 mile events (both individual and relay) start at 9:30 a.m.
- The 29 mile and 43.5 mile events (both individual and relay) start at 7:45 a.m.
- The 4.5 mile and 9 mile events (both individual and relay) start at 2:30 p.m.
- The 43.5 mile event requires a headlamp or knuckle lights, if you are walking the 29 mile event you will need a headlamp or knuckle lights as well. Flashlights will not be acceptable.

Only pre-registered runners receive free entry to Bong.

For more information on Bong, visit <http://dnr.wi.gov/topic/parks/name/richardbong/>

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

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.



Become an XC Thrilllogy Event Sponsor

and you will find our sponsorship program unique in many ways, and we are open to discussing your ideas and creating just the right fit for your products and services. We look forward to working with you and developing a mutually beneficial relationship.

The XC Thrilllogy event will attract runners throughout the Midwest, as we are focusing on that 10 state area. We have developed an extensive database, and we will also be promoting our event at numerous other running events throughout the year and with cooperating race management companies. We will be marketing our sponsors before and beyond race day – with targeted e-mails to our database segments, by using social media to its fullest extent, and through personal presentations to select running clubs and at running events. All of this means you will get greater value for your sponsorship investment.

Please feel free to e-mail briant@kenosharunningcompany.com or call 262-925-0300.

**INDUSTRIAL
SAFETY CONTROLS INC.**



Upcoming XC Thrilllogy events

Hateya Trail Run

Saturday, December 9, 2017
Petrifying Springs Park
Kenosha, WI

REGISTER TODAY!!!!



im Schnee festsitzen Trail Run

Sunday, Jan. 21, 2018
KD County Park
Burlington, WI

REGISTER TODAY!!!!



Boreas Trail Adventure

Sunday, Feb. 18, 2018
Bristol Woods Park
Bristol, WI

REGISTER TODAY!!!!



HILLS ARE ALIVE TRAIL RUN/WALK

Hills Are Alive Trail Run/Walk

Sunday, March 11, 2018
KD County Park
Burlington, WI

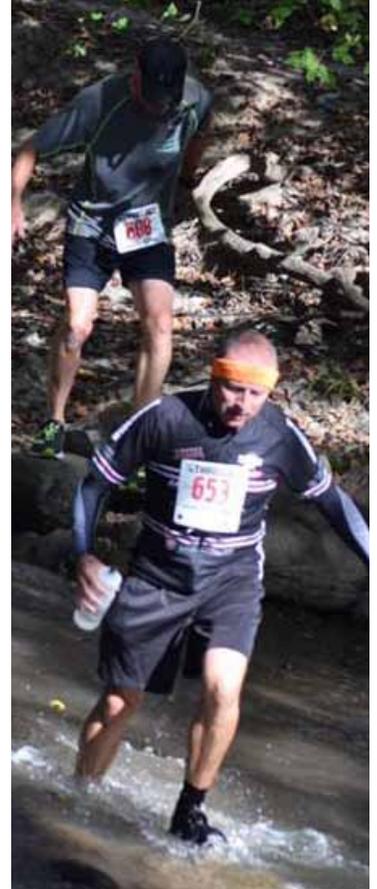
REGISTER TODAY!!!!



ALL EVENTS HELD IN THE KENOSHA COUNTY PARKS ARE PRESENTED BY:
**Kenosha County Parks and
Kenosha County Executive Jim Kreuser**

XC Thrilllogy event review

A look back at the Pike River Trail Run/Walk...



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

CaniXC -- putting the tails on the trails



Saturday, December 9, 2017
(in conjunction with Hateya Trail Run)
Petrifying Springs Park, Kenosha, WI
Starts at 10:15 a.m.

Sunday, January 21, 2018
(in conjunction with im Schnee festsitzen)
Bristol Woods Park, Bristol, WI
Starts at 10:15 a.m.

We put the tails on the trails!!

