



www.XCThrillology.com



Kenosha Running Company

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www.kenosharunningcompany.com -- brian@kenosharunningcompany.com

Issue #51 • June 2019



REGISTER
**Coueurs
de bois
Trail Run & Relay**
Saturday, June 8
Petrifying Springs Park
Kenosha, WI



Event alerts

- **Special Olympics State Meet**
June 7
UW-Stevens Point
Stevens Point, WI
- **Coueurs de bois Run & Relay**
June 8 – Kenosha, WI
- **Father's Day Dash**
June 16 – Kenosha, WI
- **Pleasant Prairie Triathlon**
June 22-23 – Kenosha, WI
- **Save-A-Pet's Furry Friends 5K**
June 29 – Libertyville, IL
- **Somers We The People One-Mile Parade Run**
July 4 – Somers, WI
- **Hilloopy 100+ Relay**
July 27 – Kenosha, WI
- **Hot Hilly Hairy**
July 27 – Kenosha, WI
- **Special Olympics State Cross Country Meet**
July 27 – Kenosha, WI
- **Nightcrawlers Trail Adventure**
Aug. 10 – Salem Lakes, WI

Hello from the Trail & CaniCross Capital of the US!

OK, perhaps I am getting a little carried away, but why not! Seems like the weather is finally breaking as the cold days are not as cold and it is not getting dark until after 8:30, so yes, I am feeling pretty good about things. How about a few opportunities and updates?

[Evil Smileys Veteran's Day Run](#) -- we have finalized and received approval for our courses for 2019. The distances will be 2 miles for runners & walkers and 10K for runners only. Start and finish on the campus of UW-Parkside in Kenosha, with about a four mile run on the bike path throughout Petrifying Springs County Park and the balance on the campus of UW-P. If you or your company would like to become a sponsor of this event please contact me, it will be the largest Veteran's Day Run in the Midwest and perhaps unlike any other event you have run.

After about two months, we are fired up to get you back on the trails, please join me on June 8th for the [5th Annual Coueurs](#)

[de Bois Trail Run & Relay](#). We will be serving our now traditional "Crepes" and can assure you of a great social time on and off the trails.

On a personal note, my running has been less than ideal and missed another half marathon due to a lack of training. Combination of too much work and coaching a high school track team seems to leave little time for training, so I am going to follow my own advice and just make it happen. Hoping those of you in the local area will join me Wednesday nights for our HUMP DAY Runs from [our store](#), about a 45 minute run starting 6pm. I will also be overseeing the Running Programs at: Rec Plex, Kenosha Boys & Girls Club, and Half Marathon Training Program starting June 24th for the Real Racine Half Marathon on September 29th. Looking forward to a fun summer of running and hope you will join me.

Running it is just a way of life.
Brian

Our next XCThrillogy event



Coureurs de bois Trail Run & Relay

Saturday, June 8, 2019
Petrifying Springs Park
Kenosha, WI

[Click for more information...](#)

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

June is Wisconsin's reward for surviving the blustery winter months and the gray muddy days of spring and there is no better way to commemorate the start of green and warmth than a run in the woods.

The Coureurs de Bois Trail Run and Relay (which means to run in the woods), is a celebration of the start of summer. Taking place in Petrifying Springs Park, in Kenosha, this trail event is perfect for all fitness levels. The event distances of 4, 8, 12, or 16 miles individual events or a 16 mile 2-person relay will fit all athletes, from those who soldiered through winter training to those who snuggled in and waited winter out.

The course is a 4-mile loop that starts in a wide grassy area and leads you to the single track trails that meander through the woods within the Petrifying Springs and UW Parkside. The hardwood forest provides the perfect distraction from the rolling hills and possible short steep climbs (depending on the mood of the race director). The optional chilly river crossing will serve as the reminder of the iciness of winter the promise of warmer days to come.

Enjoy the company of your trail friends, new and old, after you have completed your event at the after-party which features crepes, a fruit bar, and other great food and drinks.

For those that enjoy running or walking with their dog, this is a dog-friendly event. There will not, however, be a separate CaniCross division.

[Click here](#) for our
Running/Walking/CaniCross
2019 Schedule!

Upcoming XCThrillology event



Somers We The People One-Mile Parade Run

Thursday, July 4, 2019
Somers Fire Station
Somers, WI

[Click here for more information...](#)

Taking place prior to the start of the Somers' 4th of July parade, this unique event will let you test your speed while you are cheered on by hundreds of parade spectators!

After you run, plan on staying to watch the parade and celebrate the Village of Somers Heroes. There is a free Ice Cream Social after the parade at Somers Elementary School and the Somers Fire Department will be selling food during the parade.



Awards will start at 1:45 at Somers Memorial Park (7511 12th Street) in the VFW Pavilion located behind the Village/Town Hall. Cash prizes will be awarded to the overall winner, male and female in the open and masters division. Age group awards will follow.

THE DETAILS:

- The race will start at 1:15 p.m.
- Runners not across the finish line in 15 minutes (1:30 p.m.) will be swept from the course.
- The race course is a straight mile starting at the intersection of H and E and ending at the intersection of EA and E.
- The race will be limited to 150 people. Sign up early.
- Online registration will close on Monday at 10:00 a.m.
- If spots are available, same day sign up will be available at packet pick up.
- Packet pick up will be at the Somers Fire Station (7511 12th St.) starting at 12:15.
- Parking will be limited. Some parking will be available at Shoreland High School and Somers Elementary School and the surrounding area. Please note that roads will be closed at 12:30 p.m. to stage for the parade.
- The event will be hand timed.

XC Thrillology CaniCross hit the airwaves!

At the Pike River Trail Run & CaniCross in Sept of 2018, PBS Milwaukee did a feature on our CaniCross event.

[https://www.youtube.com/
watch?v=d370ouOrpIY&feature=share](https://www.youtube.com/watch?v=d370ouOrpIY&feature=share)

For more info on our upcoming CaniCross events, visit

www.TrailDogRunners.com

Please share with other dog lovers & runners!



Product partners...



Upcoming XC Thrillology events

HILLOOPY RELAY

Hilloopy 100+ Relay

Saturday, July 27, 2019
6:00 a.m.
UW-Parkside National
Cross Country Course
Kenosha, WI

[Click here for
more information...](#)

Hot Hilly Hairy

Saturday, July 27, 2019
6:00 a.m.
UW-Parkside National
Cross Country Course
Kenosha, WI

[Click here for
more information...](#)



Special Olympics State Cross Country Meet



Saturday, July 27, 2019
UW-Parkside Wayne E. Dannehl
National Cross Country Course
Kenosha, WI
2:00 p.m.

[Click here for more information...](#)

Nightcrawlers Trail Adventure

Saturday, Aug. 10, 2019
7:45 p.m.
Silver Lake County Park
Salem Lakes, WI

[Click here for more information...](#)



Upcoming area event

HUMP DAY GROUP RUN

Wednesday Evenings at 6:00 p.m.



www.KenoshaRunningCompany.com

1706 - 22nd Ave., Kenosha
(262) 925-0300



Runners & walkers of all abilities are welcome.

