



KRC

Kenosha Running Company

PRESENTS...



Issue #22 • February 2017

XC Thrillology Newsletter

**Hilloopy 100+ Relay and
Hot Hilly Hairy
registration is open!!!**

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Interested in promoting your event with us?

Our newsletter goes out on a monthly bases and reaches over 6,000 runners, coaches, race directors, walkers and those just like you. Contact Stephanie at 262-925-0300.

“I Believe” – Those Battling Cancer Run/Walk for FREE

Since starting the XC Thrillology Trail Series in 2014, I have learned a number of things about you our runners and walkers. Most of you are 35-55, more women attend our events than men, most had never run on trails before our events, beer is preferred over soda, longer distances are embraced, Schnapps for winter events is a new favorite for many, swag stadium blankets win over t-shirts, each of you come with great attitudes and seems all of you like the water crossings more than I could have imagined regardless of the temperature!!!

As a result of meeting and getting to know you and then being lucky enough to have never experienced cancer in my life... but realizing many are touched by cancer and battle for their life. I have decided to make all our events FREE for those battling cancer. Why, because of you. You are positive, fun loving, kind and sharing. If even for a few hours we can share the best of us with those that need to be uplifted... then let's do it. If you or you know of someone who is battling cancer, please attend our events. 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.

I do not have huge expectations that our events are going to draw hundreds of runners each time... I do have expectations that I make our events personal, social, where we grow to know each other, share some good stories, you talk about how I made the course too long or too hilly or too much fun!, and that you look forward to next event.

If you would like to get involved with any aspects of our events please let me know. I honestly did not realize how so many of you enjoy doing behind the scenes kind of stuff... from taking pictures, to assisting in marking the course, etc... so please reach out: cell 414-719-4771 - office 262-925-0300.

Looking forward to seeing many of you at
Boreas Trail Adventure (Feb.) and Hills Are Alive (March).

Running it is just a way of life.
Brian

Kenosha Running Company

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Upcoming events...

- **Rut Rogue 40s**
Saturday, Feb. 4
Augusta, GA
- **Boreas Trail Adventure**
Sunday, Feb. 19
Bristol Woods Park
Bristol, WI
- **CaniCross**
Sunday, Feb. 19
Bristol Woods Park
Bristol, WI
- **Hills Are Alive Trail Run/Walk**
Saturday, March 11
KD Park
Burlington, WI
- **CaniCross**
Saturday, March 11
KD Park
Burlington, WI
- **John Dick Memorial 50K**
February 2017
Southern Kettle Moraine
- **Wisconsin Marathon,
Half Marathon & 5K**
Saturday, May 6, 2017
Kenosha, WI
- **Bunk House Trail Runs
50K 30K 10K**
May 28, 2017
Eagle, WI
- **Coureurs de bois
Trail Run & Relay**
Saturday, June 10
Petrifying Springs Park
Kenosha, WI
- [Ahnapee Summer Solstice
Ultra Run](#)
Saturday, June 24
Sturgeon Bay, WI
- [Hot Hilly Hairly](#)
Saturday, July 29
Kenosha, WI
- [Hilloopy 100+ Relay](#)
Saturday, July 29
Kenosha, WI



Sunday, February 19, 2017
Bristol Woods Park, Bristol, WI

Trail Runners: 10:30 a.m. CaniCross Runners: 10:15 a.m.

[SIGN UP for TRAIL RUN!!!](#) [SIGN UP for CANICROSS!!!](#)

2nd Annual Boreas Trail Adventure is a welcoming event for runner, walkers, and dog lovers! This will also be our first CaniCross event of the year.

Bristol Woods County Park will be the new host park for this trail adventure and the trails will mostly likely have some snow and perhaps a little ice. The course will be finalized the day before the event as we will evaluate trail conditions then and determine the best route. The trail loop will be approximately 3 miles, with a combination of woods and prairie trails. We are only organizing this event, the distance is completely up to you, in 2016 most ran about 9 miles, but it is completely up to you as you will have up to 3 hours to run/walk as much as you like. CaniCross designated distance will be 3 miles, but you are welcome to run more once finished with the 3 mile event.

We will have unique swag, soup, beef stew and Schnapps to warm up too once finished. The Pringle Nature Center will be open for everyone to warm up too. This is also a BYOSS (BRING YOUR OWN STUFF to SHARE), bring your favorite beer, wine or soda to share with fellow trail lovers.





