



*Running it is
a way of life...*

2018 Running Events and CaniCross Events



Kenosha Running Company will be entering our fifth year of hosting trail events and are thankful for each of you as you have made the XC Thrilloogy Trail Series grow beyond our imagination. We will be hosting eighteen trail running/walking events that are family and dog friendly. Including seven CaniXC events and four nighttime events. We are very excited for 2018 and will do our best to make each of them a great experience for you.

All of our events are held in Kenosha County, WI on the trails throughout the County Park System, Bong State Recreation Area, and we also kick off two July 4th parades; the Somers 4th of July Parade with a One Mile Race and the Kenosha's Civic Veteran parade with a 2-mile run. We are excited to share that we will start to offer prize money at some of our events for the open, masters and super masters winners.

Our friendly, welcoming and personal approach to our events makes us unique in many ways. We will continue with our unique program called "Rundraising" in which charities and worthy causes can use our events as a fundraising event. We also have a special program as a result of the compassionate and fun-loving spirit that each of you bring to our events. In this spirit, if you are battling cancer our events are free to you.

Thank you all for your past support and we look forward to further developing our events with your input and support. 2018 is going to be an amazingly crazy fun year!

Please feel free to reach out to us with your suggestions and ideas.

**INDUSTRIAL
SAFETY CONTROLS
INC.**



www.XCThrilloogy.com | (262) 925-0300



Sunday, January 21, 2018

10:30 a.m.

Bristol Woods Park, Bristol, WI



Ready to enjoy the winter wonderland of Bristol Woods / Pringle Nature Center? As with all our trail events, we will take a laid back approach and welcome all runners, walkers and this is dog-friendly! We will be running/walking or snowshoeing (provided there is snow) this 3 mile loop course as much as you like. This will also be our first CaniCross event of the year, the distance will be 3 miles and you are also welcome to run as far as you like as well.

Post event fun will start with beef stew, soup and Schnapps will await you at the finish. This is a BYOB, so bring your favorite beverage to share. Surprise swag, great socializing and fun awards will add to the fun.



Sunday, February 18, 2018

10:30 a.m.

Bristol Woods Park, Bristol, WI



This event will be started with our second CaniCross event of the year, the trail loop will be 3 miles for all runners, walkers and CaniXC. This event will benefit the Pringle Nature Center and will we do our best to make this a great experience for CaniXC, runners and walkers of all abilities. The trails will be well marked and take you throughout the entire park, that will be flavored with some hills, mostly woods and welcoming trails. You can select between 1-4 loops (up to two hours), if there is snow, snowshoeing is welcome. When you have finished, we will have a bonfire, hot food, fun awards, entertaining trail stories and few surprises waiting for you. Please note that this is a BYOB, so make sure you bring something to share.



**HILLS
ARE
ALIVE**

TRAIL RUN/WALK

Sunday, March 11, 2018

10:30 a.m.

KD Park, Burlington, WI



This hill-n-dale course has some great scenic views overlooking a crystal clear lake and you just might find yourself needing to take a few "selfies" during your trail adventure! The trail is well maintained and not highly technical so this course is welcoming, but also challenging with hills for those wanting to really test their fitness level. This is a looped course and runners can select between the 12 mile, 9 mile, 6 mile or 3 mile events, and walkers can select either the 6 mile or 3 mile events. Our third CaniCross event of the year, with the two distances being 3m & 6m, but you are welcome to run farther if you and dog agree! Our traditional corned beef and cabbage, craft beer & soda, and great socializing awaits everyone at the finish.



Sunday, June 10, 2018

9:30 a.m.

Petrifying Springs Park, Kenosha, WI



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. If the course sounds a little challenging, at times it can be, but it is welcoming and we promise you will love it!

Coureurs de Bois (which means to run in the woods) offers four different distances for runners; 4 miles, 8 miles, 12 miles and 16 miles and two different distance for walkers; 4 miles and 8 miles. Runners can also run the 16 miles as a two person relay, alternating the 4 mile loop. For those that enjoy running or walking with their dog, this is a dog-friendly event!



Kenosha Civic Veterans PARADE 2-mile RUN

Sunday, July 1, 2018

12:20 p.m.

Kenosha, WI

This first annual event will be held with thousands of spectators lining the parade route for this 2-mile run. In addition to awards for the fastest of runners, awards will also be given out based on the best 4th of July running outfit and we will recognize those running in the memory of a veteran.