Think summer running...



DISTANCE OPTIONS:

The 18 Hour Death March — 100K — 85K Ultra Solo
65K The Dragon Dare — 50K — 30K — 20K — 10K
Charge the Knight 5K

<http://www.xcthrillogy.com/hot-hilly-hairy---7-27.html>

Saturday, July 27, 2019 • 6:00 a.m.

UW-Parkside National Cross Country Course, Kenosha, WI

How can it be the 5th Annual already... Over the years we have made this perhaps the most welcoming of events, especially for those attempting their first ultra or testing their limits with their longest run ever. This tailgate running party atmosphere is created by the amazing people that run and walk our events. Our policy of no cut-off times for any distance takes at least one obstacle out of the way for many runners.

The 5K cross country course, with one mini aid station and one full blown aid station are ideal. Aurora Medical sets up an amazing recovering and prevention tent that is fully staffed, including ice bath pools.

You will have a designated corral area for those running the same distance as you and you are welcome to set up your own camp as well. Perhaps your personal ultra distance is a 10K or you are looking to test your sanity with the 18-Hour Death March, either way you will be welcomed and treated in an amazing way throughout the day.

New this year and I believe a first for any event across the country, we will have Hot Hilly Hairy Black Sashes for the first 125 Ultra Runners signed up and the first 75 signed up for sub-ultra distances will receive Yellow Sashes. We will continue to have as an option tiaras and medallions. But you only get to pick one!!! It is one of our objectives to have the most unique swag options.

For more information and to signup, visit: <http://www.xcthrillogy.com/hot-hilly-hairy---7-27.html>

Think summer running...



HIL100OPY

RELAY

Saturday, July 27, 2019 • 6:00 a.m.

UW-Parkside National
Cross Country Course, Kenosha, WI

**The SUMMER RUNNING TAILGATE PARTY
of the Midwest!**

SIGN-UP TODAY!

This ultra-relay event has each team running 33 laps of the nationally known 5K cross country course. Imagine the fun of running this beautiful nature trail which keeps looping you back to the cheers and support of your teammates and other spectators. With a relay event like this, strategy is the key! Any size team is WELCOME from 2 to 33! Not everyone has to run the same number of loops, but everyone does have to have a great time!

All teams will begin at the same time in a thrilling mass start and with each loop you have the option to hand off to a teammate or run another based on your team's strategy. We track the number of loops for each team, provide loop splits for all 33 loops, and will have continuous live updates on a large screen near the exchange zone.

Running for charity

2019 Bank of America Chicago Marathon for Mercy Home

Running the Bank of America Chicago Marathon on behalf of Mercy Home for Boys & Girls is a one-of-a-kind experience! They're the only charity partner on the course, which means you get a Hero's Welcome at Mile 17 from the kids your efforts are supporting. They also provide a guaranteed entry, free training with CARA, fundraising support, a pre-race pasta dinner and access to their VIP Hero HQ on race day. Heroes are asked to raise a minimum of \$1,750.

Use promo code **KENOSHA** for \$10 off your registration at:
<https://marathon.mercyhome.org/chicago2019?promo=KENOSHA>



Unique virtual event

SPONSORED BY:



Upcoming Virtual CaniCross Event...

Check out this great upcoming event for you and your pooch...

XC Thrilllogy is pleased to announce this great Virtual CaniCross USA Event ran in conjunction with their local running/walking/CaniCross event.



Pike River Trail CaniXC

Sunday, Sept. 22, 2019

10:15 a.m.

Petrifying Springs Park, Kenosha, WI

[Click here for more information...](#)

XC Thrilllogy CaniCross hit the airwaves!

At the Pike River Trail Run & CaniCross in Sept of 2018, PBS Milwaukee did a feature on our CaniCross event.

<https://www.youtube.com/watch?v=d370ouOrpIY&feature=share>

For more info on our upcoming CaniCross events, visit

www.TrailDogRunners.com

Please share with other dog lovers & runners!



Plan your 2019 CaniCross events



Check out CaniCross on 



Check out the new CaniCross dedicated newsletter...

[CLICK HERE](#)

The XC Thrilllogy CaniCross Series is the largest and longest running series in the country. 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, the dog is actually pulling you while you are running.

We have increased our number of events to eight and with distances that will be welcoming and challenging for everyone. All of our events are held on trails in Kenosha and Walworth Counties in Southeast Wisconsin. The trails range from single track, to wide and welcoming, hilly, wooded and for fun we throw in some optional water crossings.

If you are up for a laid back event with amazing people and pups, then we will be a perfect fit for you! We encourage you to come and try out this amazing sport!

Please contact us with any questions or stop by and see us!

We also have additional dog-friendly events.

We can also properly fit you and your dog with harness, lead line and running belt, stop by our new location for your and your dog's fitting (1706 - 22nd Ave., Kenosha, WI). We are proud partners with Howling Dog Alaska, Non-Stop Dog Wear and Kurgo.

-  Bristol Woods County Park, Bristol, WI
-  Lake Geneva Canopy Tours, Lake Geneva, WI
-  Bong State Recreation Area, Kansasville, WI
-  Petrifying Springs Park, Kenosha, WI

 <p>Watch for the 2020 event </p>	 <p>Watch for the 2020 event </p>	 <p>Sunday, Sept. 22, 2019 </p>	 <p>Saturday, Nov. 23, 2019 </p>
 <p>Watch for the 2020 event </p>	 <p>Watch for the 2020 event </p>	 <p>Sunday, Oct. 20, 2019 </p>	 <p>Saturday, Dec. 7, 2019 </p>

Become a member of CaniCross USA...

You've asked... we answered.

Over the past several months we have been busy in developing a functioning organization. In order to grow our sport and develop all the benefits of this great recreational activity now and for years to come, we will now start a membership program and offer insurance for CaniCross events. Please review the following information and if you have any questions please email me, briant@kenosharunningcompany.com

My best, Brian Thomas

CaniCross USA – 2019 Canicross Event Guidelines for Insurance

***In order to use CaniCross USA insurance,
you will need to follow these guidelines...***



Our events are welcoming to all types of dogs and owners of all abilities and fitness levels. Walkers with dogs should be encouraged and welcome to our events as well.

Locations: Bike paths or unpaved trails. NO Roads, only for crossing and need to be supervised.

All permits and approvals with those that govern the property in which you are to host the event.

You can include non-CaniCross entrants as well. Suggest two different starting times, those with dogs first and then those without a dog. Suggest 5-10 minutes difference in starting time.

Dogs need to be in good health.

Dogs aggressive towards other dogs or a person will be asked to step away, if it happens again any point, even during the run/walk, the dog will need to leave the event.

Dogs that attempt to bite another dog or person, need to immediately leave the public area and return to the car. The dog will not be allowed to run in the event or return to the public area.

CaniCross USA is not responsible for the action of a dog at an event, specifically dog bites and attacks.

Owners are responsible for cleaning up after their dog in a proper way.

Dogs are not permitted in any enclosed buildings or enclosed shelters.

