



www.XCThrilllogy.com



Kenosha Running Company

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Issue #30 • October 2017



Pike River Trail Run/Walk

Saturday, Sept. 30, 2017

10:15 a.m. CaniCross

10:30 a.m. Trail Run/Walk

Petrifying Springs Park

Kenosha, WI

REGISTER TODAY!!



Event alerts

- **Pike River Trail Run/Walk**
Saturday, Sept. 30
Petrifying Springs Park
Kenosha, WI
- **Mad City CaniCross 10K/5K**
Sunday, Oct. 15
Blue Mound State Park
Blue Mounds, WI
- **Fall 50 Door County Scenic Run**
Saturday, Oct. 21
Door County, WI
- **Prairie and Woods Trail Run**
Saturday, Nov. 4
Bristol Woods County Park
Bristol, WI
- **Trail Dog Running Exclusive CaniCross Adventure**
Sunday, Nov. 5
KD County Park, Burlington, WI
- **Wolfpack Trail Run & Relay**
Sunday, Nov. 12
Bong State Recreation Area
Kansasville, WI
- **Hateya Trail Run**
Saturday, Dec. 9
Petrifying Springs Park
Kenosha, WI

In retrospect...

How amazing are you and the opportunities that life presents when you believe in something greater than yourself.

We are entering our fourth year of hosting trail running events and honestly it amazes me that this is really happening at times. I had for the longest time (over 25-30 years) envisioned hosting trail running events, starting a parade with a race, opening a running specialty store and sharing a special passion I have for running and living a fitter life. It has and is happening as a result of YOU. Thank you for your support and sharing your love for the trails and each other.

But I should share, based on the first Pike River Trail Run/Walk, which was a disaster in many ways... you believed in me and we went at again with your support. Since that first event I strive to make each event the best we can. In sharing I hope you will

join us for the [4th Annual Pike River Trail Run/Walk & CaniCross](#) on September 30th. Watch for information in this newsletter.

I am excited to share... we are finalizing our 2018 event calendar, in addition to our traditional events, we will be adding several night trail runs, hoping to kickoff 2-3 parades throughout the year, have seven CaniXC events and will host several fun runs (morning, afternoon & evening) from our new location on the Northside of Kenosha. If you have any crazy trail event ideas for us to consider, please give me a call or [email me](#).

Final note...

we will be at the [Mad City CaniCross](#) and the packet pick up for the [FALL50](#), so if you are attending either event please stop by and say hello.

Heart felt thank you!

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 Thrilllogy exciting event



4th Annual Pike River Trail Run/Walk

THIS SATURDAY -- Sept. 30, 2017

Petrifying Springs Park, Kenosha, WI

Start/Finish located by Beer Garden & Dog Park

REGISTER TODAY!!!!

Packet pick-up & same-day signup starts at 9:00 a.m.

**10:15 a.m.
CaniCross starts**

**10:30 a.m.
Trail Run starts**

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

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 XCThrilllogy 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.traildog-runners.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 CaniCross.

Yet another upcoming exciting XC Thrillology event



NEW EXCLUSIVE CaniCross Adventure

DISTANCES & START TIMES:

10:00 a.m.	1.5 mile
10:30 a.m.	7.0 mile
Noon	1.0 mile walk
1:00 p.m.	3.5 mile
2:00 p.m.	1.5 mile

1ST ANNUAL Trail Dog Running

EXCLUSIVE



ADVENTURE

Sunday, November 5, 2017
KD County Park, Burlington, WI
Starting time: 10:00 a.m.

REGISTER TODAY!!!!



2017 event has been cancelled.

Please check back for details on the 2018 event.

All events held in the Kenosha County Parks are presented by:
Kenosha County Parks
and
Kenosha County Executive Jim Kreuser



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 Thrilllogy 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.

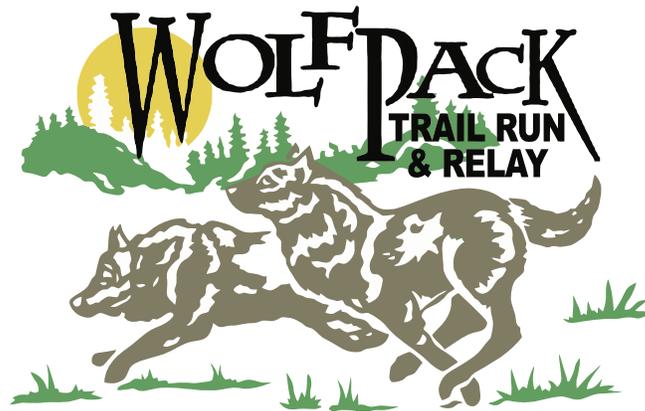
The XC Thrilllogy event will attract runners throughout the Midwest, as we are focusing on that 10 state area. We have developed an extensive database, and we will also be promoting our event at numerous other running events throughout the year and with cooperating race management companies. We will 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 Thrilllogy events



Wolf Pack Trail Run & Relay

Sunday, Nov. 12, 2017
Bong State Recreation Area
Kenosha (Kansasville), WI

**REGISTER
TODAY!!!!**



Hateya Trail Run

Saturday, December 9, 2017
Petrifying Springs Park
Kenosha, WI

REGISTER TODAY!!!!



im Schnee festsitzen Trail Run

Sunday, Jan. 21, 2018
KD County Park
Burlington, WI

**REGISTER
TODAY!!!!**



Boreas Trail Adventure

Sunday, Feb. 18, 2018
Bristol Woods Park
Bristol, WI

REGISTER TODAY!!!!



