



www.XCThrillology.com



Kenosha Running Company

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Issue #29 • September 2017



Annual Oktoberfest 5K+

Saturday, Sept. 9, 2017
10:00 a.m.

Old Settlers Park, Paddock Lake, WI
REGISTER TODAY!!



Event alerts

- **Oktoberfest 5K+**
Saturday, Sept. 9
Paddock Lake, WI
- **Pike River Trail Run/Walk**
Saturday, Sept. 30
Petrifying Springs Park
Kenosha, WI
- **SE WI Championship
Middle School XC Meet**
Sunday, Oct. 15
Silver Lake County Park
Silver Lake, WI
- **Wiley Woolard 5K**
Saturday, Oct. 28 – Gilberts, IL
- **Wolfpack Trail Run & Relay**
Sunday, Nov. 12
Bong State Recreation Area
Kansasville, WI
- **Hateya Trail Run**
Saturday, Dec. 9
Petrifying Springs Park
Kenosha, WI

The September update...

As Summer begins to give way to Fall with each passing sunset, I am excited to share that our past is giving way to a new future for; Kenosha Running Company, XC Thrillology Trail Series, CaniXC Series and our Running - CaniXC Specialty Destination.

Our most exciting news is that we purchased a little over two acres on Kenosha's northside, with a building that needs a lot of love and is right on the major bike path that runs through Kenosha. This will not be your typical running specialty store. We will have a unique focus on trails, ultras, CaniCross, select road shoes, recovery, personalized service for gear selection to training, group runs and a unequalled social aspect. We hope to be open early January or sooner.

A first for us... our first night trail event was a huge success and as a result we have scheduled four for 2018. The pictures shared in the newsletter capture some of the fun! The taco bar was a big hit and all of you who brought treats to share just reflects the heart of our runners & walkers... you are all simply amazing.

We received our first and second shipment of our new road shoes, 361° (www.361usa.com), I have been running in two different pair the past two months, my current favorite is the Sensation2 (<https://www.361usa.com/mens-running/361-sensation-2-sapphiregecko>) felt perfect the first

day I ran in them. I know this is a name most of you are not familiar with, but the shoes are outstanding. When you buy a pair of shoes from us, you will receive one of our trail evens for FREE. We also offer special discounts when the shoes are purchased at our events as well.

Our 2017-18 CaniXC Series begins on September 30th, this will be our first official season and we shaking things up to bring our dog running friends some great events. We are still in the midst of improving our new website, www.traildogrunners.com and started a CaniXC section in this newsletter. We are also placing our first orders for Canicross harnesses, leash and running lines. We will be announcing dates soon to come and have you and your dog properly fitted.

Our 2018 schedule has been finalized (at least for now) and we have "18" events scheduled. Our events will include trail events, CaniXC, parade runs, night runs, relays and ultras. We hope to become the premier running and walking event company in SE WI, by focusing on you. Please share your ideas on how to improve our events.

Thank you to those that contributed to this newsletter, each month we will be needing you to share your stories on "Tales" for the Trail and "Tails" from the Trail.

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 Thrillology exciting event



Saturday, Sept. 9, 2017

10:00 a.m.

Old Settlers Park, Paddock Lake, WI

REGISTER TODAY!!!!



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

Dust off 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 and German food and 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.

PRIZE MONEY:
1st place
male / female –
open / masters

All events held in the Kenosha County Parks are presented by:

Kenosha County Parks
and
Kenosha County Executive
Jim Kreuser



One of September's XC Thrillology exciting event

4th Annual Pike River Trail Run/Walk

Saturday, Sept. 30, 2017
Petrifying Springs Park
Kenosha, WI

REGISTER TODAY!!!!



**Over the river and through the woods... and hills and more woods....
and more hills... and then through the river...and then repeat.**

~ Pike River Trail Run & Walk

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 XCThrillology 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.

The Pike River Trail Run & Walk is part of the 2017 CaniCross Event Series. If you are wondering what CaniCross is, you are not alone. It is similar to mushing, but instead of pulling a sled, your dog is pulling you through the trails. All that is required is a gang line, harness, and canicross belt. This event is a timed three and half mile loop. While it can be competitive, it also can be a fun way to test out both your and your dog's fitness. Visit our Canicross website <http://www.traildogrunners.com/> for more information CaniCross and this event.