Dogs must be on a 3 foot or shorter leash prior to the start of the event except to warm up. Once done running or walking the event, the dog must be put on the short leash.

Water stations for the dogs should be adequately placed based upon the weather conditions and course. Recommend a dog water station about every 1.5 to 2 miles during warmer temperatures and every 2-3 miles during cooler temperatures. Water station should be available prior to the start of the race as well. Change water as frequently as possible.

No special gear is required to run or walk, but all dogs must be on a running line, leash or similar that is in total control of the owner.

BECOME A MEMBER TODAY!!

<https://www.raceentry.com/canicross-usa-annual-membership/race-information>

CANICROSS USA – MEMBERSHIP PROGRAM

The creation of our membership program is an outcome of the passion for this sport that has been displayed by you. “YOU” meaning our dog owners, dog owner runners, CaniCross USA Chapters, Dog Related Groups & Clubs, CaniCross Race Directors and companies that support and provide products for CaniCross.

Who is CaniCross USA?

CaniCross USA was started and funded by Kenosha Running Company, Inc. in order to advance the sport of CaniCross across the USA and beyond. Currently, CaniCross USA is operated by Brian Thomas, president of Kenosha Running Company, Inc., his staff and a handful of volunteers located throughout the country. It is our objective to have CaniCross USA as an independent organization with paid staff so we can continue to grow and be sustainable long into the future.

Kenosha Running Company, Inc. is based in Kenosha, WI and develops and manages the largest CaniCross Series in the Country, visit www.traildogrunners.com to learn more about their events.

Why join CaniCross USA?

1. To support the growth of CaniCross USA
2. To support the growth of CaniCross USA Chapters around the country
3. To participate in CaniCross events
4. To celebrate a love for dogs and engage with others who share the same passion

Who should join CaniCross USA?

1. Individuals
2. CaniCross USA Chapters
3. Dog Related Clubs and Groups
4. CaniCross Race Directors
5. Companies that provide products and services to CaniCross and dogs
6. Companies and individuals that want to support our mission and grow CaniCross

Benefits of Membership:

1. Receive our newsletters and updated information on CaniCross events across the country
2. Discounts on Canicross USA Virtual Events
3. Discounts on Kenosha Running Company, Inc. CaniCross Events
4. Access CaniCross Insurance for your events
5. Discounts on CaniCross gear through Kenosha Running Company, Inc. and other sponsors
6. Discounts on CaniCross USA apparel and related products

Membership Levels*:

1. Individual Annual Membership: **\$30.00**
2. CaniCross USA Chapters: **\$60.00**
3. Dog-Related Clubs & Groups: **\$80.00**
4. Race Directors: **\$80.00**
5. Companies that Support CaniCross: **\$100.00**

*All membership fees are due annually



- **Members** - if you chose, your name will be listed on our [website](#).
- **All CaniCross USA chapters** - will be listed and linked to the CaniCross USA Facebook Page.
- **Dog related clubs and groups** - can chose to have their name listed and linked to their respective Facebook Group page or website.
- **Race directors** - we will link the name of your event or race series, link to your designated site and will post your logo for an additional \$25.00 per year.
- **Companies** - we will link the name of your company and designated website and will post your logo for an additional \$25.00 per year.

Membership dues are based on the calendar year and will not be prorated.

To sign up online: <https://www.raceentry.com/canicross-usa-annual-membership/race-information>
Click here to print and mail in your registration.

Running & CaniCross Specialty Destination



Specializing in
**RUNNING &
CANICROSS**
(262) 925-0300

www.KenoshaRunningCompany.com

1706 - 22nd Avenue, Kenosha, WI

Kenosha County's Only
**"Run Specialty &
CaniCross Store"**

- Road Shoes
- Trail Shoes
- Running Gear
- Apparel & Socks
- CaniCross Gear
for Dog-Loving
Runners & Walkers
- Personal & Group
Training Programs



*KRC is the proud organizer
of XC Thrillology
Trail & CaniCross Events*

www.XCThrillology.com

Help needed...

I WANT YOU! ... Help Wanted



I am currently looking for the right person that would be interested in a long-term part-time position of approx. 10-15 hours per week.

POSITION: Administrative Assistant for our retail & expo business, trail events & industrial products company.

RESPONSIBILITIES: Customer support via phone, in-person and email. Work at trail events and expos, reach out to potential partners for our events, and assist with office duties. If interested, contact Brian Thomas at (262) 925-0300 or briant@kenosharunningcompany.com

Pacers Needed!!!

I need Half Marathon Pacers for the Real Racine Half Marathon on September 29th.



PACE GROUPS:

- 7 minute pace
- 8 minute pace
- 9 minute pace
- 10 minute pace
- 11 minute pace
- 12 minute pace
- 13 minute pace



Real Racine Half Marathon & 5K

PROUDLY SPONSORED BY KENOSHA RUNNING COMPANY, INC.

Kenosha Running Company is excited to be involved in the first Annual Real Racine Half Marathon & 5K on September 28 & 29

PERKS:

1. Hero to your pace group.
2. Custom KRC / XCT pace t-shirt.
3. 30% off a new pair of road shoes from KRC.
4. Profile spotlight in our newsletter.

Interested & committed? Contact Brian Thomas at (262) 925-0300 or briant@kenosharunningcompany.com

Upcoming area events



Pleasant Prairie Triathlon presented by Kenosha Subaru

The Pleasant Prairie Triathlon presented by Kenosha Subaru takes place at the Pleasant Prairie Rec Plex. Complementing Sunday's Sprint, Olympic, and Duathlon distance races is a Saturday Kids race.

Supported by local and national organizations and businesses, the two-day expo doubles as a post-race festival for athletes and spectators.

**Saturday, June 22 -
Sunday, June 23**
Pleasant Prairie Rec Plex

Registration link:
<https://runsignup.com/Race/WI/PleasantPrairie/PleasantPrairieTriathlon>



Iron Girl Pleasant Prairie presented by Kenosha Subaru

Iron Girl Pleasant Prairie presented by Kenosha Subaru aspires to bring women of all ages together as a community by offering a supportive, energetic and empowering environment for females pursuing a healthy and active lifestyle.

Let everyone know what you aspire to be in 2019 by continuing your wellness journey at Iron Girl Pleasant Prairie!

**Saturday, August 10 –
Sunday, August, 11**
Pleasant Prairie Rec Plex

Registration link:
<https://www.active.com/pleasant-prairie-wi/duathlon/races/iron-girl-pleasant-prairie-presented-by-kenosha-subaru-2019>



Real Racine Half Marathon & 5K presented by Racine Toyota & Racine Honda

Come join the inaugural Real Racine Half Marathon & 5K presented by Racine Toyota & Racine Honda this fall!

This event kicks off with a two-day race expo at Festival Hall and hosts 5K and Half Marathon distance races. Runners in the Half Marathon are treated to the Kenosha Running Company Pace Team helping them through a course that tours downtown Racine and the beautiful shoreline of Lake Michigan, including North Beach, the Wind Point lighthouse, the Racine Zoo and Racine Harbor.

Come join the fun and #RunRacine!