We are on the cusp of our first full blown CaniCross season and I could not be more fired up. We started this adventure with our first event last December at the Hateya Trail Run and have had three more since. We are planning to have seven CaniCross events this coming season, with five of them as part of our XC Thrilllogy Trail Series and two being exclusive CaniCross events with several distances to chose from.

We have also created a separate website www.traildogrunners.com, will be expanding upon this with the goal of this site being a resource for gear, training tips for beginners & veterans and events in the area. We hope to start a beginners CaniCross class, but we need someone to host the class... so if you are interested please reach out to me – office 262-925-0300 or e-mail briant@kenosharunningcompany.com

We are proudly offering CaniCross gear at our events, at our office and after the first of the year at our new location in Kenosha. I am looking for someone to assist in developing a monthly column on CaniCross, covering a variety of topics and points of interest, let me know if you are interested.

Review our CaniCross dates, mark your calendar, share with like-minded dog loving runners and walkers, and start your training!

Thank you for all your support and embracing this new sport in SE Wisconsin.

Who let the dogs out! Brian

REGISTER TODAY!!



NEW EXCLUSIVE **CaniCross Adventure**

Sunday, November 5, 2017
KD County Park, Burlington, WI • 10:00 a.m.

DISTANCES & START TIMES:

10:00 a.m.	1.5 mile
10:30 a.m.	7.0 mile
Noon	1.0 mile walk
1:00 p.m.	3.5 mile
2:00 p.m.	1.5 mile

Check out CaniCross on 

We are proud partners with the following companies...



www.kenosharunningcompanystore.com/

“Tales” from the trails

I Ran a 50-Mile Race! Why Did You Let Me Run a 50-Mile Race?

By Trisha Zubert

“Do an ultra!” they said. “It will be fun!” they said.

On Saturday, May 14 at the Ice Age Trail 50 mile race, they were right. And wrong. And then right, and wrong, and finally, right.

I had done one ultra before, the Run of the Dead Elimination run in November the year prior. It was glorious, and I took the easy way out and avoided the hill challenge because I’m “smart.” Though around 9am this past Saturday, I wished I had spent the past 6 months running only that hill. I also find myself now saying things like “Run of the Dead was great and only 34 miles.” Only. (PS If you’re goofy like me and that sounds fun, you can register for that race here)

I did not camp. I’m of the 1989 Troop Beverly Hills era where I believe a Holiday Inn is as close to camping as people should get. This does not mean I am not outdoorsy. It means I believe flushing toilets are one of the best inventions ever. In fact, did you know that Thomas Crapper manufactured one of the original successful lines of flushing toilets? He didn’t technically invent the toilet, but for the love of God his last name is Crapper, let’s go with it.

Two nights before the race I canceled my hotel stay because I just couldn’t justify paying for what I was sure would be a miserable night of sleep anyway. And at 3am when I rose for the day because I knew sleep had abandoned me, I thought about all the things I would instead spend that \$127 on that day. Hopefully on celebratory Ice Age paraphernalia.

I couldn’t believe how smooth it was to get into the parking lot and get situated. I also couldn’t believe how many of the other cars on the road were headed to the exact same place as us. It was 4:15 in the morning on a Saturday, but it was rather calming to see every car in front and behind us turn into the same lot. You would think 450 people moving into one lot at that time would cause anarchy, but it was the smoothest part of my day.

ADVICE #1: IF you decide to pack a drop bag, please make sure to check what tarp you put it on. I spent so much time scrutinizing the mileage on each drop tarp and debating when I would really want my backup shoes, jacket, socks, shorts, aspirin, that I failed to notice my final selection was a 50k tarp. K. Not M.