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



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 Thrillogy 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 Thrillogy 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 Thrillogy events



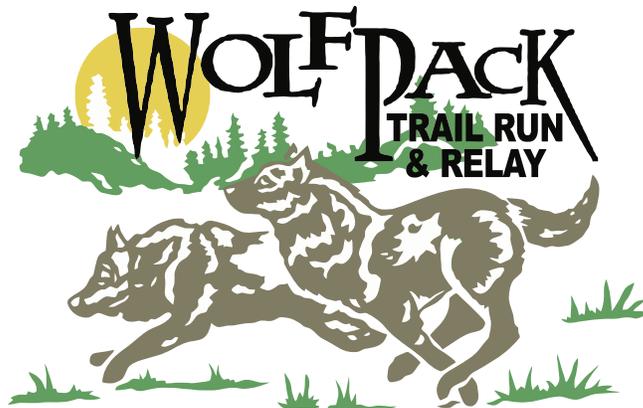
SE WI Championship Middle School XC Meet

Sunday, Oct. 14, 2017

Silver Lake County Park, Silver Lake, WI

REGISTER TODAY!!!!

To highlight the Middle School Cross Country Programs across SE WI, we are introducing the first ever Championship style event for your athletes. In the team events, you can have a maximum of seven runners, with the top five scoring. You can have athletes move up a grade, but not down. You do not need a complete team to run in the team races. The open races will be considered a JV style of race, no team scores will be kept, but there will be official finishing results with awards.



Annual Wolf Pack Trail Run & Relay

Sunday, Nov. 12, 2017

Bong State Recreation Area
Kenosha (Kansasville), WI

**REGISTER
TODAY!!!!**



Annual Hateya Trail Run

Saturday, December 9, 2017

Petrifying Springs Park
Kenosha, WI

REGISTER TODAY!!!!



XC Thrillology event review

First night event a great success...



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

CaniXC -- putting the tails on the trails



Saturday, September 30, 2017
(in conjunction with Pike River Trail Run/Walk)
Petrifying Springs Park, Kenosha, WI
Starts at 10:15 a.m.

Saturday, December 9, 2017
(in conjunction with Hateya Trail Run)
Petrifying Springs Park, Kenosha, 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 will soon be 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, Nov. 5, 2017

KD County Park, Burlington, WI • 10:00 a.m.

DISTANCES (estimated as of 4/11/2017):

- 2.5 mile run/walk - short course 11:20 a.m.
- 3.5 mile run/walk - one loop 10:00 a.m.
- 7 mile run/walk - two loops 12:20 p.m.
- 1 mile test drive - adopt a dog 10:50 a.m.

(all starting times are estimated)



Four paws excited...

Buddy arrived at our home in November of 2014. A co-worker's mom could no longer care for him, and he was in need of a home. I had been asking my husband for a dog, and he finally broke down, allowing Buddy to join our family.

Buddy is a beagle-terrier mix, a dog meant for running. But he was not in running shape. At 15 pounds overweight, running was no where in sight.



We started slowly; first, it was a mile walk. Then two. Then a slow jog followed by a walk home. We slowly increased our miles per week until he was chasing down 15 miles a week. And we watched Buddy's weight decline until he was deemed in a healthy range.

But what I loved most--and still love today--is Buddy's absolute excitement to get out for a run. As soon as the running shorts are on, he knows it's time to log some miles. As a trail runner, I've slowly brought Buddy to the dark side of enjoying miles off road and in the dirt. We both leave the woods refreshed.

I am so thankful for this little dog and the joy he brings to my life everyday, especially on those runs when it's hard to get out the door. Four paws excited for another day of running helps inspire me to push harder. ~ Casey Hushon

How I Got Started in CaniCross

After running the Chicago Marathon four times, training and running all on my own. I started to lose motivation to run. I was lonely, I needed a partner. I wanted to keep running and thought it would be great to adopt a dog; a running partner who would always be ready and willing to go. Plus, I think it's awesome when people run with their dogs.

After much research, I decided on a husky mix, a dog with determination and a willingness to participate and please. Sandy stole my heart the second I saw her on Pet Finder; without a second thought I knew I would adopt her. Almost immediately, we started running together. She loved to run.

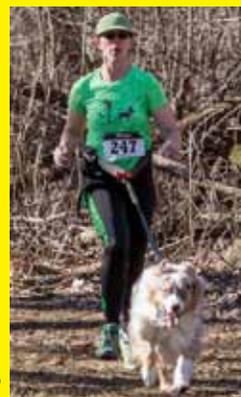
At first, we were running on asphalt, alternating to the graded trails as we progressed. To make our time together more interesting, I purchased a book on winter sports for huskies. Canicross caught my interest immediately, so I purchased a Canicross kit online and off we went on our new adventure.

