



## XC Thrillology Newsletter

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### Annual UWPXC Summer Classic

**Saturday, August 8th**

On Saturday evening August 8th the UW-Parkside Cross Country squad will be hosting its annual UWPXC Summer Classic. Join us for a great evening of old school cross country at its finest. The event features cheap entry fees, a cookout for all with great awards and door prizes. This year we have added a 3K race for 12 & under runners. All proceeds from the event help fund the UWP XC team and course.

<https://endurancecui.active.com/event-reg/select-race?e=18255353>

**UWP XC SUMMER CLASSIC  
PRINTABLE ENTRY BLANK:**  
<http://wisconsinrunner.com/UWP-SummerXCClassic2015.pdf>

## County Executive 5K+

**“The Most Family Friendly Event  
in Kenosha County!!”**

**Register Today!!**

- Click here to download the registration form.
- Click here for online registration.



**Saturday, Sept. 12, 2015 - 9:00 a.m.**

**Start and finish in Old Settler's Park Paddock Lake, WI**

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

Please join the Kenosha County Parks Department and Kenosha County Executive Jim Krueser in celebrating Oktoberfest 2015 with a morning run/walk that will be family-friendly and a perfect opportunity to enjoy the scenic neighborhood surrounding Paddock Lake. The start and finish will take place at Old Settlers Park, 24100 75th St. (Hwy. 50), Salem, WI 53168. We encourage you to dress in Oktoberfest theme to add a little fun and bring a few like-minded friends and family. After you finished with your run/walk, you will enjoy great food, beer and other beverages. Then plan on staying and enjoy all the activities during Oktoberfest 2015!!!

Here is the best part of this event and why it is so family friendly... a family of three or more, entry fee is only \$45.00... yes a family of 6, the entry fee is only \$45.00. Only two per family will receive an event T-shirt, limited t-shirts will be on sale that date. Bring your thirst and appetite and be prepared to enjoy some great German food and beverages!

For more information visit, <http://www.kenosharunningcompany.com/countyexecutive5k.html>



## Trail Running Just For You!

**Every Sunday at 6:00 pm...**

Join us for pace-friendly trail run exploring the trails at Petrifying Springs County Park, Kenosha, WI. We meet at the parking area directly across from the UW-Parkside Cross Country Course on County Road JR. Everyone is welcome regardless of your ability or experience with trail running.

## Upcoming events...

- **Chardhi Kala 6K**  
Saturday, Aug. 1, 2015  
Oak Creek, IL
- **Full Moon 4 Miler**  
Sat., Aug. 1, 2015 - 8:30pm start  
Waterford, WI
- **Laps for Literacy**  
Saturday, Aug. 1, 2015  
Kenosha, WI
- **North Chicago  
Community Days 5K**  
Saturday, Aug. 1, 2015  
North Chicago, IL
- **Harbor Days - Run For Nature**  
Sunday, Aug. 2, 2015  
Winthrop Harbor, IL
- **Prowl The Peak**  
Wednesday, Aug. 5, 2015  
Delafield, WI
- **Gurnee Days Trail Run**  
Saturday, Aug. 8, 2015  
Gurnee, IL
- **County Executive 5K+**  
Saturday, Sept. 12, 2015  
Paddock Lake, WI
- **Pike River Trail Run/Walk**  
Saturday, Oct. 3, 2015  
Petrifying Springs Park,  
Kenosha, WI
- **Moraine Hills Run for the Hills  
10K & Half Marathon**  
Saturday, Oct. 3, 2015  
McHenry, IL
- **North Face Endurance Challenge**  
Sunday, Oct. 4, 2015  
Kettle Moraine State Forest
- **Ironhorse 5K**  
Saturday, Aug. 15, 2015  
Sturtevant, WI
- **Krazy Kettle 5K**  
Sunday, Aug. 30, 2015  
Crystal Lake, IL
- **Hateya Trail Run/Walk**  
Saturday, Dec. 12, 2015  
Petrifying Springs Park,  
Kenosha, WI
- **Hills Are Alive  
Trail Run/Walk**  
March 2016  
KD Park, Burlington, WI



## Pike River Trail Run/Walk "Second Edition"

**Saturday, Oct. 3, 2105  
9:15 a.m.**

### Petrifying Springs Park, Kenosha, WI

The Second Annual Pike River Trail Run/Walk will start like a cross country meet and then you will experience single track, rocks, roots, water (optional) and hills! Some running will be on a paved bike path, golf course, groomed trails and single track semi technical trails. You will cross/ run through the Pike River two times (optional) throughout the 6.5 miles. The Trail Walk follows the running course for about 1.75 miles then you get to enjoy the Indian Springs Trail along the Pike River and allow you to experience 3.5 miles of beautiful Fall Colors.

Our trail events are welcoming for those new to the trails, walkers and runners of all abilities. We always serve great food, craft beer and craft soda.  
For more event information, <http://www.xcthrilllogy.com/pikerivertrailrunwalk.html>

This is the third event of the XC Thrilllogy 2015 Trail Series and come find out why our events will keep bringing you back! If you are a regular, then THANK YOU and bring a friend!!!

**REGISTER TODAY:** [http://www.xcthrilllogy.com/pikerivertrailrunwalk\\_registration.html](http://www.xcthrilllogy.com/pikerivertrailrunwalk_registration.html)



**Hilloopy 100+ Relay  
& Hot Hilly Hairy  
50K • 30K • 20K  
EVENT PHOTOS!!**



## XC Thrillogy Trail Team Updates

Our first event will be the Pike River Trail Run/Walk at Petrifying Springs County Park, Kenosha, WI on Oct 3rd. The distance is estimated at 6.5 miles, cross country style start, optional river crossings, groomed trails, single track (not very technical) a few challenging hills and great post-event food.



Then on October 4th, we will embrace the North Face Endurance Challenge, where you can select between a Half Marathon, 10K and 5K on the great trail of the Kettle Moraine southern section. For more information... <https://www.thenorthface.com/get-outdoors/endurance-challenge/wisconsin.html>  
**Use discount code KRCWI15 for 15% off**

I will be releasing information on how to join our Trail Team, potential race gear design and if you would like to be a team member and more involved to developing /organizing, please contact Brian Thomas, [briant@kenosharunningcompany.com](mailto:briant@kenosharunningcompany.com) or cell 414-719-4771.



### XC THRILLOGY EVENTS — North Face Endurance Challenge Series Partnership

The two companies have agreed to cross promote each other's events.

XC Thrillogy will be developing introducing the XC Thrillogy Trail Team to run the North Face Endurance Challenge Half Marathon, 10K and 5K on October 4<sup>th</sup> at the Kettle Moraine Trails.

Use discount Code KRCWI15 for 15% off and contact Brian Thomas at [briant@kenosharunningcompany.com](mailto:briant@kenosharunningcompany.com) about the XC Thrillogy Trail Team program. Weekly Trail Runs for all abilities will start July 26<sup>th</sup>, to start training for this event and others.

Please [click here](#) to visit North Face Endurance.

### We Need Your Involvement...

The XC Thrillogy Newsletter has several objectives, but a key one is to have content provided by you! Writing about an upcoming event in Northeast IL or Southeast WI. Your experience running/walking an event near or far. News about your club. Information about running routes, hidden trails, weekly group runs, or post work out fun at local pizza & beer joint.

I do encourage you to become involved, contribute and read!!!

Running it is just a way of life!

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