It was cold as we were huddled together, waiting for the race to begin. It was not cold the moment the National Anthem began. As is it always does, the Anthem gave me a warm, fuzzy feeling inside. First, it’s the Anthem. It immediately brings me a sense of gratitude for those who fought so I can do pretty much whatever I want, including run. Not all people, especially women, are given the privilege of paying money to run 50 miles. Second, I envy anyone who can sing. I cannot, though that doesn’t stop me from trying. Thirdly, that means race time. The Anthem soothes my nerves and calms me down which is ideal because I was not out to win Ice Age in the typical thinking. I was going to win in that I wasn’t going to quit. For me that counts as a win.

[Click here to READ the remaining BLOG >>](#)



Please feel free to share your canine friend story... send to briant@kenosharunningcompany.com.

“Tales” from the trails

If it was just running, it would be enough

By Dan Fogel

If it was just running, it would be enough. When you look down the street and hear the bus you planned to catch make that long hiss as it slowly lurches forward and, as if by instinct, you break into a full sprint. You think to yourself that if the light turns red, you will catch it. But the light is green, you miss the bus, and fall forward, hands on your knees, and you gasp for air. For a second there, you were sprinting, at full speed and it felt good. You were running.

But today we aren't talking about “just” running, our subject is trail running. There is no limit to the number of things that can be said about trail running. The anticipation of being on the trail, the ritual of selecting weather appropriate gear, the insect fighting measures necessary to prepare for a trail in the summer months, and the five-senses-experience of being on the trail.

Viewed from a highway, a local road, or even high above in a plane, nearly every trail is housed in a cluster of trees. The further away you get, the more it looks like a chunk of broccoli or a clump of trees on a model



railroad, and that's good because it keeps the trail a secret from everyone except those willing to enter and find it.

The first step onto a trail is exhilarating. When you step onto a trailhead, you first glimpse the trees (or, perhaps, boulders, streams, or river) on the side of the trail. And then you see it, the trail, that thin beige line dividing the forest. As you inhale, you get to fill your nose with the surroundings, sometimes the fetid, wet smell of leaves, or the crisp X-mas morning smell of soaring pine trees, you breathe it in and you look down the trail. You size it up, looking at what the footing will be, and you wonder if there will be rocks or roots to navigate or even fallen trees over which you will have to jump. And then, you begin. Perhaps, you start out slowly, to test the ground and determine if it is firm and fast (like a golfer reading a green), or soft, wet, and muddy from recent rain or snowmelt, or even icy or covered in crunchy snow. Volumes could be written on trail surfaces and how they affect how a run. As you begin your run it calls to mind checking the brakes on a rental car, locking into your mind what is beneath your feet. And then, you feel it and you start to lengthen your strides and pick up the pace. You are on the trail, you are running and the forest is all around you.

As romantic as that all makes it sound, the trail can be a place of hidden dangers too. Running on a trail, any trail will involve uneven surfaces (that's a feature, not a bug, just as bugs are a feature and a bug(s) - this may not actually be funny). On each trail run, there can be a preternatural fear of rolling or spraining an ankle. Focusing on just the ankles is sort of laughable because the trail offers a buffet of hazards, including ankle sprains or breaks (I did that once in a 5 mile trail race when I stepped into a leaf covered hole).

Trails often feature wild animals, and, depending on where you live or the time of day you run, this could cover a whole zoo worth of wild and/or creepy nocturnal critters: from the docile, but easily spooked deer to the “are you food or foe” coyote. Every trail will feature bugs -- lots and lots of bugs (of these, the



Congratulations!!!