Saturday,
July 29, 2017

The Hot Hilly Hairy Ultra Events are back and calling out to your Inner Ultra SELF! Mark your calendar for July 29th, 2017 and start your training. You will be running on the Wayne E. Dannehl National Cross Country Course on the campus of UW-Parkside in Kenosha, Wisconsin. This is definitely a tailgate party-like environment and you are encouraged to bring family and friends to enjoy this great event, and have some fantastic food and craft beverages. We will have a DJ playing music throughout the event, live status time and place updates on a 36" screen.

[CLICK FOR MORE INFO](#)

[CLICK TO SIGN-UP](#)

NEW 2017 Running Distances:

- The Death March 18 hours (6:00am start only) and finishing at midnight.
85K (6:00am start only) 50K (6:00am start only)
- The Dragon Dare 65K (30K at 6am – 20K at noon – 10K at 6pm – 5K at 9pm)
30K (6:00am start only)
20K (6:00am start) (noon start) (6:00pm start)
10K (6:00am start) (noon start) (6:00pm start)
- Charge the Knight 5K (9:00pm start)

SWAG:



for women



for men



XC Thrillogy Fitness Team

I am excited to share that we will be introducing a fitness team for those that are new or starting again to walking, running and have weight difficulties. This is not a weight loss program, this is a fitness team. Kyle Gilman will be leading the program, he has lost over 230 lbs. in the past 16 months and has went from barely being able to walk a few minutes comfortably, to recently completely a running adventure from Milwaukee, WI to Chicago, IL. He not only understands the difficulties of regaining fitness and a healthy lifestyle, he has lived many aspects of it.

We will be meeting every Monday in January at 6:00 p.m. at Christian Life School in Kenosha, WI and every Saturday at 10:30 a.m. at Petrifying Springs County Park (Shelter 1) in Kenosha, WI. Your first session is FREE, so you can see if our approach is a good fit for you.

We will focus on three aspects each workout and in this order; proper warm up, cardio and core development. We will discuss other aspects of fitness as well. Everyone is welcome, regardless of your level of fitness or ability. For more information, call 262-925-0300 or e-mail briant@kenosharunningcompany.com.

Let's jump-start 2017 and have the courage to start enjoying a healthy lifestyle.

[Sign up online today!!!](#)

We are actively looking to sponsor other Trail Running or Walking Events...

Attn. Race Directors of Trail Running and Ultra Events... We are interested in sponsoring your event. Contact Brian Thomas 262-925-0300 or e-mail briant@kenosharunningcompany.com

HIL100+PY

RELAY

Saturday, July 29, 2017

Wayne E. Dannehl National Cross Country Course, UW-Parkside campus, Kenosha, WI

It's Time to Get Your Hilloopy On!!!

Mark your 2017 calendar, program your GPS and start forming your team(s) for perhaps the Best Ultra Relay Event in the Midwest.

The Hil100+py Relay is held at the Wayne E. Dannehl National Cross Country Course on the campus of UW-Parkside in Kenosha, Wisconsin. In the simplest terms, this is a running tailgate party on one of the best high school and collegiate dedicated cross country courses in the country.

There is no limit on the number of runners per team, but there is a minimum of two runners per team. Each team will run 33 loops on the 5K course, not everyone has to run the same number of loops but everyone does have to have a great time! We track the number of loops for each team, provide loop splits for all 33 loops and provide continuous live updates on a large screen near the exchange zone. We have also decided to change the format for entry fees, it will be based on the number of runners on your team.

Each loop you have the option to hand off to a teammate or run another loop based on your team's strategy, but either way you will start and finish in XC Thrilllogy Village and the sounds of our DJ. The exchange zone and start/finish area lined with all the relay teams for hundreds of meters, music keeping the party on the right note, great food served by the UW-Parkside XC & track teams throughout the day, fun activities throughout the event and a tailgate party kind of feel, with lots of running and fun for everyone!

New for 2017, we will have assigned Team Tent Areas. This will be determined in the order in which your team signed up. For example, first team to sign up will be in the first spot by the start/finish line. We will also be offering a valet service to assist in unloading and have all the supplies, tent, etc. taken to you assigned to team area.

Housing will again be available at University of Wisconsin – Parkside. The Kenosha Running Company will be putting teams together for those individuals looking for a team. For more information, call 262-925-0300 or e-mail Stephanie at StephanieZ@kenosharunningcompany.com.

[CLICK HERE FOR MORE INFORMATION!](#)

[CLICK HERE TO SIGN YOUR TEAM UP!](#)





Sunday, February 19, 2017

(in conjunction with Boreas Trail Adventure)
Bristol Woods Park, Bristol, WI
Starts at 10:15 a.m.