**Saturday, September 28 –
Sunday, September 29**
Festival Hall

Registration link:
<https://runsignup.com/Race/WI/Racine/RacineHalfMarathon>

Upcoming area event

Father's Day Breakfast & 10K / 5K / Kids Dash

- USATF certified courses
- Register solo or as a team
- Free post-race breakfast
- Cooling mist system near the finish line
- Supervised kids play area



SUNDAY, JUNE 16, 2019

This run is special because it not only raises awareness of the importance of men's health, it benefits both the TTCCA - an organization that supports and promotes health & wellness through running and the MHN - an organization that works to significantly improve male health, longevity and quality of life. Both the TTCCA and MHN are 501 (c)(3) non-profit organizations.

Why focus on men's health?

- When men neglect their health, it affects their families, the community and their employers.
- The best chances of avoiding diseases that afflict men are prevention, self-examination and regular physician visits.

The statistics tell the story:

- Men have higher fatality rates than women for the 10 leading causes of death
- Men are 40 percent more likely than women to die of colorectal cancer
- Men are 90 percent more likely than women to die of lung cancer
- Men are 50 percent more likely than women to die of cancer
- Men are more likely than women to die from diabetes and kidney disease
- Men are more than twice as likely as women to die from chronic liver disease
- More than 80 percent of suicide deaths are men

**Visit our webpage
to register, volunteer
or learn more about
this event:**

**[http://www.ttcca.
org/fathers-day-
10k5k.html](http://www.ttcca.org/fathers-day-10k5k.html)**

We would love to have you join us in Racing for Men's Health on Father's Day. Following the races join us for Breakfast Under the Big Top Tent and an Awards Ceremony where winners from each age group and teams will be recognized and awarded their medals.



Upcoming area event



Save-A-Pet's Furry Friends 5K

Paw Power

Timed Run and 1 Mile Fun Run/Walk

Saturday, June 29, 2019 – 5K Starting at 8am
Old School Forest Preserve – Shelter C
Libertyville, Illinois

Register Today!

All proceeds benefit Save-A-Pet,
a true no-kill rescue and adoption center.

Options:

- 5K timed run
- 1 Mile “6-Legged” Fun Run/Walk (walk with your dog or for a Save-A-Pet shelter animal)
- Virtual Run/Walk (for those who want to participate but at their own pace)

Well-behaved dogs are encouraged to participate!
The course is mostly on a trail through the beautiful
Old School Forest Preserve.

For more information or to register, go to:

bit.ly/PawPowerRun

Early bird pricing in effect until June 8th:
5K \$35 adults/\$25 youth, 6-Legged Walk \$20, Virtual 5K \$25

www.saveapetil.org

Please support our sponsors:



Cabay & Co Inc



For sponsorship
information, email
events@saveapetil.org.

Upcoming area event

SAVE THE DATE...

**CONNECTING COMMUNITIES
FOR A CURE**



**SATURDAY
SEPTEMBER 28**

Starts at 9:00 a.m.

**WATCH FOR UPCOMING
SIGNUP INFORMATION.**

LOCATION:

**Integrity Celebrations
Event & Banquet Facility
2789 Browns Lake Dr., Burlington**

*5K Run/Walk event is in conjunction with the
KIWANIS PANCAKE BREAKFAST & CARNIVAL FOR A CURE*

PROCEEDS FROM THIS EVENT WILL BENEFIT...

Cancer Patients of Aurora Cancer Care in Burlington

SPONSORED BY:



www.integrityfamilies.net
www.integrityfunerals.net
262.514.4600

Upcoming area event



SEPTEMBER 14-15, 2019
WISCONSIN
KETTLE MORAINE STATE FOREST



An ideal course layout for elite speedsters and those taking their first strides in the world of ultra trail running, The Endurance Challenge Wisconsin course is run-able from start to finish, provided that you've trained properly. A large portion of the course takes place on the renowned Ice Age Trail located 60 miles southeast of Madison in the southern reaches of the picturesque Kettle Moraine State Park.

The Course: The forested area, massaged by monstrous glaciers many millennium ago, contains wake-up-call hill climbs of 200-300 feet and enough undulating terrain to challenge even those granite-legged mountain runners. Overall, the soft, forgiving course is primarily single-track peppered with slightly wider, equestrian sections.

Discount Code: **KENOSHA20** for 20% off any race distance.

Register Today:

<https://www.thenorthface.com/get-outdoors/endurance-challenge/wisconsin.html>



The Most Scenic 50-Mile Run in the Midwest!

Saturday, October 26, 2019 • Door County, Wisconsin
Register today at: www.fall50.com

In mid-to-late October, the fall colors explode across the landscape of Door County and what better way to enjoy them than with a 50-Mile Solo Run?

The 14th annual Fall 50 Solo is a point-to-point road ultra that traces a route from Gills Rock at the tip of the Door peninsula all the way to Sturgeon Bay. Along the way, you'll encounter gently rolling hills, scenic water views, wooded landscapes, and the charming towns of Door County - all against a backdrop of fall color and crazy relay teams. This is a great race with 50-Mile PR potential!

This year we have a lot of exciting changes in store for the Fall 50 Solo, including:

- **NEW 12-Hour Time Limit**
- **Solo-Only Finish Line Tent**
- **Dedicated Finish Line Food for Solo Runners**
- **Massages and More!**

Run in conjunction with the Fall 50 Relay, the Fall 50 Solo offers you the opportunity to experience Door County in a way you've never experienced it before! Afterwards, stick around for our EPIC finish line party, complete with all-you-can-eat pizza, beer, wine, and soda. You don't want to miss it!

Upcoming area event



Kenosha Youth Speed, Agility & Running Club



www.bgcsports.org/youth-speed-agility-running

Boys & girls, grades 2nd - 8th

Tuesdays & Thursdays (4 - 5:15pm) from 6/4 - 7/11

All practices will be held at CYC Park

Coached by Brian Thomas of the Kenosha Running Company

HURRY...
Registration ends
May 28th

- Develop a love of physical activity
- Learn new skills
- Benefit from being part of a team
- Increase self-esteem
- Become positive role models
- Build lasting friendships

Teaching youth in the Kenosha community life skills through speed, agility & running.

Our mission is to promote good sportsmanship, healthy lifestyles & team building, while providing a safe & positive environment for competition.

Upcoming area event

RUNNING & CORE DEVELOPMENT PROGRAM

TRAIN FOR OUR
UPCOMING EVENTS



Hula Hustle 5K/10K
July 13



ABOUT THE PROGRAM

Brian Thomas will be directing the program and his personal approach will ensure your success. Each session will be "75 Minutes" and will include: **Dynamic Warm Up, Cardio Workout and Core Development Drills.**

Key Aspects:

- Assess running bio-mechanics and guide to make improvements
- Develop cardio program based upon your current fitness level *(even for those who have never run before or those that veterans)*
- Determine range of motion, stability and mobility to determine best core development drills.
- Dynamic Warm Up to allow your body to have a great work out.