Trail Running Relay Congrats to XC Thrillology Trail Events. Her Female Master Division at Ragnar. See you at the Wolfpack Trail Run

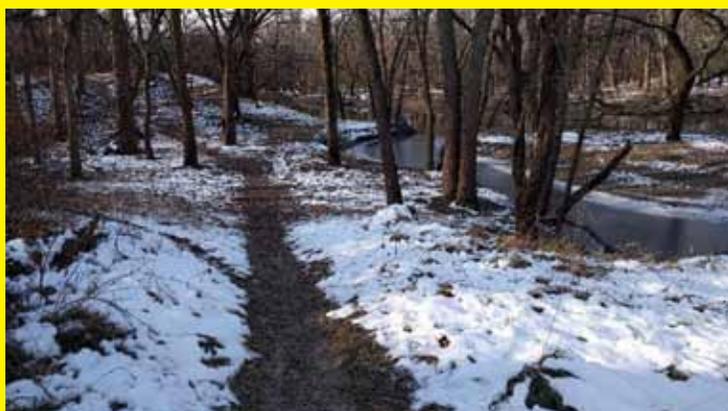
be enough...

truly scary bug is the tick, but don't forget to prepare for mosquitoes and deer flies. Lastly, you should prepare for some potentially scary plants. While it is unlikely that a tree will fall on you (if it does, you will hear it, until you don't), you could encounter poison ivy or sumac (I once face planted on some ice in the first mile of a 50K relay, cut open my leg, and weeks later discovered that all that scratching I was doing was the result of late December poison ivy).

But it's not with fear that we take to the trail, rather it is to be in nature, among the trees, perhaps despite, but maybe because of the hazards. We run on trails to breathe the air and to feel the squish of mud under our feet. The trail is often a place of surprise and wonder. I once ran a trail race that included an unavoidable stream crossing. To go around the stream, while not technically impossible, would have involved varying widely from the marked course and a real risk of disqualification. To run through the stream, as I and most other runners did that day, meant coming to a near standstill as the depth of the water quickly went from mid-thigh to waist deep. Add to that a muddy bottom to the stream and the most a runner could hope for was to emerge from the stream (a ten foot wide crossing) with wet shoes that were still on their feet. I felt one of my feet dig in deep in the mud and felt my foot start to lift out of my shoe. Fearing I would never see my shoe again, I did what I could to shuffle through and then stomp my feet back into my waterlogged shoes when I reached the opposite bank. This is trail running.

The trail is a playground and trail running is the play. It requires skills that are different from road running, but the tradeoff is that it frees you from traffic, it frees you from your watch, and it gives you a chance to experience the world in five sense while you are running (fifth sense? Taste - remember that stream crossing? I got a mouthful of muddy water on my way across).

See you on the trail.



Allison Renaud and long time supporter of our Ragnar Relay Team, Cheesehead Chasers won the Ragnar Northwoods!!!

an & Relay Allison!

Pos	Team No	Name	Time	Category	Cal Pos	Gender	Gain Pos	Lap 1 Green	Lap 2 Yellow	Lap 3 Red	Lap 4
244	249	133 Cheesehead Chasers	24:07:16	Men's	3	Female	27	40:30	57:00	1:43:10	42
276	307	133 Cheesehead Chasers	25:20:18	Men's	2	Female	33	43:20	1:00:14	2:05:10	47
349		133 Cheesehead Chasers		Men's		Female		44:07	1:12:07	1:42:46	34

Upcoming area events

Jingle Bell Run Returns to the Milwaukee Area

Sunday, November 12, 2017

Rock Snow Park

7900 W. Crystal Ridge Drive

Franklin, WI 53132

Race starts at 10:00 a.m.

Be part of the longest-standing, holiday-themed 5K race series anywhere – and fight with us to conquer arthritis!

The 2017 Jingle Bell Run will bring a merry helping of festive holiday cheer to Franklin on Sunday, November 12th, 10am at the Rock Snow Park located at 7900 Crystal Ridge Drive in Franklin.

Jingle Bell Run is the nation's most jolly holiday-themed 5K run. Participants wear their favorite holiday costumes or ugly Christmas sweaters and tie bells to their shoes creating a chorus of jingles as they run or walk through the course.

• [CLICK HERE](#) to see what JBR is all about (YouTube video)

Starting and ending in the beautifully decorated Rock Snow Park, this year's Jingle Bell Run will feature a 5k (timed or untimed), 1 mile walk, t-shirt for registrants, refreshments for post-race, activities for kids, carolers, and even Santa Clause himself will be visiting the Jingle Bell Run.