Saturday, September 30, 2017

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

Saturday, March 11, 2017

(in conjunction with Hills Are Alive Trail Run/Walk)
KD Park, Burlington, 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.

REGISTER TODAY!!

Who let the dogs out?

Kenosha Running Company has made a commitment to host four CaniCross events in 2017, with the first one being held on February 19th, as part of the Boreas Trail Adventure. These four events will be dedicated to dogs/owners only and the distances will be approximately 3-4 miles. All of our trail events are dog friendly, so if you prefer to walk with your dog or run a farther distance you are welcome to sign up for the regular trail events as well.

All of our events are held in Kenosha County, WI, the far southeast corner of the state, about 5 miles north of Chicago and 25 miles south of Milwaukee. The CaniCross events will be held at three different county parks on dirt, groomed and grass trails. There are some single track trails, with some roots, rocks and an optional river crossing for two of the events. Our trail events are very laid back, we generally have bonfires, always good food, beer, soda, etc. waiting at the finish for everyone. I am not big into awards, but will find unique and personal ways to recognize many that attend and make everyone feel welcome.

So if you are new or a veteran in running with your dog, you are welcome to join us as we introduce and learn about this growing sport. I am open to ideas, suggestion and your assistance to make these better with each passing event. Please reach out to me by e-mail or call 262-925-0300.

**We are also in the planning stages of developing and hosting a
NATIONAL CHAMPIONSHIP CANICROSS EVENT**

the weekend of October 7th & 8th. There would be numerous races, different distances, several divisions and I certainly need your input on this type of event.

ELLIPTIGO®

Elliptical Cycling

**Revolutionize
Your Fitness with an
ELLIPTIGO elliptical bike!**

Take a test ride...

and if you decide this is the right training equipment for you, then you will receive **10% off and FREE entries** for the January and February trail runs.

You can also schedule a test ride by contacting Brian Thomas at briant@kenosharunningcompany.com or at 262-925-0300.

Elliptical cycling combines the best of running, cycling and the elliptical trainer to give you a fun and effective way to exercise outdoors. Since it is a low-impact exercise, elliptical cycling allows you to build cardio fitness while being easy on your joints. That makes it great for everyone – young or old, health conscious to elite.



XC Thrilllogy Event Sponsors:

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



Fido approved products

The Boreas Trail Adventure is the first of our four CaniCross races for 2017! We all know that running with our dog presents different challenges than running by ourselves. (Hopefully, you never run off the trail to chase a squirrel!) Running with a dog also means that we need to not only be aware of your own hydration and nutrition needs, but your dog's as well. Orange Mud has a variety of products that will make running with your four legged friend a great experience for you both.



Just as you get thirsty (and sometimes hungry) while you run, your dog does as well.

The [Orange Mud HydraQuiver Vest Pack 2](#) is the perfect choice for running with your pooch. The vest holds two water bottles so you each can have your own. The two expandable front pockets make it easy to hold treats so you can reward both of you for a job well done.

There are other Orange Mud products that make running with your dog a breeze. I know that when I walk my dog on the trail, I always grab a beach towel because muddy/wet paw prints are only cute on the paths. The [Transition & Seat Wrap](#) is perfect to protect your car on the way home. The zip on hoodie keeps the wrap from sliding off your dog's seat when he jumps in for the ride home and the paw prints are left on the trail.

To order these or to see other fantastic products, visit Orange Mud http://www.orangemud.com/#_l_6s. **Fido would approve!**

Kenosha Running Company is a proud affiliate of Orange Mud. Please click this link http://www.orangemud.com/#_l_6s to visit Orange Mud and get your gear for the year!

When you run, you should feel and relish in the burn of a great workout. You should NOT 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 XCThrilllogy 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.

HILLS ARE ALIVE



TRAIL RUN/WALK

Saturday, March 11, 2017

KD Park, Burlington, WI • 10:30 a.m.

*(From Hwy. 50, take Hwy. KD south to Hwy. F,
turn right, go to Karow Road, turn right.)*

REGISTER FOR THIS EVENT TODAY!!

The Third Annual Hills Are Alive Trail Run/Walk will perhaps be the best trail event ever to kick Winter out the door ever!!!!

The trail can be welcoming or a challenge all depends on Mother Nature!!! We all know how she can be at times! This trail course is approximately a 2.5 mile loop, that includes hills, woods, open areas and beautiful lake to run around. It is 400 meters out & back to the trail loop from the start/finish line so the distances are 3 miles and 5.5 miles for walkers & runners and 8 miles and 10.5 for runners only.

