



XC Thrillology Newsletter

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Group Trail Runs!

Check our [Facebook Events](#) page for location and time. Questions??? E-mail briant@kenosharunningcompany.com or call 262-925-0300.

Boreas Trail Adventure

Join in
on the
adventure!

Mark your
calendar,
sign up online,
or sign up
on race day.



4.5 mile • 9 mile • 14 mile

Saturday, Feb. 20, 2016 • 10:30 a.m.

**Richard Bong State Recreational Area
Kenosha (Kansasville), WI**

*We will be serving
our famous beef
stew, craft beer &
craft soda.*

First 50 that sign up will receive a custom XC Thrillology Running Beanie!!

This will be our first trail event at Bong State Recreational Area and we are excited to explore these great trails.

This will be low key trail run - meaning: I will keep the entry as low as possible, will be a BYOSS (bring your own stuff to share!), we will provide beef stew. Trails will be well marked, one aid station and we will have a shelter and a couple small fires. This is a family friendly event, walker friendly and snow shoe friendly conditions permitting. No awards (ok maybe a few embarrassing/fun ones!) – no swag (maybe some post run/walk give aways!) – just a super experience with great people.

Distances (estimated): 4.5 miles, 9 miles (The Blue Trail) and 14 miles (The Horse Trail) officially, but feel free to run/walk/snow shoe as much as you like just check in after you have finished the official distance.

Please contact Brian Thomas with any questions, briant@kenosharunningcompany.com or call 262-925-0300.

REGISTER TODAY!!! <http://www.xcthrillology.com/boreas-trail-adventure.html>

Upcoming events...

- **Frozen Zucchini Snowshoe Adventure 2016**
January 31, 2016
Barrington, IL
- **John Dick Memorial Crust 50K (Trail Run)**
Saturday, Feb. 6, 2016
Kettle Moraine State Forest,
Southern Unit WI
- **Boreas Trail Adventure**
Saturday, Feb. 20, 2016
Kansasville, WI
- **Tour de Trails 9 miles (Trail Run)**
Saturday, Feb. 20, 2016
Rockford, IL
- **Frosty Footrace**
Sunday, February 28, 2016
Round Lake Beach, IL
- **Hills Are Alive Trail Run/Walk**
Saturday, March 12, 2016
KD Park, Burlington, WI
- **ShamRock N' Run**
Saturday, March 19, 2016
Twin Lakes, WI
- **Tour de Trails**
Saturday, March 19, 2016
Loves Park, IL
- **2016 "Bunny Wabbit" Run & Easter Egg Hunt**
Saturday, March 26, 2016
Libertyville, IL
- **Coureurs de bois Trail Run & Relay**
Saturday, June 11, 2016
Kenosha, WI

Sponsorship Opportunities:

If you or your company would benefit from being an XC Thrilllogy Event Sponsor, let's talk...

Brian Thomas, 262-925-0300



HOT HILLY HAIRY IS...
daring you...
tempting you...
double dog daring you!!!

Time to embrace your "Ultra Side" as a solo runner or as part of a relay.

85K - 50K - 30K - 20K - 10K ••• Sat., July 30, 2016

Event takes place on the Wayne E. Dannehl National Cross Country Course on the campus of UW-Parkside in Kenosha, WI. We will be running loops on the 5K XC course and never far from your base camp (every loop), with two aid stations, a special designated area for gear along with chairs, cooling center and designated area for your special food and drink.

***** HURRY!!!!!!** If you sign up by **February 29th**, you can have your t-shirt customized with your name on the back. Our events are for all abilities and walkers are encouraged to jump in! All events have a 20-hour time limit when you start at 6:00 a.m. The time is now to get this one on your calendar, it is run in conjunction with the Hil100+py Relay and has a tailgate party feel with team camps and a DJ playing your favorite tunes. For more information and to sign up visit: www.XCThrilllogy.com

HIL100+PY

RELAY

Get your team together!!

Sat., July 30, 2016

Wayne E. Dannehl National Cross Country Course

UW-Parkside campus, Kenosha, WI



We are well ahead of last year's numbers for registered teams. This is going to be the running party of the summer!

This is perhaps the most unique Summer running event in the Midwest as everyone sets up camp, enjoys the tailgate party-like environment, DJ playing your favorite tunes and everyone getting their "Hilloopy"!! The relay is 33 loops of the 5K XC course. Start getting your team squared away, minimum of two runners per team and no maximum number of runners per team. The entry fee is per runner, 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. More info: <http://www.xcthrllogy.com/hilloopy.html>

“Mark your calendar, [sign up online](#) or sign up on race day.”

HILLS ARE ALIVE

TRAIL RUN/WALK



3 or 5.5 mile walk -- or -- 5.5 or 8 mile run

Saturday, March 12, 2016 • 10:30 a.m.