Entry fees start at \$20 for kids and \$35 for adults.

Register online at jbr.org/milwaukee or call 414-239-6165.

The 2017 Jingle Bell Run Milwaukee will honor locals who are battling arthritis. Arthritis causes slow and painful deterioration of the body's bones, ligaments, cartilage and tendons. More than 54 million Americans have arthritis (1 in 4 adults), including 1.1 million adults and 6,000 kids in WI. All Jingle Bell Run proceeds will support the Arthritis Foundation's mission to conquer and cure arthritis.



Sign up at www.signmeup.com/119135

Prairie and Woods Trail Run...

will be held on Saturday, November 4 at 10 AM within Bristol Woods County Park, in Bristol, Wisconsin. The race features a 5K Run/Walk will all proceeds benefiting the nature education programs at the Pringle Nature Center. Join us for a trek through diverse prairie and woodland ecosystems featuring numerous rolling hills.

For a registration fee of ONLY \$15, you get homemade goodies, a long sleeve t-shirt, a unique gift and handmade awards to the age group winners. Join us for fun, food and a great run to support a great cause!

Trail Running Partner(s) Wanted

I'm an ultra runner who has lost their way.

Over 10 months ago, I left my Smoky Mountains and my home for new opportunities in Chicago. I left being able to jog a mile to a trail head. I left weekly visits to the infamous Frozen Head State Park and the therapy that it gave me. I left a group of trail and ultrarunning friends who inspired me to dig deeper. Trail running wasn't something I did, it was part of my identity.

Since moving to Chicago, I haven't run more than 10 miles. I've not participated in a race or even glanced at a training plan. Of course, I've run on the Lakeshore path. I've explored the Southern portion of Kettle Moraine. Sure, I've found a few trails to run on, but I know there's more trails out there to discover. I also know that I'll never find most of them in any of my internet searches. I'm asking for your help. Show me your trails. Show me the ones that you curse. Show me the ones that curse you. Help me get lost on a trail and, by doing so, find my way again.

What can I offer in return? I know a lot of good jokes. I'm pretty good at complaining. I'll definitely find the root you'll trip on before you will. Oh, and I'll always bring post run refreshments. You can email me trail running opportunities at agregor5@yahoo.com.

Your future trail friend, Ally

Race report

Review of the Snow Mountain Half Marathon...

On September 23rd I ran the Snow Mountain Half Marathon near Granby, CO. The race came at the end of a nine day hiking vacation with friend Marc Bracken. We chose this race because the course description said it was a good beginners course and "relatively flat." Relatively flat means very hilly for Illinois and SE Wisconsin. The course was two 6.25 mile loops situated 1/4 mile from the start/finish. About 120 runners ran the 13.1 miles with 130 running their 10k. There were two major uphill and downhill per loop. The courses were run on dirt trail, dirt road, and long grass. The 6.25 miles wound through beautiful stands of changing aspens, by a large pond, and across open grassy fields. Upon completion of the races, runners were treated to burgers, chips, and drinks. Including locally crafted beer. Medals for all finishers with custom glasses for the age group winners. After it was all done, I thought the race was well organized, scenic, and not too difficult of a course which made running it more enjoyable. Someday I hope to run this event again.

~ Dorn Peddy



Sponsorship

Become an XC Thrillology Event Sponsor...

and you will find our sponsorship program unique in many ways, and we are open to discussing your ideas and creating just the right fit for your products and services. We look forward to working with you and developing a mutually beneficial relationship.

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Please feel free to e-mail briant@kenosharunningcompany.com or call 262-925-0300.

Special offers



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.



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

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

To purchase online, click here...

Scarpa Introduces the SPIN!

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 (\$130). 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:

<https://www.kurgo.com/dog-running-gear/>



When you run... feel and relish in the burn of a great workout. Don't feel the burn of chafing when you jump in the shower!