The "75 Minute" Workout:

Dynamic Warm Up	20 minutes
Break	5 minutes
Cardio	20 minutes of running or walk/run <i>(each individual could have slightly different workout based on level of fitness and ability)</i>
Break	5 minute break
Core Development	20 minutes <i>(universal drills and individual drills based on your specific needs)</i>
Stretching	5 minutes

"I was unsure of signing up for this class because I didn't think I could do it. I signed up and it was great I was able to learn techniques to warm up, stretch and I went from not being able to run one lap to running 2 miles now. I am so glad I signed up for this class and look forward to signing up for upcoming classes. Coach Brian Thomas helped me believe in myself and he encourages me to keep running!! Thank you Coach for offering this class."

-Anna F.

THE DETAILS

WHEN Mondays and Thursdays

5:45am - 7:00am
OR
5:45pm - 7:00pm

DATES June 3 - July 13

FEES \$156
(Includes Hula Hustle Registration Fee)

Registration: recplexonline.com

Questions: swiedmeyer@pleasantprairiewi.gov



9900 Terwall Terrace, Pleasant Prairie, WI 53158

262.947.0437 • recplexonline.com



Upcoming area event



Bark 'N Brew will have hours of entertainment for owners and their dogs. The Milwaukee County Police Department's K9 Unit will be on site hosting demonstrations on how their hounds put their noses to work. Dogs can compete for distance and height in the Ultimate Air Dog Competition, where dogs will race down a dock and leap into a 20,000 gallon pool. All competition dogs are encouraged to pre-register at UltimateAirDogs.com. Beginners are welcome to sign up on site the day of the event.

Bark 'N Brew will feature The Bark Place Food Court with food from Davian's and La Masa Empanada Bar with a variety of craft beers from Lagunitas Brewing Company, Good City Brewing Company, and Founders Brewing Company.

At the main stage area, attendees and their dogs will be able to participate and win prizes in various contests like Best Trick, a Dog and Owner Look-Alike contest, an 80's Costume Contest, Best Kisser, and the Furminator (biggest hair-ball). Participants can sign up for contests next to the stage the day of the event. Exhibitors will be on site to educate pet owners on pet nutrition, obedience training, pet care, and grooming and there will be vendors showcasing the latest fashions and pet products that you won't find in stores.

Bark 'N Brew admission is free and a portion of the proceeds from food and beverage sales will benefit Friends of MADACC (Milwaukee Area Domestic Animal Control Commission,) a local nonprofit organization. In addition, Schlossmann Subaru City is donating \$25 for every new Subaru sold between Saturday, August 26 and Monday, September 4 to the organization.

Bark 'N Brew is a rain or shine event. Dogs must be on a leash and be current with vaccines. There will be an off-leash area for dogs to run and play.

Schedule SATURDAY

- 11:00 am – Ultimate Air Dogs Splash 1
- 12:00 pm – K9 Crew
- 12:30 pm – Costume Contest
- 12:45 pm – Look-A-Like Contest
- 1:00 pm – Ultimate Air Dogs Splash 2
- 2:00 pm – K9 Crew
- 2:30 pm – Furminator Contest
- 2:45 pm – Best Kisser Contest
- 3:00 pm – Ultimate Air Dogs Splash 3
- 3:30 pm – Best Trick Contest
- 4:00 pm – K9 Crew
- 4:30 pm – Wiener Dog Race
- 5:00 pm – Ultimate Air Dogs Fetch It

SUNDAY

- 11:00 am – Ultimate Air Dogs Splash 1
- 12:00 pm – K9 Crew
- 12:30 pm – Costume Contest
- 12:45 pm – Look-A-Like Contest
- 1:00 pm – Ultimate Air Dogs Splash 2
- 2:00 pm – K9 Crew
- 2:00 pm – Ultimate Air Dogs Chase It
- 2:30 pm – Furminator Contest
- 2:45 pm – Best Kisser Contest
- 3:00 pm – Best Trick Contest
- 4:00 pm – K9 Crew
- 4:00 pm – Ultimate Air Dogs Finals
- 4:30 pm – Pug Run

NO DISTANCE IS TOO FAR TO SAVE A CHILD



Join our marathon team and transform the life of an abused child in Chicago.



Heroes Team Benefits:

- VIP race-day experience
- Free training
- Pre-race pasta dinner
- Fundraising support
- Heroes team gear
- Cheer section near mile 17



Visit [MercyHome.org/Marathon](https://www.MercyHome.org/Marathon)
Get a guaranteed race entry and \$10 off team registration
with code: **KENOSHA**

Special offering



BUY NEW regularly priced SHOES

FROM...

Kenosha Running Company

1706 - 22nd Ave., Kenosha • (262) 925-0300

www.KenoshaRunningCompany.com



and we will give you a



Lighthouse Run 2019

Saturday, June 15 at 7:45 am

500 Monument Square

Racine, WI

Simply take a picture of this flyer and show it when purchasing your new shoes.

Half Marathon & 5K Training Program



Real Racine Half Marathon & 5K

PROUDLY SPONSORED BY KENOSHA RUNNING COMPANY, INC.

Kenosha Running Company is excited to be involved in the first Annual Real Racine Half Marathon & 5K on September 28 & 29

Real Racine Half Marathon & 5K Training Programs

Looking to run your first 5K or Half Marathon or perhaps a new PR? If yes, then we have an ideal program for you! Starting the week of June 23rd, and continuing through the week of the event, we will be developing a personalized program in a group setting.

OUR PERSONALIZED GROUP PROGRAM INCLUDES:

1. Running form evaluation.
2. Dynamic warmup drills to increase your strength, stability, range of motion, and improved running form.
3. Customized work outs based on your current level of fitness and race day goals.
4. Core development, proper foam rolling and stretching.
5. Once a week group workouts.
6. Access by phone, text and email through out the training process.
7. Discount of 25% on all regular priced shoes.

Questions or interested in being a pacer, call Brian Thomas at 262-925-0300 or email briant@kenosharunningcompany.com.

READY TO SIGN UP? Visit www.KenoshaRunningCompany.com or stop by Kenosha Running Company, 1706 - 22nd Ave., Kenosha, WI 53140

For more information on the Real Racine Half Marathon & 5K
<https://www.racinehalfmarathon.com/>

Become a part of a team...

Be a part of the SUMMER RUNNING TAILGATE PARTY of the Midwest!

This ultra-relay event has each team running 33 laps of the nationally known 5K cross country course. Not everyone has to run the same number of loops, but everyone does have to have a great time! Want to be a part of our team (the XC Bandits)? We would love to have you join us.



Here is the information you need to sign up online...

To register, simply visit <https://www.raceentry.com/races/hil100py-relay/2019/register> and click on the OPEN DIVISION Team Register Teammate button. Find and select the TEAM NAME... XC Bandits and enter the password... KRC19. Complete the rest of the registration. Congratulations, you are now signed up for our XC Bandits Hilloopy Team!

Where to find Kenosha Running Company?

Kenosha Running Company is proud to be a part of the community. Here are a few places you can join us during the next month. We hope to see you there...