Sandy and I ran our first Canicross race in Woodstock, IL, an event to raise funds for Adopt A Husky, Inc. It was awesome. We had a great time. We kept running for several years, until it was time for Sandy to retire.

I've since added another dog to the pack. Fergus is now my running partner. Canicross with Fergus is going so well, that I have recently upgraded my equipment. Windy City Musers helped select the appropriate equipment, for both me and my dog. We now Canicross regularly and participate in events as much as possible. Canicross is a lot of fun. I love when my dog pulls me through the trails with all his might. It's challenging and intense -- quite a rush!

I'm fortunate that Kenosha Running Company is now hosting Canicross events, since it is still a relatively new sport in the US. As with lots of newer sports many more people outside the US participate in Canicross. With more exposure and more participation, it can only become more popular here in the US. Bond with your dog and join in the fun!

~ Susan Reindl



Special offers



***** 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.)



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 fit 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.



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.



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™



PET RUNNING GEAR:

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



Hi Brian,

I've done a few events now and I'd have to say that my favorites have been the trail runs at Petrifying Springs, where I fell in the mud at least two times and so by the time I got to the river to make my decision which way to go, I figured, why not? So I ran through it and then grabbed onto some roots to climb my way out, sliding some more. It was so fun!

The other was the Nightcrawler this past Saturday. My friend and I walked it and we loved it, talking the whole 2.5 miles (and not tripping or getting lost)! Everyone who passed us (2-3 times!) were so encouraging, saying, "good job!"

What a great group of people and I look forward to more events!

Thanks, Lisa Smits

Focus article

Orienteering...The Sport of a Lifetime

By Charlie Shahbazian



I would like to introduce you to orienteering and get ready to learn about the most exciting adventure sport. I have been involved with this sport since 1973 when I learned as a freshman in college. Currently VP of the Chicago Area orienteering club since 2000.

So, what is orienteering? It will exercise your mind as well as your body, sometimes referred as the "Thinking Sport."

Orienteering challenges you to read a map, make route decisions, all while moving across woods, streams, hills, rocks and scenic trails. You will follow a course drawn on your map to find orange and white markers called controls. At each control you will need to punch in, to prove you were there at the right spot.

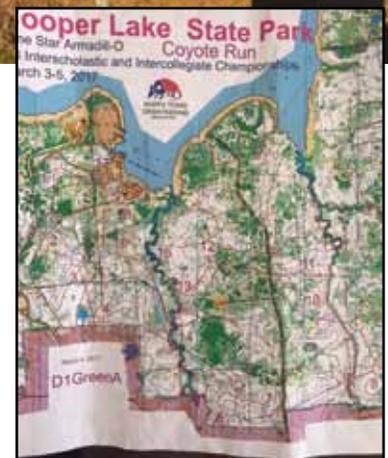
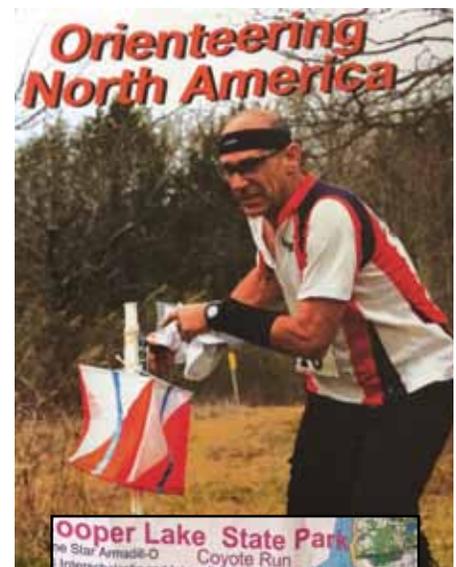
You need to attend a local or national meet and you will receive a map with a pre-marked point to visit, your route to the controls checkpoints is up to you. Do you take the easy trails that might be longer, or straight through the woods, over the hill or around. Everyone takes a **ROUTE THAT SUITS THEIR STRENGTH OR RUNNING STYLE**. After a run most orienteers will discuss their routes and compare with others. There is even electronic check-in at each control with splits to print out when you finish. Having these exact splits in hand makes its fun and easy to learn how route choices differed from yours.