NipEAZE is a simple way to deal with one of the embarrassing issues of chafing.

It is used to shield the nipples from the abrasive texture of your clothing as you exercise or run for long periods of time. Also, men and women who like to wear clingy or lightweight clothing without drawing 'extra' attention, use NipEAZE to conceal their nipples.

NipEAZE is a proud sponsor of our XCThrillology events and is offering a 15% discount on purchases through their website. Please visit <http://nipeaze.com/> and enter the promo code **TRAILRUN2017** to receive your discount.

NipEAZE™



Product reviews...



Sensation 2

[To purchase online.](#)
[click here...](#)

MODEL OF SHOE: 361 Sensation 2 in Spark/Crush

TOTAL MILE THUS FAR IN THE SHOE (ACTUAL OR ESTIMATE): 30-35 miles

AVERAGE WEEKLY TRAINING (times per week, average distance per run):

I run about 5 days a week and 20-35 miles per week.

ARE YOU TRAINING FOR ANYTHING?

I just crushed the Twin Cities 10 mile and will be running my 5th 1/2 marathon this season with Monster Dash on Oct 28th.

FIT OF SHOE: I ordered a women's size 5.5

SIZE: This shoe is true to size

WIDTH: True

SUPPORT: Supportive, as expected.

OVERALL FIT: This shoe fits well and is a good shoe if you are looking for stability, cushion and support.

STYLE: I love the way this shoe looks! The colors are great..

I received lots of compliments on them and questions about what brand they were.

COMFORT:

I found this shoe comfortable but heavy. I'm used to a more minimal, lighter shoe so I wouldn't race in these or wear them for long runs. But they had lots of cushion (even the tongue was cushioned!) and support if that's what you are looking for.

STATEMENT:

While I tested the 361 Sensation 2, I alternated with my normal running shoe (Nike Free RN Flyknit) so I didn't run exclusively in the 361 during this period. I liked the shoe and will probably use this in the winter more during my outdoor runs because I'll need more stability and structure to my shoe. If you already run in a shoe that has more cushioning, stability and support, you'll enjoy this addition to your running shoe collection.

~ Gina C.

MODEL OF SHOE: 361 Sensation 2

TOTAL MILE THUS FAR IN THE SHOE (ACTUAL OR ESTIMATE): Hard to say....I rotate my shoes around everyday

AVERAGE WEEKLY TRAINING (TIMES PER WEEK, AVERAGE DISTANCE PER RUN):

6 days a week, 5-7 (longer runs on the weekend)

ARE YOU TRAINING FOR ANYTHING? New York City Marathon

FIT OF SHOE: Bought the same size as my Brooks, fits great

SUPPORT: As expected

OVERALL FIT: Overall fit is great, much like my Brooks

STYLE: Love the bright colors!

COMFORT: There wasn't a huge break-in period

STATEMENT:

I do love the 361 Sensation 2's as maybe my second choice. I've been running in Brooks Arenaline for years, and that will always be my go to shoe. Although I do love the 361's I found them to be a much "softer" shoe... not stiff like my Brooks, which I need the extra support.

"Don't decrease the goal, increase the effort." - Unknown

~ Jennifer

XC Thrillology product & gear



Kenosha Running Company on the grow!

Just as we keep expanding our trail offerings to create more opportunities for trail runners and walkers to have fun throughout the year, 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. The Kenosha Running Company store will be THE place to purchase your running gear (trail and 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 the shopping bug bites!



XC Thrillology Swag for Sale

- String Bag\$8.00
- Large Red Duffle 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 your XC Thrillology wear now.
Click here to place your order.

CHOOSE FROM:
 Hoodies, Women's Cut Tech Shirts,
 T-Shirts, and Long-Sleeved Shirts.



