



XC Thrillology Newsletter

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Every Sunday
at 6:00 pm...

Trail Running!

Join us for pace-friendly trail run exploring the trails at Petrifying Springs County Park, Kenosha, WI. We meet at the parking area directly across from the UW-Parkside Cross Country Course on County Road JR. Everyone is welcome regardless of your ability or experience with trail running.

County Executive 5K+

*"The Most Family-Friendly
Event in Kenosha County!!"*

**Saturday, Sept. 12
9:00 a.m.**

**Start and finish in
Old Settler's Park
Paddock Lake, WI**



Sign Up Today!!

- Click to download registration form.
- Click for online registration.

Please join the Kenosha County Parks Department and Kenosha County Executive Jim Krueser in celebrating...

Oktoberfest 2015

Hope you will join us on Sept 12th at Old Settler's Park in Paddock Lake, WI. The distance is actually 3.5 miles (5K+), you have the option of post run/walk finish in Paddock Lake! Everyone will enjoy the great food, beer and beverages post run/walk! You can either sign up on online or mail in entry, but do it quick to make sure you get a great event t-shirt! This is a great family event, a family of three or more - entry fee is only \$45.00.

EVENT ASSISTANTS NEEDED for the County Executive 5K+ on Sept 12th in Paddock Lake, WI. In return for your time, you will receive the run t-shirt & swag, entry into one of our next two trail running events, a great experience and some fun along the way! If you are interested, e-mail briant@kenosharunningcompany.com

For more information visit,
<http://www.kenosharunningcompany.com/countyexecutive5k.html>

Kenosha Running Company

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www.kenosharunningcompany.com -- E-mail: briant@kenosharunningcompany.com

Upcoming events...

- **Blast to the Past 5K**
Saturday, Aug. 29, 2015
East Troy, WI
- **All For The Cure 5K**
Sunday, Aug. 30, 2015
Kenosha, WI
- **Krazy Kettle 5K**
Sunday, Aug. 30, 2015
Crystal Lake, IL
- **Sunset 5K**
Friday, Sept. 4, 2015
Lake In The Hills, IL
- **Jubilee Days 5K**
Saturday, Sept. 5, 2015
Zion, IL
- **Independence 5K**
Saturday, Sept. 5, 2015
Libertyville, IL
- **Badgerland 24, 12 & 6 Hour Run**
Saturday, Sept. 5, 2015
Germantown, WI
- **Twilight Shuffle**
Sunday, Sept. 6, 2015
Libertyville, IL
- **County Executive 5K+**
Saturday, Sept. 12, 2015
Paddock Lake, WI
- **Harvest Moon 5K**
Wednesday, Sept. 16, 2015
Pleasant Prairie, WI
- **Pike River Trail Run/Walk**
Saturday, Oct. 3, 2015
Petrifying Springs Park,
Kenosha, WI
- **Moraine Hills Run for the Hills
10K & Half Marathon**
Saturday, Oct. 3, 2015
McHenry, IL
- **North Face Endurance Challenge**
Sunday, Oct. 4, 2015
Kettle Moraine State Forest
- **Swinging Bridge 8K Trail Race**
Sunday, Oct. 4, 2015
Lake Forest, IL
- **Hateya Trail Run/Walk**
Saturday, Dec. 12, 2015
Petrifying Springs Park,
Kenosha, WI



Pike River Trail Run/Walk “Second Edition”

**Saturday, Oct. 3, 2015
9:15 a.m.**

Petrifying Springs Park, Kenosha, WI

The Second Annual Pike River Trail Run/Walk will start like a cross country meet and then you will experience single track, rocks, roots, water (optional) and hills! Some running will be on a paved bike path, golf course, groomed trails and single track semi technical trails. You will cross/ run through the Pike River two times (optional) throughout the 6.5 miles. The Trail Walk follows the running course for about 1.75 miles then you get to enjoy the Indian Springs Trail along the Pike River and allow you to experience 3.5 miles of beautiful Fall Colors.

Our trail events are welcoming for those new to the trails, walkers and runners of all abilities. We always serve great food, craft beer and craft soda.
For more event information, <http://www.xcthrllogy.com/pikerivertrailrunwalk.html>

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

Run of the Dead Elimination Run Endurance Challenge

Registration is OPEN!!

Sunday, November 1, 2015

Old School Forest Preserve, Libertyville, IL

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

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

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

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

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

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

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



Get ready for the Hateya Trail Run/Walk

Saturday, December 12, 2015 • 10:30 a.m.

Petrifying Springs Park, Kenosha, WI

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



The XC Thrilllogy Hateya Trail Run (approx. 6 miles) and the Hateya Trail Walk (approx. 3 miles) will take you on an adventure through the trails in Petrifying Springs Park. The finish of the XC Thrilllogy Hateya Trail Run is at Shelter One where everyone can enjoy the great food, drinks and a bonfire to warm up at. The run will start with a cross country style start, before you head into the woods in which you will encounter some single track trails, rocks, roots, nasty hills, and possibly snow. This will be perhaps the most challenging course you have run, and if you have never ran a trail race, then the time is now!

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

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

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

Get Involved...

The XC Thrilllogy Newsletter has several objectives, but a key one is to have content provided by YOU... regarding an upcoming event in Northeast IL or Southeast WI, an experience running/walking an event near or far, news about your club, possibly information about running routes, hidden trails, weekly group runs, or even about fun at local pizza & beer joint. I do encourage you to become involved!!!

Running it is just a way of life!

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



The 85K and 50K will be held on July 30th, 2016. We will start training groups in mid-November, so start thinking about your challenges for 2016. <http://www.xcthrilllogy.com/hothillyhairy.html>.

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



XC THRILLOGY EVENTS — North Face Endurance Challenge Series Partnership

The two companies have agreed to cross promote each other's events. XC Thrilllogy will be developing introducing the XC Thrilllogy Trail Team to run the North Face Endurance Challenge Half Marathon, 10K and 5K on October 4th at the Kettle Moraine Trails. Use discount Code KRCWI15 for 15% off and contact Brian Thomas at briant@kenosharunningcompany.com about the XC Thrilllogy Trail Team program. Weekly Trail Runs for all abilities will start July 26th, to start training for this event and others.

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