This was first developed in Sweden in the early 1900s and came to the US in the 1940s. But now in Sweden they hold a summer event that has up to 25,000 people of all ages and I mean all ages. It is a lifetime sport! There is a national organization (OUSA) and local clubs most near popular areas and even cities. The feeling I get is most runners and even trail runners don't want to bother to use their brain when running, but once you orienteer and feel the thrill of finding your first control using your map reading skills, it's on!!

Most people always ask, do you need a GPS, the answer is no, you use your compass to align your map to true north and south and take your map reading skills and go.

So how do you get started and more info?

Chicago-orienteering.org or orienteeringusa.org These organizations both have Facebook sites. Chicago O club always offers a beginner clinic at local meets. They will also offer 4-5 different courses ranging in length and difficulty. If you finish one and it was too easy, you would always be welcome to try a harder course. Fall and spring are the biggest seasons with some events held with canoes, or on bikes and even in the city.



Come on out & take your trail running to a new level, give it a chance and see what you have been missing.

Upcoming area events



Wiley Woollard 5K Trail Run

When: Saturday, October 28, 2017
Where: Camp Tomo Chi Chi Knolls, 40W095 Freeman Rd, Gilberts, IL
Time: Race start 9:00am (Race day registration & packet pick-up at start/finish 7:30-8:45am)

Web Site: bgcelgin.org/events **Registration:** raceroster.com
Cost: Advance registration, until Sept. 30 - \$35.00; Oct 1-race day - \$40.00

- All participants registering before Sept 30 will receive a custom, multi-functional Hoorage headband; headbands will be given to registrants after Oct 1 and through race day while supply lasts.
- All proceeds from this event will go to the Boys & Girls Club of Elgin.

Details: Come run in the beautiful fall colors and under the majestic trees of Camp Tomo Chi Chi Knolls ("The Camp") in this new event benefitting the Boys & Girls Club of Elgin and in memoriam of Gerald Woollard, longtime cross country at Elk Grove High School. If you are new to trail running, fear not!, as the course is very novice friendly, consisting primarily of wide grass and dirt trails, with a couple of short sections of limestone path and asphalt. At the same time, the undulating terrain will also challenge more experienced trail harriers. Some seasoned runners in the Chicago area may already be familiar with the terrain in and around the race site, as the legendary and very popular "Cross Country Challenge" put on by Vertel's for many years was held at a property adjacent to The Camp. We will have access to a large indoor lodge for runners, family and spectators in the event of rain and/or chilly temps the morning of the race. There is convenient and free parking at race site. (Note: The Camp is used by Boy Scout troops on weekends and there is a possibility a troop could be camping the day of the race; if this occurs, please respect the privacy of the troop's campsite.) Race timing will be by Racetime.info and results will also be posted online at racetime.info. Awards will be presented to the overall male and female winners, as well as to the top three male and female age groups finishers. Water and refreshments will be available to participants at finish. NOTE: due to the terrain, baby strollers are discouraged in the race; if you insist on using one, you do so at your own risk.

For a map of Camp Tomo Chi Chi Knolls...

<http://forestpreserve.countyofkane.org/Images1/Trail%20Maps/TomoChiChi%20TRAIL%20MAP%202015b.pdf>

For any other questions and more information: 847-477-9910 or wiley5krun@gmail.com

Directions: Camp Tomo Chi Chi Knolls is about 6.5 miles west of Elgin.

- From the intersection of Randall Rd and Big Timber Rd (approximately 1 mile south of I-90), proceed west on Big Timber for approximately 4 miles, arriving at the stoplight intersection of Big Timber and Rt 72.
- Continue straight on Big Timber Rd for a 1/2-mile, turning right on Powers Rd.
- Go 1.5 miles (crossing over I-90) on Powers Rd.
- Turn right at the stop sign at Freeman Rd.
- Go a 1/2-mile and the entrance to The Camp will be on the right.
- Follow the driveway to the back of the preserve and park in either lot at the lodge.

Thank you for your support. Brent Runzel, race organizer



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!



3rd Annual “Run for the Fallen”

The Village of Kronenwetter Fire Department hosts the third annual “Run for the Fallen” 9/11 memorial fundraiser, Saturday, September 9th at Towering Pines Park in the Village of Kronenwetter, WI.