**** To celebrate St. Patrick's Day, we will be serving
corned beef, cabbage, potatoes, craft beer and craft soda!!!**

We will have awards depending on my mood and your attitude, trail swag (ask someone who ran last year what that means!), selfie zones, custom swag and a great social time.

**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.



im Schnee festsetzen REVIEW



[Click here for more photos.](#)



The XC Thrilllogy Trail Team is a group of trail runners and walkers that love the trails and desire to share their passion with others. Embracing walkers/runners of all fitness levels and abilities, the Trail Team will be supportive, encouraging, and challenge the team members to grow in their sport and love for the trails.

XCT Trail Team benefits:

- Introduction to running and trail running classes/coaching based on experience/fitness levels.
- Core development training based on fitness levels.
- Once a week group runs/walk on trails in SE WI and NE IL.
- 10% discount on all XC Thrilllogy Trail Events and Kenosha Running Company Inc. retail products.
- Planned destination events.
- Discounts for non XC Thrilllogy trail and running events.
- XCT Trail Team running gear and apparel.
- XCT Trail Team Facebook community to find running partners and ask questions.
- Discounts on VO2 max testing
- Discounts on Body Composition Evaluation.
- Plus many more as the XCT Trail Team evolves!

Join the XC Thrilllogy Trail Team and become a part of a welcoming community of trail runners/walkers, both experienced and new, and explore all the things that make trail running an amazing escape from the ordinary workout.

You would like to join? Review the following:

1. Twelve Month Team Fee: \$65.00 includes Team Training Shirt.
(includes all of the above except coaching services)
2. Coaching Services and Fees will be customized based on your vision.

[CLICK HERE TO LEARN MORE...](#)

[CLICK HERE TO SIGN UP ONLINE!!](#)

XC Thrilllogy "Rundraising" Program

WELCOMES:



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

PLANNING ON RUNNING FOR A CHARITY IN 2017?

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

Here is how it works for Charity Runners:

Invite your friends and family to participate in our events, have them mail in the entry form and write your name on the entry form. The amount we will donate per entry and event varies per event. It is really just that simple. Just email us first to let us know the name of your charity, your name, mailing address and phone number.

Charities, looking to raise awareness and funds for your organization?

Simply invite your supporters, friends and family to attend and support your cause. We will create a special entry form for you to use and distribute. For each entry received, you receive a portion on the entry fee (the amount varies depending upon the event).

Visit our [website](#) or contact Brian Thomas at... briant@kenosharunningcompany.com or Stephanie Zuehls at stephaniez@kenosharunningcompany.com or 262-925-0300



June 14th – Bristol Woods
(Pringle Nature Center)

June 28th – KD County Park

July 12th – Fox River Park

July 26th – Silver Lake Park

August 2nd – Brighton Dale

August 9th – Petrifying Springs

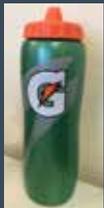
**Check it out...
click here!**

Kenosha County Parks Department and Kenosha Running Company, Inc. are working together to introduce all the great trails for runners and walkers throughout Park System. Runners and walkers of all abilities and level of fitness are welcome. Most trails routes will be between two to three miles and you are welcome to run or walk multiple loops of the course if desired. The Wednesday Series will go throughout the summer with each one starting at 6:00 p.m. There will be a small entry fee for each event and family entries will be available for a discounted amount. These will all be dog-friendly events as well.

Unique XC Thrilllogy Swag for Sale at XC Thrilllogy Events

- String Bag\$8.00
- Duffle Bag\$8.00
- Frisbee\$3.00
- HooRag\$8.00
- Stainless Steel Water Bottle\$8.00
- Gatorade Water Bottle.....\$4.00
- Gatorade Fuel or Protein Bars..... 2/\$3.00
- 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



Shoes will be available at the Boreas Trail Adventure or at our office in Kenosha, WI

Kenosha Running Company Inc. is slowly expanding beyond being an exclusive running/walking event management company.

We have have some very exciting news to share. **Think Scarpa, yes Scarpa!!!** They make some of 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 Proton (\$130) and the Neutron (\$130). We are taking pre-orders as we are in the midst of placing our first order. We are going to extend a bonus with your purchase:

You will get a free entry in our February trail event if ordered prior to Feb. 15th.

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 Monday - Friday 8:00 - 5:00

We will also have available at our events: XC Thrilllogy Gear, Trail Toes, Gatorade Protein & Refuel Bars and if you have suggestions for us... please let us know.