This event we feature wheelchair athletes and adaptive sport athletes. Enter early as we are limiting the entries to 250. There will be a 30 minute time limit to complete this two mile run.

This event will benefit the Honor Flight program.



Somers let FREEDOM one-mile Parade Run RING

Wednesday, July 4, 2018

1:30 p.m.

Somers Post Office, Somers, WI

\$\$\$
prize money

Ran prior to the Somer's Fourth of July Parade.

Ready to kick off a parade on the 4th of July? This One Mile Run will be lined from beginning to end on both sides of the street with thousands of cheering fans, encouraging you to run faster than your personal speed limit! This event we feature wheelchair athletes and adaptive sport athletes. Once done, enjoy the parade, the Free Ice Cream Social, Great Summer Cookout food provided as a fundraiser for the Somers Fire Department and then we provide the beer & soda.

YES... PRIZE MONEY for our Open, Masters and Super Masters Competitors.



HIL100+PY RELAY

Saturday, July 28, 2018

6:00 a.m.

**UW-Parkside National Cross Country Course
Kenosha, WI**

This is a running tailgate party on one of the best cross country courses in the country. Each team will run 33 loops on the 5K course. 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.

You will start and finish in XC Thrillology Village and with 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!



HOT HILLY HAIRY Ultra Solo and Relay

Saturday

July 28, 2018

6:00 a.m.

**UW-Parkside
National
Cross Country
Course
Kenosha, WI**

\$\$\$
prize money

- Death March 18 hours (6am start only) & finishing at midnight
- 100K (6am start only) solo or relay
- 85K (6am start only) solo or relay
- 50K (6am start only) solo or relay
- Dragon Dare 65K (30K - 6am | 20K - noon | 10K - 6pm | 5K - 9pm)
- 30K (6am start only)
- 20K (6am start) (noon start) (6pm start)
- 10K (6am start) (noon start) (6pm start)
- Charge the Knight 5K (9pm start)

This will be a well-supported event and ideal for first-time ultra runners and those looking to challenge themselves. Cooling stations (tent area, chairs, buckets of ice/water and towels). No time limit to finish (official timing ends after 20 hours).





Saturday, Aug. 11, 2018

7:50 p.m.

Silver Lake County Park, Silver Lake, WI

Join Kenosha Running Company and your fellow trail enthusiasts for this unique night event. Starting 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. All runners/walkers are required to wear either a headlamp or have Knuckle Lights (you can purchase when you sign up for the race online or in person). The trail will be well marked with reflective marking and "tricky" areas will be illuminated by ground lanterns. Runners will not be permitted to go out on another loop after 9:30 p.m.



Saturday, Sept. 8, 2018

10:30 a.m.

Old Settlers Park, Paddock Lake, WI



Help us kick off Oktoberfest as only runners and walkers truly can! This is a scenic and challenging 5K+ course around Paddock Lake. As you complete the course you will find the Oktoberfest party just getting started as we celebrate with beer, brats, fun awards, unique swag and fun socializing.

This is a welcoming event for all abilities and is dog-friendly. This event will also benefit Old Settler's Park Band Shell project.

Mark your calendar and work up an appetite!



Saturday, Sept. 29, 2018

9:45 a.m.

Petrifying Springs Park, Kenosha, WI



The Pike River Trail Run/Walk will start like a cross country meet and then you will experience single track trails, rocks, roots, water and hills! You will cross/run through the Pike River two times (you have the option of running/walking around the water and using the bridge). Petrifying Springs County Park has some of the best trails in Southeast Wisconsin. This is a family and dog-friendly event.

Bonfires, fall favorite foods and drinks, awards and few surprises will await everyone as you finish. This event benefits the restoration and development of trails in the Kenosha County Parks System.



Saturday, October 20, 2018

6:00 p.m.

KD Park, Burlington, WI

Join us for another night trail adventure for runners and walkers. We will start at dusk giving you the chance to adjust as trails welcome the night skies.

KD County Park is one of our favorite County Parks for beginners and experienced trail lovers. The trails are wide and welcoming, but can be challenging with the Hill-n-Dale terrain and combination of woods & prairie make for a perfect setting.

You will have the option to run or walk two loops of the 3.5 mile loop or run up to three loops. Once finished we will have a bonfire, music, great food, beer and soda. Storytelling and smores will also be on the menu.





Sunday, Nov. 11, 2018

7:45 a.m.