XC Thrilllogy calendar (www.XCThrilllogy.com)



JANUARY
11:00am start. Low key trail run/walk. No set distance, log your miles with friends & fellow runners and record them when done. 3 hours to enjoy well marked trails in a treasure of a County Park. Heated indoor area to warm up, drink, eat and socialize. This is a dog friendly and snow shoe friendly event if conditions permit. This is a BYOS event (Bring Your Own Stuff!!)

Sun., Jan. 21, 2018
Bristol Woods Park
Bristol, WI




FEBRUARY
Low key trail run. BYOSS (bring your own stuff to share!). Trails will be well marked, one aid station and enclosed area but will have a shelter and a couple small fires. Family-friendly, walker-friendly and snow shoe friendly event, conditions permitting. 4.5 miles and 14 miles officially, but run/walk/snow shoe as much as you like just check in after official distance is completed.

Sun., Feb. 18, 2018
Bristol Woods Park
Bristol, WI




MARCH
A unique trail running and walking event. We use the outer 2.5 mile loop, which 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. Choose from the 8 or 5.5 mile running event or 5.5 or 3 mile walking event.

Sun., Mar. 11, 2018
KD Park
Burlington, WI




JUNE
An ideal trail running and walking event for the adventure-minded runners and walkers. 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.

Sun., June 3, 2018
Petrifying Springs Park
Kenosha, WI




JULY
This is perhaps the most unique summer running event in the Midwest as everyone sets up camp, enjoys the tailgate party-like environment, and a DJ playing your favorite tunes! The relay is 33 loops of the 5K XC course. Minimum of two runners per team and no maximum number of runners per team. 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.

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



JULY
The Hot Hilly Hairy is ran in conjunction with the Hil100+py Relay and is perhaps the best summer running event in the Midwest as everyone sets up camp, enjoys the tailgate party-like environment, and a DJ playing your favorite tunes! 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.

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



AUGUST
This unique night trail run/walk event takes place on August 19th, 2017 at Silver Lake Park in Silver Lake, WI. Starting at 7:50 p.m. (just before sunset), runners and walkers will have the ability to explore the park from a completely different perspective, the DARK! Walkers can enjoy a 2.5 or 5 mile walk in the woods, while runners have 2.5, 5.0, 7.5, or 10 mile options. Enjoy sharing your tales of the night with friends while you enjoy a taco bar, beer and soda.

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



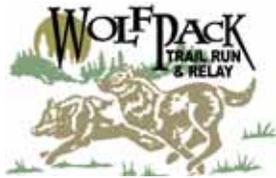

SEPTEMBER
Join the Kenosha County Parks Department and Kenosha County Executive Jim Kreuser in celebrating Oktoberfest with a family-friendly morning run/walk and enjoy the scenic neighborhood surrounding Paddock Lake. The start and finish will take place at Old Settlers Park. We encourage you to dress in Oktoberfest theme to add a little fun and bring a few like-minded friends and family.

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




OCTOBER
Starting like a cross country meet, you will then experience single track, rocks, roots, water and hills, while encountering paved bike paths, golf course, groomed trails and rugged trails, possibly crossing the Pike River 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 SE Wisconsin.

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

NOVEMBER
The Richard Bong Recreational Area, Kansasville, WI is the home for the Wolfpack Trail Run. The 14 mile loop will include prairie, woods, hills and scenic lake views on a well marked and supported course. You can select between 14 miles (9 am start), 28 miles (8 am start) and 42 miles (7 am start). The 14 mile event is walker-friendly as well. We will also have 4 mile trail run/walk that starts at 10 am.

Sat., Nov. 12, 2017
Bong State Recreation Area
Kenosha (Kansasville), WI



DECEMBER
The Hateya Trail Run (approx. 6.4 miles) and Walk (approx. 3.5 miles) will take you on adventurous trails in Petrifying Springs Park. The finish 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.

Sat., Dec. 9, 2017
Petrifying Springs Park
Kenosha, WI