Fire personnel, members of law enforcement and the public are invited to register for the 5k run/walk, 10k run/walk or 1 Mile Firefighter Challenge in honor of the fallen first responders who made the ultimate sacrifice on September 11th, 2001. All participants will receive a free dri-fit event tee, raffle ticket, course map, registration bag and more with registration. In addition, each athlete will receive a photo ID badge of a member of the New York City Fire Department, Port Authority Police Department or New York City Police Department, who gave their lives at the World Trade Center. Participants are asked to wear these badges on race day as tribute to the fallen.

Opening Memorial Ceremony will include the Wausau Fire Department Honor Guard, a moment of silence, Prayer for the Fallen, National Fallen Firefighters Foundation representatives, the National Anthem and a live bagpipe tribute.

Fire personnel participating in the 1 Mile Firefighter Challenge are encouraged to wear full gear and carry equipment as they run or walk the 1 mile course. Participants in the 5k and 10k events are encouraged to wear red, white and blue.

AVAILABLE EVENTS:

- 8:46 AM - Opening Memorial Ceremony..... Open to Public
- 9:00 AM - 1 Mile Kid’s Run.....Free
- 9:30 AM - 10k (6.2 Miles) Walk/Run.....\$30.00
- 10:00 AM - 5k (3.1 Miles) Walk/Run.....\$25.00
- 11:15 AM - 1 Mile Firefighter Challenge.....\$25.00

**Registration fees increase by \$5.00 when registering in person, September 7th-9th.*

REGISTRATION:

ONLINE: RunForTheFallenWI.com | OPEN NOW - 09/05/2017

MAIL: Visit RunForTheFallenWI.com to download your printable form.

IN-PERSON REGISTRATION / RACE BAG PICK-UP:

09/07/17 & 09/08/17 | 5:00 pm -

8:00 pm at the Kronenwetter Fire Department,

1582 Kronenwetter Drive

Kronenwetter, WI 54455

09/09/17 (RACE DAY) |

Opening at 7:30 am at

Towering Pines Park

2355 Tower Road

Kronenwetter, WI 54455

For more information:

– RunForTheFallenWI.com

– Facebook event page:

[Run For The Fallen 2017](#)

– 715-370-8370

– runforthefallen@outlook.com

Upcoming area events



Ragnar Trail Northwoods - WI Nine Mile Forest September 22-23, 2017

[MORE INFO?](#)

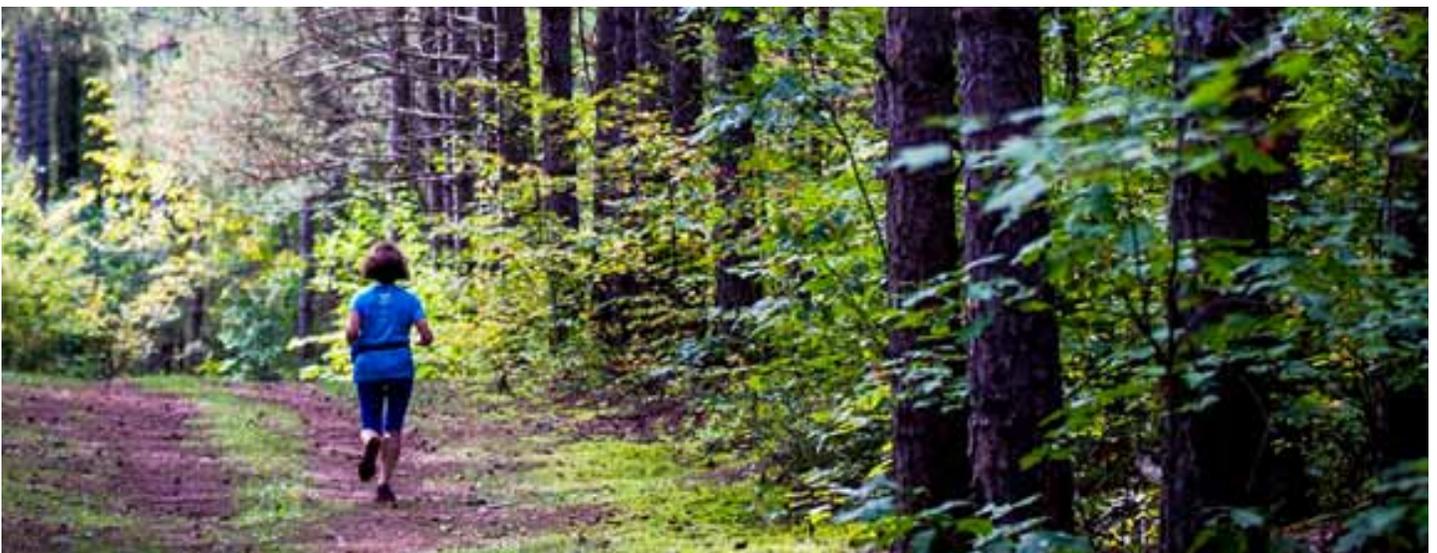
[REGISTER TODAY!](#)