KD Park, Burlington, WI

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

This is an ideal trail running and walking event to start the Spring XC Thrilllogy Trail Season. We will be using the outer loop which is 2.5 miles, it 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. Runners can select between the 8 mile or 5.5 mile events and walkers can select either the 5.5 mile or 3 mile events. This event is also DOG FRIENDLY!!!

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

Please contact Brian Thomas with any questions,
briant@kenosharunningcompany.com or call 262-925-0300.

REGISTER TODAY!!! <http://www.xcthrilllogy.com/hills-are-alive-trail-run-walk.html>



**The North Face
Endurance
Challenge Teams
Up With Kenosha
Running Company**

**Are you up for
the challenge?**

**Sept. 17-18, 2016
Kettle Moraine
State Forest**

DISTANCES:

Saturday, September 17:
50 Mile, 50k, Marathon
and Marathon Relay

Sunday, September 18:
Half Marathon, 10k and 5k

Don't miss this chance to
challenge yourself on the
trails of Kettle Moraine State
Forest – and get 15% off!

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

Registration Page:
<http://bit.ly/1P8RM3i>

15% off Code:
KRC15 (case sensitive)

For more information on
the Endurance Challenge,
including how to register,
please email:
[endurancechallenge@
publicishawkeye.com](mailto:endurancechallenge@publicishawkeye.com)

Upcoming Wisconsin Relays

- **Run Away To The Bay**
Saturday, April 30, 2016
Oshkosh, WI
- **Ahnapee Summer Solstice**
Saturday, June 18, 2016
Sturgeon Bay, WI
- **Coureurs de Bois Relay**
Saturday, June 10, 2016
Kenosha, WI
- **Hilloopy 100+ Relay**
Saturday, July 30, 2016
Kenosha, WI
- **The Fall 50**
October 2016
Door County, WI

XC THRILLOGY Partnership Events

Kenosha Running Company/
XC Thrilllogy are now official training partners for:

Wisconsin Marthon, Half Marathon & 5K

Kenosha, WI.
Saturday, May 7.
Discount code: [KRUNCO16](#)

Fox Cities Marathon & Half Marathon
September 16-18

The North Face Endurance Challenge
15% off Discount Code:
KRC15
Kettle Moraine State Park,
WI Sept. 17-18
Park City Mountain Resort,
Utah Sept. 24-25

Event Photos

Hateya Trail Run & im Schnee Festsitzen





**4 or 8 mile walk • 8, 12 or 16 mile run
16 mile 2-person relay**

Saturday, June 11, 2016 • 9:30 a.m.

Petrifying Springs County Park, Kenosha, WI

Petrifying Springs County Park in Kenosha, WI, is a hidden jewel of trails and the Pike River. This is an ideal trail running and walking event for the more adventure-minded runners and walkers. You will encounter single track trails, groomed trails, up and down hills, and, if the Pike River cooperates, a river crossing (the walk at the crossing points is typically less than 12 inches deep).

Endurance minded runners and walkers will share the same 4 mile loop course throughout. 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.

Please contact Brian Thomas with any questions,
briant@kenosharunningcompany.com or call 262-925-0300.

SIGN UP TODAY!!! <http://www.xcthrilllogy.com/coureurs-de-bois-trail-run---relay.html>

**XC Thrilllogy
Newsletter
Needs You...**

to share your running events with us!!

Send us upcoming events in Northeast IL or Southeast WI, an experience running/walking an event near or far, news about your club, possibly information about running routes, hidden trails, weekly group runs, or even about fun at local pizza & beer joint. We would love to add these to the newsletter for you... simple as that!!

We encourage your involvement!!! Promote your event to a broad, vast reader base.
briant@kenosharunningcompany.com office: 262-925-0300 • cell: 414-719-4771



PLANNING ON RUNNING FOR A CHARITY IN 2016?

If yes, then our
“RUNDRAISING”
program will be perfect!

Kenosha Running Company introduces the newest and best way to raise money for charities.

Here is how it works for Charity Runners:

Invite your friends and family to run or walk in one or all of 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 have run/walk to raise aware- ness and funds for your organization?

Use our event and all you have to do 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 we receive, you will 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

2016 XC Thrilllogy events!

www.XCThrilllogy.com



Sun., Jan. 24, 2016
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!!)



Sat., Feb 20, 2016
Bong State Recreational Area
Kenosha (Kansasville), 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.



Sat., March 12, 2016
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.



Sat., June 11, 2016
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.



Sat., July 30, 2016
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.



Sat., July 30, 2016
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.



Sat., Aug. 13, 2016
Bong State Recreational Area
Kenosha (Kansasville), WI

AUGUST

This is an invitation only event. To be invited you need to have run/walked or volunteered at one or more of our events in 2016. This will start and finish at the Beach on Wolfe 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.



Sat., Sept. 10, 2016
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., Oct. 1, 2016
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, 2016
Bong State Recreational 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. 10, 2016
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.