RUNNER'S WORLD REVIEW...

The Scarpa brand was born in northern Italy and combines the craftsmanship of Italian design with the outdoor mountaineering tradition of the Dolomites. The Neutron is a new model that, compared with Scarpa's previous shoes, has a deeper and narrower heel, a wider toebox, and a 6 mm heel-toe drop (height difference between heel and forefoot) — making them more in line with other trail brands. The Neutron is a solidly built shoe with supportive, stitched overlays; an aggressive, trail-gripping and mud-shedding tread; and arch-wrap construction that reaches up and supports the arch on both sides. The traction and sturdy construction impressed testers, and they most appreciated the shoes when going slow over rugged terrain.

XC Thrilllogy sponsor: Miller Sports & Wellness

Knee Pain: Getting to the Root of the Problem

Is knee pain keeping you sidelined?

Did you know that a thorough clinical exam has been shown to be more accurate than MRI for properly diagnosing meniscus (Cartilage) injuries in the knee? Furthermore MRI shows meniscus (cartilage) changes in 24% of patients that are asymptomatic (which means there is damage without any pain or other symptoms)? Does this make you question what really is causing your knee pain? It should.

Although we've said it before, I'll say it again. Understanding the underlying cause of your injury and taking a look at your whole health and injury history are very important factors to ensuring you have adequate and high quality treatment. Be sure your provider has given a thorough exam, is not only relying on MRI or other imaging, and that your treatment addresses the underlying problem not just the pain itself.



TREATMENTS

Treatments vary by condition, but as a general guide:

- Active Release Technique, Graston and Guasha are 3 of the best techniques for many of these injuries.
- Rest, Ice Massage, and anti-inflammatory cream at home will help control symptoms.
- Proper rehab is a key to preventing recurrence.
- Additional, specific treatment options for some conditions are listed below.

PAIN LOCATION

Front of the Knee (Anterior)

– Most Common condition categories:

- Patellar Tracking Disorders/Cartilage irritation (aka "The knee cap doesn't glide where it should") causing irritation of any number of tissues/structures around the knee.
 - Degenerative Changes – breakdown and irritation of cartilage, bone, and/or ligaments. May be the result of previous injury, or most commonly due to improper mechanics.
 - Tendinosis – inflammation or tissue thickening of tendons (attaching muscles to bone).
- Who: Most Commonly related to overuse. Runners, jumpers, activities require excessive starting/stopping, stair climbing, jumping or impact.
- What to look for:
- Swelling – may indicate irritation/inflammation of a bursa (fluid-filled sac).
 - Popping/Clicking – may indicate damage/degeneration of the meniscus (Knee cartilage) or the presence of a plica, a band of tissue under the knee cap which can friction causing noise and sometime pain.
- Underlying Causes: Improper Mechanics. See knee mechanics article here. Overuse. Improper training regimen/progressions.
- Diagnosis: Clinical Exam
- Treatment Options: usually responds to properly prescribed homecare, rehab and conservative methods (ART, Guasha/Graston, etc)

[CLICK HERE TO READ MORE>>>](#)



**Dr. Therese Miller, DC,
ART, CKTP, CPT, HES**

www.millerswc.com
drtmiller@millerswx.com

Dr. Therese Miller, D.C., believes passionately about changing the expectations of patients toward their healthcare. Providing a fusion of chiropractic medicine, corrective exercise and manual therapies, she currently holds additional training in 9 techniques.

Since 2013, she has held the prestigious "Elite Provider" certification through Active Release Techniques® and is working to complete her Diplomate in Rehab. Dr. Miller has built Miller Sports & Wellness as a leading resource for athletes and patients looking for long-term, pain-free living.

“Always Have Faith” – Helping a family in need

One year ago this week, a wonderful and loving family's whole world was rocked when they got the call that they lost their daughter Faith. That is a call no parent should ever get or a hardship that no family should have to face. Where most of us would likely implode, Stormy Kies & Sue L Kies have instead opened their hearts to others. They work everyday to help others, to help defeat the stigma of mental illness and support the arts that Faith so loved.

Sadly, in the face of this tragedy, the family also suffered huge financial losses. Every single one of us have been in a position where we could use some help, today let's help the Kies family! “Always Have Faith” is a line of shirts kindly offered by the Atayne company featuring artwork by Faith Kies and “Always Have Faith” printed across the back. These are tech material for all the runners in the group but they also offer a hybrid shirt which offers the feel of cotton with the wicking properties runners need, perfect for both the athlete and the non-runner alike.

