



XC Thrillology Newsletter

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Too early to think about the Hot Hilly Hairy ultra distances?



The 85K and 50K will be held on July 30, 2016.

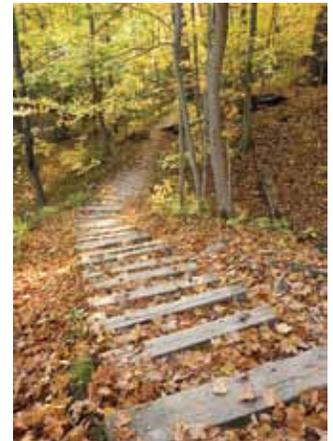
We will start training groups in mid-November, so start thinking about your challenges for 2016. <http://www.xcthrillology.com/hothillyhairy.html>.

Please e-mail us if you would like information on our training program and group runs.



Saturday, Oct. 3, 2015 – 9:15 a.m.
Petrifying Springs Park, Kenosha, WI

The Pike River Trail Run/Walk is the third trail event of the XC Thrillology trail series and is in conjunction with the Kenosha County Parks Department Fall Wheel Ride.



The Trail Run is approximately 6.4 miles, with an optional crossing of the Pike River (you can run over the bridge if you chose), the trails will be a combination of groomed trails and single track trails. The trail walk is about 3.5 miles and will share some of the same trails as the runners, but will then explore trails that will be unique for the walkers. Petrifying Springs County Park, Kenosha, WI, will be exploding with Fall Colors and is welcoming for all runners and walkers of every ability. We are also a “dog friendly” event and invite your four legged friend to join you!

- Online entry ends Sept. 30th, but you will be able to sign up on day of the event.
- For more information, visit www.XCThrillology.com
- Post event bonfire, food, beer and other beverages.
- Free Boni Bands and swag.



REGISTER TODAY: http://www.xcthrillology.com/pikerivertrailrunwalk_registration.html



Upcoming events...

- **Fish Out of Water 5K Trail Run/Walk**
Saturday, Sept. 26, 2015
Plymouth, WI
- **Get Ready to Run Wild at the Zoo 5K**
Saturday, Sept. 26, 2015
Racine, WI
- **End of the Summer Run**
Saturday, Sept. 26, 2015
Algonquin, IL
- **Run Blue To Beat It ~ 5K Run/Walk**
Sunday, Sept. 27, 2015
Kenosha, WI
- **Wild Wild Wilderness Trail Run**
Sunday, Sept. 27, 2015
Danville, IL
- **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
- **Swinging Bridge 8K Trail Race**
Sunday, Oct. 4, 2015
Lake Forest, IL
- **2015 Fox Chase 5K & Youth Mile**
Sunday, Oct. 4, 2015
Fox River Grove, IL
- **7th Annual Pumpkin Stampede**
Sunday, Oct. 4, 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

Get ready for the Hateya Trail Run/Walk

Saturday, December 12, 2015 • 10:30 a.m.
Petrifying Springs Park, Kenosha, WI

*Located on County Rd JR between
Green Bay Rd (Hwy 31) and County Rd E*



The XC Thrilllogy Hateya Trail Run (approx. 6 miles) and the Hateya Trail Walk (approx. 3 miles) will take you on an adventure through the trails in Petrifying Springs Park. The finish of the XCThrilllogy Hateya Trail Run 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. This will be perhaps the most challenging course you have run, and if you have never ran a trail race, then the time is now!

It is December in Southern Wisconsin so we could have snow on the trails, which would make the trail even better! But you will run on groomed trails, single track trails and some open green ways through the park. This is a well marked trail run and we allow runners averaging 15 min mile pace to finish the race. Running course is estimated at 6 miles. Walkers, you will have a combination of trails and bike path over an estimated 2.5 - 3 miles.

REGISTER TODAY!!! <http://www.xcthrilllogy.com/hateyatrailrun.html>

Run of the Dead Elimination Run Endurance Challenge

Registration is OPEN!!

Sunday, November 1, 2015

Old School Forest Preserve, Libertyville, IL

Join us for this unique event held on The Day of the Dead holiday utilizing the trail system at Old School Forest Preserve amidst an idyllic autumn backdrop. Runners can choose one of the following distances (total field will be limited to 200 participants):

8am start - 8 x 4.25-mile loops (34 miles total) - \$80

9am start - 1 x 4.25-mile loop - \$40

noon start - 4 x 4.25-mile loops (17 miles total) - \$60

This elimination-style event means that each runner will have one hour to complete the 4.25-mile loop that will start on the top of every hour. For example, if it takes you 40 minutes to run a loop, you will have 20 minutes to relax, hydrate, enjoy a crepe, or if you dare, compete in the King & Queen of the Hill Challenge and run some hill repeats before everyone begins the next loop. If you don't finish any loop within the hour, you will be disqualified.

Unique amenities include an aid station halfway through the loop stocked with Halloween candy, lively volunteers, music, and various other provisions and the start / finish area will have sweet and savory crepes included with your entry fee. Awards ceremony and after party with beer (one beer ticket included with registration) and optional BBQ dinner will be held at 4:00pm at Tighthead Brewing Company in Mundelein. All participants of the 4 and 8-loop events will receive a race hooded sweatshirt and all 1-loop participants will receive a race t-shirt. Participation awards, King/Queen of the Hill, and top male/female awards are currently being determined and will not disappoint.

<https://www.facebook.com/RunoftheDeadEnduranceChallenge>



HILLOOPY

RELAY

Mark your calendars!!!
Saturday, July 30, 2016



XC THRILLOGY EVENTS —
North Face
Endurance
Challenge Series
Partnership



The two companies have agreed to cross promote each other's events. XC Thrilllogy will be developing introducing the XC Thrilllogy Trail Team to run the North Face Endurance Challenge Half Marathon, 10K and 5K on October 4th at the Kettle Moraine Trails.

Use discount Code KRCW115 for 15% off and contact Brian Thomas at briant@kenosharunningcompany.com about the XC Thrilllogy Trail Team program.

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



Weekly Trail Runs...

Sundays at 6:00 p.m. at Petrifying Springs County Park. We meet at the parking lot directly across from the UW-P Cross Country Course. **ALL ABILITIES ARE WELCOME!**

Questions?
Contact Brian Thomas
briant@kenosharunningcompany.com
office: 262-925-0300

We need you to get involved...

XC Thrilllogy Newsletter has several objectives, but a key one is to have content provided by YOU... regarding an upcoming event 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. I do encourage you to become involved!!!

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