06/07/19	Special Olympics State	Stevens Point, WI	
06/08/19	MKE Dog Training	W1314 Cedar Drive, Ixonia, WI	8 a.m. - 5 p.m.
06/08/19	Coueurs de Bois Trail Run/Relay	Petrifying Springs Park, Kenosha, WI	9 a.m. - 3 p.m.
06/09/19	MKE Dog Training	W1314 Cedar Drive, Ixonia, WI	8 a.m. - 5 p.m.
06/15/19	Racine Lighthouse Run	Racine Family YMCA	7 a.m. - 1 p.m.
06/22/19	Pleasant Prairie Triathlon	Pleasant Prairie RecPlex	11 a.m. - 5 p.m.
06/23/19	Pleasant Prairie Triathlon	Pleasant Prairie RecPlex	6 a.m. - 11 a.m.
06/23/19	Paw-ty in the Park	Old Settlers Park, Paddock Lake, WI	1 p.m. - 4 p.m.
07/04/19	Somers Parade Mile	Somers Post Office, Somers, WI	1:15 p.m. - 3 p.m.
07/26/19	Hilloopy/Hot Hilly Hairy Packet Pickup	UW-Parkside XC Course, Kenosha, WI	4 p.m. - 8 p.m.
07/27/19	Hilloopy/Hot Hilly Hairy Packet Pickup	UW-Parkside XC Course, Kenosha, WI	all day
08/03/19	Border Wars 5K	Kenosha Public Museum, Kenosha, WI	12:30 p.m. - 6 p.m.
08/04/19	Tri My Best Triathlon	Kenosha YMCA	8 a.m. - 3 p.m.

Please contact us a (262) 925-0300 or briant@kenosharunningcompany.com for more information on any of these listed events.



Volunteer opportunity

A photograph of three athletes in wheelchairs on a track. The athlete in the foreground is wearing a blue jersey with 'GATEWAY' on it and a blue helmet. The athlete in the middle is wearing a grey jersey and a black helmet. The athlete in the background is wearing a blue Superman jersey and a black helmet. The text 'BECOME A VOLUNTEER COACH!' is overlaid in a large white font on a dark green circular background.

BECOME A VOLUNTEER COACH!

Join Great Lakes Adaptive Sports Association's Track and Field team! Assist in coaching track and field athletes who have a physical or visual disability. Knowledge of track or field is preferred. Contact Cindy Housner, chousner@glasa.org or 847-283-0908.



Special promotional deals



Military Program continues in 2019

In 2018, we started a program to express our appreciation and to honor our Military Veterans, Active Duty, Reserves, and Spouses by extending an invitation to enter our events for FREE with our gratitude. Based on the success of this program last year, we will be continuing this program in 2019 and beyond.

Many of you have contributed to this program when you sign up for our events, and it is very much appreciated. We were able to extend over \$5,000 worth of entries and we had donations of close to \$700. In addition to continuing this program, we want to grow it!

I am looking for those that are connected to different military groups that we can reach out to and that you can personally invite. We are also looking for financial supporters whether individuals or companies to assist in making this program maintainable and sustainable for the long term.

If you feel moved to assist in growing the program in the ways I have referenced or in other ways, please share them... email briant@kenossharunningcompany.com or call 262-925-0300.

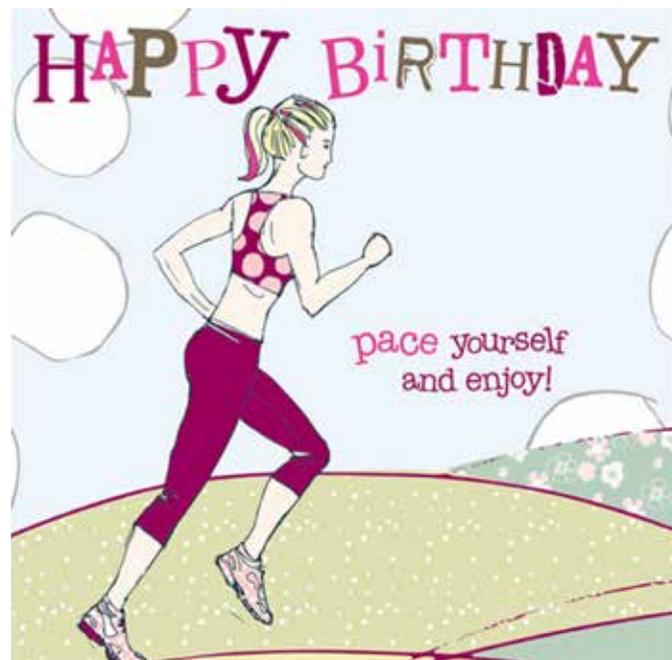
Let's celebrate your birthday!!

We currently have an event in almost every month of the year (May is still work in progress!) and we will be launching a new fun program for 2019.

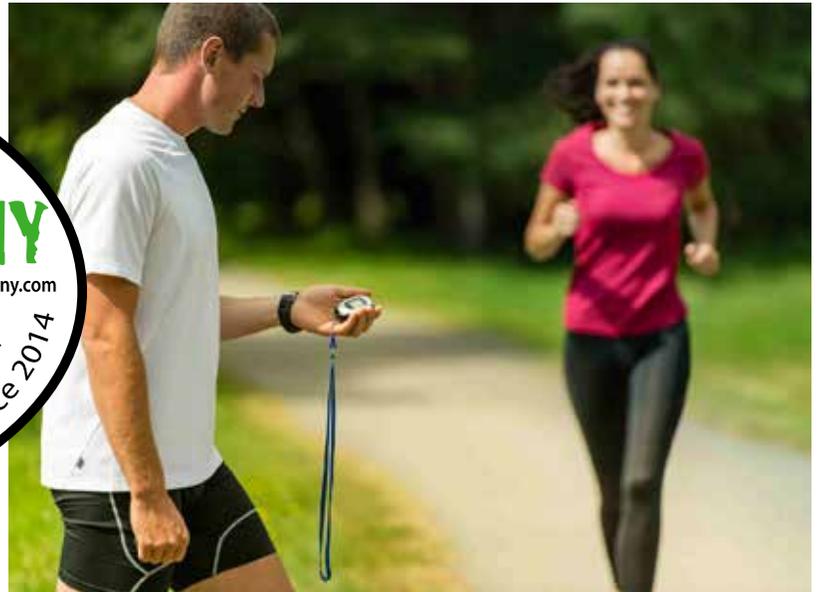
If you have a birthday in the month of one our events, you can run for FREE... provided you get at least five friends to join in running or walking our event. These friends need to sign up online or at our store prior to the event and pay the normal entry fee. When they sign up online, we have a question that asks are you running for a Charity... your friend should put in your first name and date of your birthday, for example Brian420.

If you wish to participate in this program, email Stephaniez@kenossharunningcompany.com with the charity code you are sharing with your friends and your name. Once we have at least five entries using that code, we will give you an online code to allow you to sign up for free... it's that easy!

Let us know if you have any questions or if you are ready to start planning your birthday run with us.



Personal & group coaching...



