



The XC Thrillogy Trail Team is a group of trail runners and walkers that love the trails and desire to share their passion with others. Embracing walkers/runners of all fitness levels and abilities, the Trail Team will be supportive, encouraging, and challenge the team members to grow in their sport and love for the trails.

XCT Trail Team benefits:

- Introduction to running and trail running classes/coaching based on experience/fitness levels.
- Core development training based on fitness levels.
- Once a week group runs/walk on trails in SE WI and NE IL.
- 10% discount on all XC Thrillogy Trail Events and Kenosha Running Company Inc. retail products.
- Planned destination events.
- Discounts for non XC Thrillogy trail and running events.
- XCT Trail Team running gear and apparel.
- XCT Trail Team Facebook community to find running partners and ask questions.
- Discounts on VO2 max testing.
- Discounts on Body Composition Evaluation.
- Plus many more as the XCT Trail Team evolves!

Join the XC Thrillogy Trail Team and become a part of a welcoming community of trail runners/walkers, both experienced and new, and explore all the things that make trail running an amazing escape from the ordinary workout.

You would like to join? Review the following:

1. Twelve Month Team Fee: \$65.00 - includes Team Training Shirt (includes all of the above except coaching services)
2. Coaching Services and Fees will be customized based on your vision.

SIGN UP ONLINE TODAY! or complete the mail-in form on the back.



To become a XC Thrillogy Trail Team member, please complete the following and mail to:

Kenosha Running Company, Inc.

P.O. Box 126

Kenosha, WI 53141

Please make check payable to:

Kenosha Running Company

Name _____

E-mail _____

Phone _____

Address _____

Shirt Size _____ Trail Shoe Size _____

Other apparel or gear you would be interested in _____

Current Road Shoe _____ Current Trail Shoe _____

Favorite Trail(s) _____

Favorite Trail Event(s) _____

Average Miles per week you run/walk: Roads _____ Trails _____

Are you new to trail running/walking? _____

Do you do strength training? _____

Do you do core exercises? _____