Get ready Midwesterners! Ragnar Trail Northwoods-WI presented by Salomon is coming your way in late September!

Grab your team of 8 (or 4), and experience the magic of running a Ragnar Trail Relay! This new venue is located at Nine Mile Forest - nestled ten miles outside of Wisconsin's outdoor mecca, Wausau and within sight of Granite Peak Ski Area. Nine Mile Forest is known for cross-country ski trails but you may not realize that when the snow melts, miles of epic single-track running trails await you.

Teams run relay style as they conquer the green, yellow, red loops over two days and one night.

The course features fun, flowing, smooth, single-track trails that meander under a canopy of oak, pine and birch trees. When you're not running you'll enjoy camping on plush grass, and live entertainment, s'mores, bonfires and mingling with other runners at Ragnar Village.



Rochester 5K Run & Walk

4 years ago I wanted to share my love of running. I started the Rochester 5K.

September 16, 2017 -- 8:30 am
Case Eagle Park, Rochester, WI

Join us for a fun community event on this beautiful course. Proceeds benefit Rochester Volunteer Fire Company. (Year-to-date we have donated almost \$13,000.00 to the department)

After the run, head into town for our Day in the Country festival. You will enjoy crafters, food and some really great music.

Register online at <http://silvercirclesportsevents.com/rochester-5k>

Hope to see you there!



Fall 50 Scenic Run, Epic Fun

Fall 50 Door County (October 21, 2017) offers runners the unique opportunity to tackle a “road 50” through one of the most scenic areas in the state – Door County during peak Fall colors. Runners have 11 hours starting at 7 am to get from the tip of the Door peninsula in Gills Rock to the population center in Sturgeon Bay before sunset. There are nine well-stocked rest stations in between including a “halfway buffet” and a reliable gear check program for each of them. The relay event—which sells out in under an hour each year—attracts 500 mostly five-person teams who start an hour or more behind the solo runners. The team runners provide entertainment and encouragement to the solo runners during the journey. The post-race party takes place under giant circus tents with a DJ, dance floor, Instagramd photos on the ceiling and unlimited pizza, beer, wine and soda. Every finisher receives an enormous Fall 50 ‘bling-bling’ medal on a chain. Check the [website](#) for awards and registration information. Sean Ryan – Cell (920) 606-2458

NorthFace Endurance Challenge

Kettle Moraine State Forest

Saturday, Sept. 16: 50 Mile, 50k, Marathon & Marathon Relay

Sunday, Sept. 17: Half Marathon, 10k and 5k

Event Website: <http://bit.ly/1L3UVgf>

Registration Page: <http://bit.ly/2kCI8JG>

For more information on the Endurance Challenge, including how to register, email: endurancechallenge@publicishawkeye.com
Don't miss this chance to challenge yourself on the trails of Kettle Moraine State Forest!

Use XC Thrillology's discount code (KRC15) to receive 15% off.

*** Visit the XC Thrillology tent on Sept. 16th & 17th at the Finish Line Festival and receive... XCT swag (limited to first 100) and special discount codes for upcoming XCT events. Drawings for FREE entries.



XC Thrilllogy 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 Thrilllogy 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 Thrilllogy 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 2018
UW-P National XC-Course, 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
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 2017
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. 19, 2017
Silver Lake Park
Silver Lake, WI



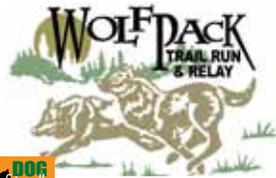

SEPTEMBER
Join the Kenosha County Parks Department and Kenosha County Executive Jim Kreuser in celebrating Oktoberfest with a family-friendly morning run/walk and enjoy the scenic neighborhood surrounding Paddock Lake. The start and finish will take place at Old Settlers Park. We encourage you to dress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

Sat., Sept. 9, 2017
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. 30, 2017
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