Kenosha Running Company has formed Group Running Programs for all ages and abilities. We are also expanding our personal coaching program and welcoming all abilities and experience levels. Whether you are wanting to run your first 5K or set a new PR at any distance, or get more comfortable running on trails we will be able to guide you along.

GENERAL OVERVIEW OF OUR PROGRAMS:

- Evaluation of running form.
- Cardio development through personalized workouts.
- Training schedules prepared for general running and to achieve peak performance for a given date and distance.
- Core development.
- Dynamic warm-up.
- Evaluation of range of motion, stability, strength and flexibility.
- Weekly and bi-weekly group and individual work outs.
- Fees based upon level of assistance you are requesting.

** Trail Running preparation**

We will have a group specifically for the Wisconsin Marathon – Half Marathon – 5k held on May 4th.

Coaching services developed and managed by:

Jim Heiring – Three Olympian in Racewalking and very well established Road and Trail runner.

Brian Thomas – High School Cross Country & Track Coach, personal & running program coach and runner for the past 44 years.

To learn more about our program, call 262-652-8660 or email briant@kenosharunningcompany.com

Beyond our physical fitness

The Three C's



By: Tim Barthel



There are many guidelines to follow when it comes to training and getting in shape.

The same is true with financial fitness. A key guideline that every lender learns about when they first learn to make a good loan are the Three C's of lending. These C's are Character, Capacity, and Collateral. These Three C's are always in the back of a lender's mind to ensure they are making a good loan decision. As a consumer you should work hard to make sure your Three C's are in good shape to make the lender's decision easy. In this month's article to help you pump up your C's I will share some tips about Character.

Character, What Does it Mean?

Character is one of the most difficult things for a lender to determine. The character of a person is made up of their personal qualities which show that they are a person of their word. A person who is borrowing money that has good character will always payback their loan. They will do whatever it takes to ensure their reputation remains intact. If they lose their job, the first thing they do is to look at their budget to figure how they are going to make ends meet. If they are going to be out of town when their loan payment is due, they make sure they either pay it early or set it up on automatic payments so it gets paid. The old saying goes "Cash is King" but when it comes to borrowing money "Character is King". A person of good Character can always be counted on to do the right thing.

How to Display Good Character?

Showing good character can be tricky. First impressions are huge. A good first impression can make a big difference when you are borrowing money. If you get off on the wrong foot with your first impression that is ground that can be difficult to make up to ensure your good character can be seen. There are different ways to apply for a loan, so here are some things to think of for your first impression. If you are applying in person be sure you are polite and put together. Offer to shake hands and introduce yourself to the lender. Remember to use your "Pleases" and "Thank You's" in your conversation. If you are applying on the phone speak clearly. Be ready to answer questions and tell the truth. If you are applying online complete as much of the information as you can, just because a box is not required does not mean that it will not be helpful information for the lender to use when making their decision. If there are question or comment boxes to fill in, use complete sentences and proper grammar. Put your best foot forward.

How is Character Measured?

As I said, character can be a hard thing to determine. To help in their decision, lenders use tools and information to help them determine your character. One of the easiest measures for lenders to use is your previous borrowing history with them. The longer you have a personal relationship with a lender the easier it is for them to get to know your character. For new relationships, lenders use tools like credit reports to see how you have paid other loans. Additionally lenders will ask for a lot of information to help them make their decision. Examples of this information include: time lived at a home address, time spent working at a job, the purpose of the loan, etc. The list can go on and on. The more information you share openly with the lender, the easier it is for them to measure your character. Be prepared to provide explanations for your answers. If you have only lived at an address for a short period of time, be ready to explain why. If you just started a new job, share your reasons for the job change. Information is key when measuring character.

In this life you are the only person responsible for developing your character. The decisions you make and the ways you respond to life build your character. Strive to be a person of high moral standards. Help others who are in need. When you promise to do something, keep your word. A strong moral character will take you far in life. Living with weak character will only make your life more difficult. Take the time to think about your choices and the consequences of your actions. By doing this I know you will build strong character for yourself!

Tim Barthel is President/CEO of Southern Lakes Credit Union in Kenosha, WI. He has been part of the Credit Union Movement for 17 years. His passion is helping people achieve financial success. Southern Lakes Credit Union serves people who live or work in Kenosha, Racine, Walworth, Milwaukee, Rock, and Waukesha counties in Wisconsin along with Lake and McHenry counties in Illinois. Open an account today and experience the difference of being a member owner.

Shout out...

Calling out all Running Clubs, High School XC & Track Teams

Kenosha Running Company is managing and hosting the first ever Summer State Cross Country Meet with a focus on Special Olympics Athletes. Special Olympic State Cross Country Meet on July 27th will be held at the Wayne E. Dannehl National Cross Country Course on the campus of University Wisconsin – Parkside in Kenosha.



Special Olympics of Wisconsin has two missions that we are becoming involved with in 2019. Those missions being, to have their community of athletes become more actively involved in events outside of those hosted by Special Olympics and to be active throughout the year. We are asking that you will open up one of your summer running days from the middle of June through end of July to include Special Olympics Athletes. You are not required to provide any coaching, only make them feel welcome, include in your warm up and include to whatever extent you would like. These athletes typically all have full time jobs and would be available late afternoon or very early evening for the workout. The state is divided in seven regions, with 160 Special Olympics coaches throughout the state. If you are interested, please [e-mail me](mailto:briant@kenosharunningccompany.com) and share any details about your group or high school team. I will be sharing updates and connecting you with area coaches and athletes.

In addition you are also invited to run in this event as mentor or on your own, distances are 800 meters, 1600 meters and 5,000 meters. We also have a unique challenge where you can run all three distances!

More info available at: <http://www.xcthrillogy.com/special-olympics-state-cross-county-meet---7-27.html>

My e-mail: briant@kenosharunningccompany.com Office phone: 262-925-0300 Cell: 414-719-4771

I do hope you will join us in developing this program.
My best, Brian Thomas

FREE entry into an event!!!!



1706 - 22nd Avenue
Kenosha, WI
KenoshaRunningCompany.com

Kenosha Running Company is the trail shoe running headquarters of Southeast Wisconsin. You are welcome to take our shoes for a run on our over 2+ acres to make sure you get a great fit.

When you purchase a regularly-priced pair of trail shoes, you will receive a

FREE ENTRY

into one of our upcoming events

(excludes the WolfPack Trail Run)



CaniCross special of the month



Kenosha Running Company is excited to sell Natural Dog Products that will keep tails on the trails!

Natural Dog Company uses only organic, vegan, and all-natural ingredients and are proudly handcrafted in the United States. Every pet deserves to live a long, happy, pain-free, and healthy life. Your dog will thank you!

Skin Soother

is the ultimate organic healing balm. It is a natural antibiotic topical treatment for cuts, rashes, abrasions, burns, surgical wounds and dry, itchy & irritated skin. Skin Soother is packed with healing herbs that are naturally antibacterial, anti-fungal, and anti-inflammatory. This incredible dog healing balm helps to prevent /treat infections, speed recovery and reduce scarring. It is fabulous for wounds, cuts, scrapes and other skin irritations such as inflamed bug bites. Skin Soother creates a nourishing barrier to block contamination while deeply healing and soothing affected areas. Definitely a pup-aid-kit essential!