XC Thrillology event review

Oktoberfest: good times, good friends, good food...



[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 & START TIMES:

10:00 a.m.	1.5 mile
10:30 a.m.	7.0 mile
Noon	1.0 mile walk
1:00 p.m.	3.5 mile
2:00 p.m.	1.5 mile

Calling all runner-dog teams!

Mad City Canicross presents the 2nd annual Tails and Trails 10K and 5K on Sunday morning, October 15th at Blue Mound State Park in Blue Mounds, WI. These events are dog-friendly trail runs open to individuals and teams of one runner leashed with one dog. All breeds, all speeds are welcome! Prizes awarded for top individuals and 'Top Dog' runner-dog teams in each event. Net proceeds for 2017's events will support the Iowa County Humane Society. Go to www.madcitycanicross.com for registration, route maps, and more information.

About Mad City Canicross: Mad City Canicross was born in 2016 to help find and foster a community of runner-dog teams in the Madison, WI area. By producing dog-friendly run/walk events, the organization aims to promote healthy and active lifestyles for dogs and their owners. Net proceeds from events are given to animal service and rescue organizations in the community. The organization was founded by Angela Weiss, a veteran marathoner of over a decade, and Ghost, a Weimaraner whose endurance defies physics. Together, the team logs about 30 miles of running a week on the west side of Madison. Ghost provides a great source of company, inspiration, and motivation on those long runs, and the whole family's happier when he's nice and tired!





Running with dogs...

This is a story of how I started running with dogs...

Everything started when my 4-year-old daughter wanted a puppy. I knew it would be a huge responsibility and a lot of work to raise a dog; training him, taking him for a walk a few times per day and picking up poop... were some of the things that came to my mind when I was thinking the idea over. However, I didn't want to break my daughter's heart and so for her 6th birthday, I decided to get her a furry friend. I did a lot of research on what kind of dog would be the best fit for my daughter and I. During this time I was a long distance runner and had already done some marathons so I knew that I wanted a dog who loved running. The idea was: my daughter could enjoy her puppy and mommy would have a running buddy. I had an awesome picture in my head of me and my dog running peacefully together in the woods but like many things in life, the reality was different.

Our energetic Vizsla, named Lucky Boy, needed a lot of training. Lucky, who was a hunting dog, enjoyed running but unfortunately, not with me. Instead, Lucky enjoyed running after all little creatures in the woods, pulling me in every direction. When we first started running together, he would run from one side of the trail to another, marking every bush, tree, rock and fence that was in his way. I never imagined running with a dog would be this hard. It took us a lot of time to bond, to connect, in order to work as a team while running. Finally one day, I used Sophia, my daughter, as a leader for Lucky when we went for a run. She was riding her bike in front of me, and Lucky was following her as he pulled me on the line behind him. That was the solution! The dog finally got the idea of running straight without marking the territory or chasing bunnies. It was a happy day. Before I knew it, we were able to run more than 10 miles! I must say, he was pretty good at long distance running.

Canicross changed my whole mindset on running. Since I discovered canicross, I have only trained for races with my dog. I cannot imagine going running without him. Today, my daughter is 10 years old and has started canicross with Lucky. She was never interested in running before, however, canicross is a totally different story. It's not only running, it's working in a team. Connecting, giving commands to a dog (ho - left, ge - right, easy, stand by). She is in charge of the run. She loves it.

Wait... I forgot to mention, we got another puppy! His name is Mojo and he is a greyster (a mix of german shorthair pointer & greyhound). Lucky, who is now 4 year old, is leading Mojo to be a great runner just like him. It makes me happy that our family is growing and we can all enjoy going for runs together and compete in the canicross races.

Maggie Dabkowska (edited by Sophia)



Sophia & Lucky



Maggie & Mojo



VOLUME I

CaniCross with Loki Orange

I started my personal running adventures in 2011 after running my first marathon and wondering how much further I could go. This led me to the wonderful world of trail and ultra marathon running, and to date I have run 50Ks to 100 mile trail races in a many of our beautiful states.

But this post is not as much about running as it is about the partnership I have between running and Loki Orange. So let's start at the beginning then which leads me explain one reason I love running. I love the friendships it creates through the mutual bond of the sport, and I enjoy the companionship of those that I run with. As I progressed from road runner to trail runner and shorter distance races became longer distances, I started to spend more and more time running alone due to a lack of folks that do this kind of thing, and also because the few who did had schedules that did not jive with my own. I needed a solution to this and immediately thought of a dog. I'd grown up with dogs and love them, but until recently had lived in an apartment without adequate room for one.