Aside from helping the Kies family directly, portions of the proceeds are also going towards art programs at the high school Faith attended and well as bringing awareness to mental health issues such as depression. We need to make it ok to not be ok sometimes. Too often people don't reach out for the help they so desperately need because they think its not ok to need help and “Always Have Faith” is a powerful and universal message we can all hold in our hearts and share with others.

If you would like to help the Kies family... <http://alwayshavefaith.atayne.com>



I want to introduce you to my youngest daughter – Faith Evelyn “Pips” Kies. She was a 16 year old budding artist and a begging runner. She helped crew me through my first 100 mile run – and was astounded at the efforts the people were putting out. She volunteered at several races – including the Frozen Gnome in 2016 – where this picture was taken – just a week before her life would end.

She lost her battle with depression, with feeling what most teens feel – and go through. I had hoped that getting her around the positive upbeat people that runners tend to be, could rub off on her, and it did somewhat – just not quite enough. She really believed that she loved someone that most of society would frown upon – and that inevitably led to her decision.

In the wake of this loss – like most parents that lose a child – I had a couple of options – allow the blinding pain of this loss tear away at me, and just give up – or try to find any little bit of good that I could out of our tragedy – and hopefully help others. I chose the latter. Initially it was through organ donation – Faith was able to help 7 or more families with the donation she made. I pray that all of the recipients inherit a bit of the warmth that Faith used to provide.

Then – as bills from all of this piled up on our family – I looked to go beyond. I didn't want to do another 5k or something else... I wanted to share Faith's art with my fellow runners. She loved to draw – so I took several of her drawings to a company that makes running (tech) shirts out of recycled materials (Faith would have loved that) – and had the “Always Have Faith” line of shirts made by Atayne. The shirts themselves are very comfortable moisture wicking – and the images – which come from a range of different ages of Faith's art, show some of her favorite moments.

From her “Self Portrait” from her very early days – to her Dragon (Faith and I are both big fans of Dragons) – to her love of animals in her sleeping big Cat and Howling Wolf (or Coyote). In each of her pieces – you can feel a bit of the sense of the little girl that just loved it. To paraphrase a friend of mine: ‘There is no greater honor to an artist than to see their work enjoyed’ – and while Faith is not here to see the enjoyment – I like to think that she is looking down and smiling when she sees all these amazing people achieving amazing things in shirts with her art on them.

For each shirt sold – there is \$10 built in – \$5 will be used to benefit a charitable program – we are still working on the details – but it will be something to do with: Art, Thespians, Scholarship, or related to mental health and awareness. We are trying to either create a not for profit or find a way to make donations to programs that would make Faith happy, and help those in similar situations to her. The other \$5 is going to help our family. The year's events of 2016 – which started with Faith's passing ended up hitting my family with costs of just shy of 6 figures. While we received a lot of help from the community – and we have managed to survive – we are just hoping to get our lives back together, and hoping to do it while having people get a smile – from the little red head that brought smiles to most everyone she ever met... including Stan Lee – who once complimented her at a Comic Con where she was working at her sister's booth – Stan Lee himself told her – ‘To keep up the good work’!

You can purchase Faith's shirts from: <http://alwayshavefaith.atayne.com>

XC Thrilllogy events!

www.XCThrilllogy.com



January 2018
KD Park
Burlington, WI

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!!)



February 19, 2017
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.



March 11, 2017
KD Park
Burlington, 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.



June 10, 2017
Petrifying Springs Park
Kenosha, 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.



JULY 29, 2017
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 29, 2017
UW-P National XC-Course
Kenosha, WI

JULY
The Hot Hilly Hairy is ran in conjunction with the Hill100+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.



August 20, 2017
Silver Lake Park
Silver Lake, WI

AUGUST
You are invited to this unique summer running event. We will start and finish at the Beach on Wolf Lake. You can run/walk as an individual or as a two-person relay for 5m (individual only distance), 10m, 15m or 20m (15 & 20 miles are run only events). Good food, craft beer, craft soda, music, creative swag, beach fun and amazing trail loving runners/walkers. We encourage everyone to wear blue to support our Law Enforcement Officers.



September 9, 2017
Old Settlers Park
Paddock 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. 30, 2017
Petrifying Springs Park
Kenosha, 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., Nov. 12, 2017
Bong State Recreation Area
Kenosha (Kansasville), 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., Dec. 9, 2017
Petrifying Springs Park
Kenosha, 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.