



www.XCThrilllogy.com



Kenosha Running Company

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Saturday, July 28

WOW!! Lots going on...

Yes I know, this is unusual but we have too many good things going on and felt I should be sharing the news with you.

Hilloopy and Hot Hilly Hairy Update...

we have been getting flooded with entries the past seven days. I appreciate the love, but you procrastinators can drive a Race Director crazy! [Online signup](#) will be open until Wednesday, July 25th. In-person signup starts Friday, July 27th at 4:45pm - 7:30pm and then again Saturday morning starting at 4:45am and running throughout the event.

Please review the following...

For those that have ran our events before know I have a pretty laid back approach, so this fits in perfectly with our approach. I had a request from Scott Cox, asking if he could do half of the 18 Hour Death March, starting at 3pm as he has several other commitments earlier that day. After 30 seconds of thought I said sure, or you could sign up for the 85K or 50K, just know the clock starts at 6am. His first loop will really be slow, but

what a negative split for loop number two! So if a 6am start does not work for you, but you want to get your ultra in that day... sign up online, then send us an email giving us a rough idea when you will be starting. For more information and to sign up...

www.XCThrilllogy.com

Questions??? Call (262) 925-0300 or

e-mail briant@kenosharunningcompany.com

I am looking for "5" runners for my Hilloopy Team... speed is not a requirement, only a willingness to have a little fun and make some new friends! Ready to sign up here is the link to signup

<https://www.raceentry.com/race-reviews/hil100py-relay>

- Team name: EagleXC
- Password: Eagles

More details on both events will go out later this week to all those that have already signed up.

Hope to see you on the 28th!
Brian

Partnerships

New partnership for the youth of Kenosha

Kenosha Running Company has partnered up with the Boys & Girls Club of Kenosha to offer the first program of its kind to the community. It is the **Speed, Agility & Running Club** that is for those entering 2nd – 8th grades and is geared for all levels and abilities. We will meet twice a week starting July 24th and concluding with BCGK Glow in the Garden 3k Fun Run. For more information and to sign up...

<https://www.bgcsports.org/page/show/4252218-running>

Questions? Call 262-653-6200 ext. 5

or email sports@bgckenosha.org



The Program:

- **DYNAMIC WARM UP:** Every child will start by doing a dynamic warm up. This is an active way of warming up the muscles, developing athletic ability and enhancing mobility and range of motion.
- **RUNNING:** Every child will run based upon their current level of fitness and ability
- **PLYOMETRIC DRILLS:** Every child will explore the range of plyometric drills to develop strength, power and speed.
- **CORE:** Core development is a key and critical element in strengthening muscles that contribute to better running form and economy. This will further develop all athletic skills across the board.
- **STRETCHING:** Stretching key muscles after a workout is important regardless of one's age.

Rec Plex & Kenosha Running Co. Start Partnership

We have reached an agreement with the Rec Plex in Pleasant Prairie, WI to become a Gold Level Partner!!!

We will also be developing numerous running developmental programs. Our first program will be for adaptive athletes starting August 13th and concluding with the Rock n' Roll 5k hosted by the Rec Plex.

For more information on the event...

<https://recplexonline.com/documents/upload/2018-walk-roll-run.pdf>

Contact Erin Winch at Ewinch@pleasantprairiewi.gov for more information on the running program and this event.



Special announcement



Kenosha Running Company, Inc. Running & CaniCross Specialty Destination

Our hope is to be open the last week of July!!



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

*Ready for a Sneak Peek
of our new building... here you go!*



[https://www.youtube.com/
watch?v=E5p0kkzWfIU](https://www.youtube.com/watch?v=E5p0kkzWfIU)



Adaptive athlete events

Tri My Best Triathlon - Kenosha Sunday, August 5

This event is a triathlon for children and young adults with developmental disabilities. It will be held on August 5th at the Kenosha YMCA, for more information please visit...

<https://www.kenoshaymca.org/special-events/tri-my-best-triathlon/>

They are in need of volunteers for all different aspects.

I will be volunteering as running buddy, this will require me to swim, run while they bike, and run with them. I hope you can join me.

Questions? Call Tender Touch Therapy @ 262.653.0850



Special kid's event highlight



REGISTER TODAY!!

Ages 14 and under.

Two time options: 9 a.m. & 6 p.m.

Distances: 400 meters • 800 meters • 1,600 meters

Only \$5.00 (benefits Boys & Girls Club of Kenosha)

Ran in conjunction with the Hot Hilly Hairy on Saturday, July 28 at UW-Parkside National, Cross Country Course, Kenosha, WI

Contact Andrea Webb (andrea.webb04@gmail.com) with questions.

Upcoming XC Thrillology events



NIGHTCRAWLERS Trail Adventure

Distances: 2.5m • 5m • 7.5m • 10m
Taco bar & fun awaits everyone at the finish!
Walker-friendly event.



Saturday, August 11
Silver Lake County Park
Silver Lake, WI
7:45 p.m. (YES! A night trail run.)

www.XCThrillology.com



OKTOBERFEST 5k+10k



Saturday, Sept. 8
Old Settler's Park
Paddock Lake, WI

www.xcthriology.com/oktoberfest-5k---9-8.html
(262) 925-0300



PIKE RIVER Trail Run/Walk



3 & 6 miles

Saturday, September 29
Petrifying Springs Park
Kenosha, WI

(262) 925-0300
www.XCThrillology.com/pike-river-trail-run-walk.html



Trails are Alive NIGHT ADVENTURE

Trail Running at Night
Saturday, Oct. 20, 2018

KD Park
Burlington, WI



www.XCThrillology.com
www.xcthriology.com/trails-are-alive-night-adventure.html