Bong State Recreation Area, Kansasville, WI



This third annual ultra event will have a distance for every runner, walker and relay runners. The course will allow it to be somewhat spectator friendly and will be well supported.

7:45am starters can select; 4.5 miles (solo - run or walk), 14.5 miles (solo or relay - run or walk), 29 miles (solo or relay - run or walk), and 43.5 miles (solo or relay - run only). 2:30pm starters can select the 4.5 or 9 mile distances for runners, walkers and CaniCross. For the relay teams, the figure "8" style course with the small loop being 4.5 miles and the larger loop being 10 miles is perhaps the perfect combination of distances. The 10 mile loop is mostly flat with some wooded areas and 4.5 mile loop is mostly wooded and hilly.



Saturday, Dec. 8, 2018

10:30 a.m.

Petrifying Springs Park, Kenosha, WI



Ready for some trail fun? The Hateya Trail Run (approx. 6.4 miles) and the Hateya Trail Walk (approx. 3.5 miles) will take you on an adventure through the trails of Petrifying Springs County Park. River permitting, we will have an optional river crossing... yes a water crossing in December!!! You encounter some single track trails, rocks, roots, nasty hills, and possibly snow. This is a family and dog-friendly event. For our dog-loving runners and walkers this is a designated CaniCross event for the 3.5 mile distance. Bonfires, chili, craft beer, craft soda, "custom" ornaments, trail stories, XCT Christmas gifts for loyal XCT trail lovers and fun awards. This benefits trail restoration and Kenosha County Park Trail System maintenance.



Schneeflocke



Saturday, Dec. 29, 2018

5:30 p.m.

KD Park, Burlington, WI



Ready for some Winter Night Trail Fun? Yes this will be that and it will be a family and dog friendly event.

Weather permitting you have the option to snowshoe and for some post run fun perhaps some sledding. The wide and welcoming trails are perfect for this nighttime run and we will have great food and drink to warm up once you are finished.

The distance will be 3 miles for runners and walkers and 6 miles for runners. Head lamps or similar will be required. OK, if it is a full moon and the trails are laden with crisp snow then perhaps we can waive this requirement.





We are starting our third year of hosting CaniXC events and we are loving it! If you're wondering what CaniCross is then you're not alone. This is one of the fastest growing sports that one can do with their dog. It derives from the sport of dog mushing/sledding but you are working as a team with Fido. It's very much a team effort. While you can certainly participate and just run with your dog the idea behind CaniCross is that the dog is actually pulling you while you are running.

You are welcome to run or walk with your dog either on a leash or with the dog harnessed and attached to your running belt. We can also properly fit you and your dog with harness, lead line and running belt. We are partners with Howling Dog Alaska, Non-Stop Dog Wear and Kurgo.

We want this to be a fun experience for both you and your dog, so we encourage you to come and try out this sport. We have two exclusive CaniXC events and five CaniXC events associated with our trail events. We will also have a number of additional dog friendly events.

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Sunday, Jan. 21, 2018
10:15 a.m. (3m & 6m)
Bristol Woods Park
Bristol, WI

Boreas Trail Adventure CaniCross

Sunday, Feb. 18, 2018
10:15 a.m. (3m & 6m)
Bristol Woods Park
Bristol, WI

Hills Are Alive Trail CaniCross

Sunday, March 11, 2018
10:15 a.m. (3.5m & 7m)
KD Park
Burlington, WI



Sunday, April 8, 2018
10:30 a.m.
KD Park, Burlington, WI

We are ending our Winter and Spring CaniCross season with our first Midwest Championship style event. There will be three different distances (10.5K, 5.3K, 3.1K). We will have open and masters age groups and subcategories based on the weight of the dog.

We have awards, perhaps prize money, provide a great atmosphere, food for two and four legged creatures, beer and soda.

The course at KD County park offers wide trails, challenging hills and great scenic views of this hill-n-dale course.



Pike River Trail CaniCross

Saturday, Sept. 29, 2018
10:15 a.m. (3.5m & 7m)
Petrifying Springs Park
Kenosha, WI



Trail Dog Distance Classic

Sun., Nov. 11, 2018
2:30 p.m. (4.5m & 9m)
Bong State Recreation Area
Kansasville, WI

Hateya Trail CaniCross

Saturday, Dec. 8, 2018
10:15 a.m. (3.5m & 7m)
KD Park
Burlington, WI