2 OZ. STICK

Only \$19.95

.15 OZ. TRAVEL STICK

Only \$5.50



PawTection

Dogs are born with incredibly smooth and sensitive paw pads meant for walking through nature, not concrete sidewalks and pavement. PawTection is an organic, vegan, all-natural blend of carefully selected waxes and oils. PawTection is specially formulated to create a nourishing barrier to protect sensitive paw pads against the elements. Contact with harsh surfaces creates a lot of wear and tear, making them rough, scratchy and chapped. Without protection, these harsh surfaces / elements are very drying, allowing for continued damage and paw pads can begin to crack and peel – which is very painful for pets. PawTection helps protect paws against damage from the following:

- *HOT surfaces such as: pavement, sidewalks, gravel, rocks, sand, stone, concrete, decks, etc.*
- *Harsh elements such as: salt, ice, snow, rough terrain, extreme temperatures*
- *Helps to reduce effects of contact with allergens, like grass, pollen, or mold*

2 OZ. STICK

Only \$17.95

.15 OZ. TRAVEL STICK

Only \$4.75



Paw Soother

is an organic, vegan, 100% natural herbal-based blend of butters and special plant oils. This natural paw balm is specially formulated to heal rough, chapped, dry dog paw pads, fading scars, and dry elbows. Paw Soother is also perfect for treating paw pad hyperkeratosis, aka “hairy paw”. Paw Soother deeply heals, moisturizes and nourishes the skin – making paws smooth and healthy again. You will see noticeable results after just one use!

2 OZ. STICK

Only \$17.95

.15 OZ. TRAVEL STICK

Only \$4.75



Snout Soother

is recommended by vets and customers all over the world for treating and preventing painful, dry, chapped, crusty, cracked and bleeding dog noses. The award-winning dog nose balm is a synergistic blend of organic, vegan, nourishing, healing and moisturizing ingredients—carefully selected for optimal dog nose healing benefits. Protect your dog’s nose from sunburn with the natural SPF benefits. Snout Soother works much better and faster than coconut oil!

.15 OZ. TRAVEL STICK

Only \$4.95



Special offers



Warmer weather is on its way...

and it is time to show off a little leg – or ankle and Kenosha Running Company have a variety of low or no show socks to keep you running in style. Remember, no one likes a mid calf tan line.

Swiftwick FLITE XT®

is the most technologically advanced sock ever developed to improve stability during activities that require quick lateral transitions, FLITE XT® incorporates our GripDry™ Fiber and AnkleLock™ Technology. GripDry™ was developed using an innovative grip fiber to prevent your foot from slipping inside your shoe, but we didn't stop there, we blended it with our signature Olefin fiber to wick moisture and keep your feet dry. Then we added AnkleLock™ Technology, which offers extra support around the ankle during high-intensity training and lateral movements. Not only will this medium cushion, moderate compression sock be perfect for your cross training workouts, it is great for running the trails keeping your foot secure during the switchbacks, ascents, and descents.

Take FLITE XT, stability never felt so good...

Only
\$19.99 A PAIR



Swiftwick ASPIRE™ Zero

offers thin, breathable support for all of your running, cycling, or resting. The ASPIRE™ is engineered with firm compression and a thin profile with a light cushion for a responsive feel. Firm compression supports every contour of the foot to reduce fatigue during endurance activities. The channeled upper improves breath-ability and the lightweight Olefin fiber wicks moisture and dries quickly. Zero cuff height sits below the ankle with minimal extension above the shoe. We have a great range of colors and sizes to match all of your outfits.

ASPIRE™ Zero is

Only
\$13.99 A PAIR



The Original SPIbelt® is perfect for holding your smart phone as well as keys, ID, headphones, cash, credit cards, or even a passport.

Original SPI Belt

The expandable belt fits waists from 24" to 47" and has soft comfortable elastic to prevent chafing. The single pocket expands to 6.5" x 3" x 2" allowing you to run/walk/hike/explore with all your necessary gear safe and secure. Wear it while running, working out, jamming out at a music festival, or traveling the world! It's lightweight, bounce-free, and can be worn under or over clothing. Compatible with phones up to 6 1/2" long including the iPhone 6S. Variety of colors and prints available to suit your style or mood.

Only \$19.99



SPI H2O Companion

is the perfect add-on hydration accessory for any SPIbelt. Stay hydrated on runs, walking the dog, or training in locations with limited water. This water bottle also works well just tucked in your waistband. With warmer weather on the way, there is no reason not to have water with you.

Only
\$9.99



Stop by the Kenosha Running Company store to check out any of these great deals, plus much more...

(1706 - 22nd Avenue, Kenosha, WI) Questions? Call 262-925-0300 or email: briant@kenosharunningcompany.com

XC Thrilllogy product & gear



store

Online -or- Brick & Mortar

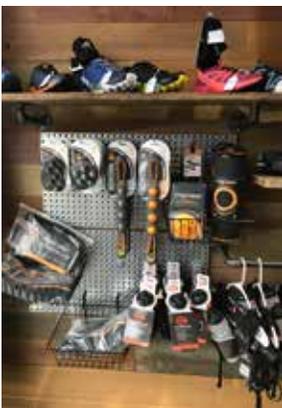
Where and when you need...

Online Store

<http://www.krco.mybigcommerce.com>

Specialty Destination

1706 - 22nd Avenue, Kenosha, WI





THRILLOGY

2019-2020 TRAIL & PARADE RUNNING & WALKING SERIES

The XC Thrilllogy Trail Series is entering the fifth year of holding trail events and is the largest trail series in the state of Wisconsin. We welcome walkers and runners of all abilities, and our focus is on making our events friendly in all regards. Our events proudly offer a variety of distances on varying trails throughout six select locations. If you are looking for ultra distances or relays, or perhaps a fun parade run, then we have you covered. We are proud to work with numerous charities throughout the year and continue our tradition of our events being free for all military veterans, active duty, and their spouses.

<p>January 2020</p>	<p>Saturday, June 8, 2019</p>	<p>Saturday, Aug. 10, 2019</p>	<p>Veteran's Day Run</p> <p>Saturday, Nov. 9, 2019</p>
<p>February 2020</p>	<p>Thursday, July 4, 2019</p>	<p>Sunday, Sept. 22, 2019</p>	<p>Saturday, Dec. 7, 2019</p>
<p>March 2020</p>	<p>Saturday, July 27, 2019</p>	<p>Sunday, Oct. 20, 2019</p>	<p>LOCATIONS:</p> <ul style="list-style-type: none"> Bristol Woods County Park, Bristol, WI Lake Geneva Canopy Tours, Lake Geneva, WI Bong State Recreation Area, Kansasville, WI Petrifying Springs Park, Kenosha, WI UW-Parkside XC Course, Kenosha, WI Silver Lake Park, Salem Lakes, WI UW-Parkside Campus, Kenosha, WI
<p>April 2020</p>	<p>Saturday, July 27, 2019</p>	<p>Saturday, Nov. 23, 2019</p>	