I started my lengthy search for a dog with the endurance capabilities and temperament to handle distance running. I was thinking of a Border Collie, and while looking over information on herding dog breeds I came across a picture of a Belgian Tervuren and it was love at first sight. Now, I am normally a huge advocator of adopting unwanted pups, but given that I had two major requirements for this dog to fulfill (built for endurance and will work well with my current residents, cats) I decided to look for a reputable Tervuren breeder. Without wanting to make this blog too lengthy I will not go into too much detail in regards into how Loki Orange (Orange is his registered middle name due to the orange identification collar the breeder used to tell the pups apart) and I became inseparable after he entered my life 5 years ago. I will mention that I waited for over 2 years before I started running with him to make sure his growth plates and bones had developed enough to support a high impact sport like running, which I think is vital for anyone wanting to get into this sport with their pup.

I started running trails with Loki, and never having run with a dog before I wasn't sure what equipment to use to do this. I had a harness for him so the pressure of the leash was equally distributed as we moved, but other than the harness I just held his leash in my hand which caused a lot of pulling on one side and made me uncomfortable. I started researching what others did, and in doing so found there was a definition for the sport of running with your dog called "cani cross". The sport is pretty huge in Europe, but not as well known in the US. To "cani cross" correctly, the runner has a special harness which is attached to a bungee leash leading to the dog's harness. The runner then trains the dog with commands similar to mushing a dog sled and is pulled by the dog to gain more speed during a run or race. I decided to check Amazon for running gear and found a cheap (\$20) belt and bungee leash that would attach to Loki's harness. It was not a nice cani cross system, but it works great, and maybe someday we will upgrade to something designed a bit better as we get better at it.

During the great search for cani cross information, I also found a few races available a few hours away in WI put on by race director Brian Thomas of XC Thrilllogy. I really wanted to try this out, even if it was a couple hours away. I found one of the cani cross races Brian offered the week of my birthday in March called "The Hills Are Alive", so I figured that was a good excuse to sign up! I was pretty nervous going into the event since I hadn't been training for speed and I wasn't sure how Loki was going to react to the other dogs in a race setting. It turned out great though, and other than a bit of motivation issues towards the last mile (5K course) because we didn't have any other dogs we could see in front or in back of us, we managed to secure the first place female (me, not Loki ;)) spot! (PC credit on left ShadowDog/XC Thrilllogy). I love running with my pup, but now I was hooked on competing with him! This is the only cani cross event we've participated in since there are not many offered in the US, but I'm really looking forward to making it to some of Brian's other cani cross races and improving what we are able to do together at a timed race.

Stay tuned for Cani Cross with Loki Orange Volume II....



Special offers



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.



*** 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 fits 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.



PET RUNNING GEAR:

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



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://nipenze.com/> and enter the promo code **TRAILRUN2017** to receive your discount.



Keeping you healthy on the trails...

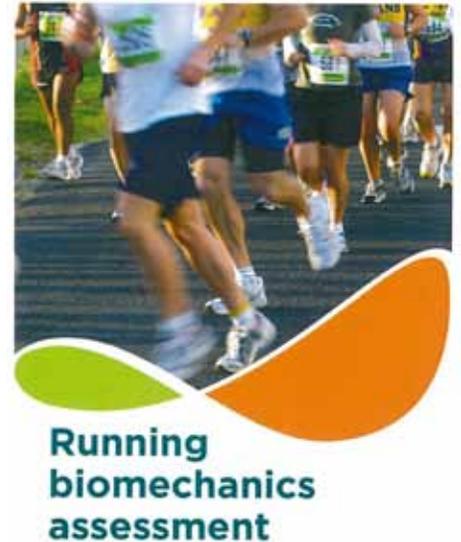


Running with the proper form

Whether you want to get faster or overcome a nagging injury for good, our performance running program helps you get there. Our program is designed to help runners of all skill levels improve their form. Running with the proper form is one of the best ways to reduce your risk for common injuries, including stress fractures. We also help you run more efficiently, which can shave seconds or even minutes off your pace.

For more information, please check out...

<https://www.aurorahealthcare.org/services/sports-health/services-treatment/sports-performance/running-assessment>



Upcoming area events



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



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!

Sign up at www.signmeup.com/119135

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



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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. 11, 2018
Silver Lake Park
Silver Lake, WI



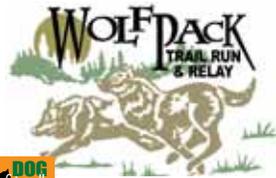

SEPTEMBER
Join the Kenosha County Parks Department and Kenosha County Executive Jim Kreuser in celebrating Oktoberfest with a family-friendly morning run/walk and enjoy the scenic neighborhood surrounding Paddock Lake. The start and finish will take place at Old Settlers Park. We encourage you to dress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

Sat., Sept. 8, 2018
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

