

KRC

Kenosha Running Company

PRESENTS...



Issue #14 • June 2016

XC Thrillology Newsletter

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Saturday, June 11
9:30 a.m.
Petrifying Springs
County Park
Kenosha, WI

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

FACTS: 4 mile and 8 mile Walk
 4 mile, 8 mile, 12 mile and 16 mile Solo Run
 16 mile Two-Person Relay
 Fun Awards, Divisional Awards & Overall Winners for 8, 12 & 16 mile runs
 (my mood & your attitude determine all awards given!)
 4 mile loop on the trails surrounding the Pike River (optional river crossing!)

MENU: Craft Beer, Crepes, Pizza, Fruit, Craft Soda
 and bring something to share if you like!

NORTH FACE ENDURANCE CHALLENGE FREE ENTRIES (TWO) CONTEST:

Wear your oldest running, walking or triathlon event t-shirt that you entered and finished.
 You must be pre-registered to qualify. More information on NFEC event: <http://bit.ly/1P8RM3i>

TRAIL RUNNER MAGAZINE FREE ONE YEAR SUBSCRIPTION CONTEST:

Bring your oldest pair of Running or Walking Shoes, must be at least "Ten Years" Old.

NOTES:

- (1) This course can be fast for those wanting to kill a great time, but I have purposely made it scenic and challenging at times and it is welcoming for all abilities of runners and walkers.
- (2) If you sign up for one distance and decide to change your distant let us know when you pick up your packet or let us know while you are running or walking.
- (3) Bringing a non running or walking friend? Perhaps they would like to help out during run/walk. Just let us know we are always needing help
- (4) If this will be your first XCT Event, welcome and embrace our laid back style and friendly approach. My hope is that I get to meet each of you, please come up and introduce yourself.

www.XCThrillology.com

Sign up: <https://www.signmeup.com/site/online-event-registration/111280>



SWAG
2016

Kenosha Running Company

P.O. Box 126, 4112 Sheridan Road -- Kenosha, WI 53141 -- (262) 925-0300 -- Fax: (262) 652-1388
www.kenosharunningcompany.com -- E-mail: briant@kenosharunningcompany.com

Summer Running/ Walking Program...

Need a little guidance or accountability to get where you want to be? Perhaps you have your sights on an upcoming event or simply want to get back to a level of fitness that suits you. Starting June 14th, join me for a summer running and walking program. Month of June, we will meet Tuesday, Wednesday & Thursday from 5:30-7:00pm at parking lot directly across from the UW-Parkside Cross Country Course. In July, we will meet Tuesday - Friday from 5:30 - 7:00pm and then the first two weeks of August, Monday - Friday 5:30-7:00pm.

For two months, you can count on a balanced work out for runners and walkers of all abilities. Our work outs start with a dynamic warm up, followed by the work out for the day (work outs are based on level of fitness & ability), core exercises and stretching. The fee is \$10.00 per week and must be paid in advance for 4 weeks or pay for the entire summer for only \$70.00. You will be running/walking on the bike path, Wayne E. Dannehl National Cross Country Course and the trails through Petrifying Springs County Park and along the Pike River. (Kenosha, WI)

Questions and to register, contact Brian at 262-925-0300 or email briant@kenosharunningcompany.com



HOT HILLY HAIRY IS...
daring you...
tempting you...
double dog daring you!!!

Time to embrace your "Ultra Side" as a solo runner or as part of a relay.

Saturday, July 30, 2016
85K - 50K - 30K - 20K - 10K

85K (solo run or relay) – 50K (solo run/walk or relay) – 30K (solo run/walk or relay) – 20K (solo run/walk) – 10K (solo run/walk)

Are you ready to Slay The Dragon?!??!

Perhaps your Dragon is one of the following distances: 10K, 20K, 30K, 50K or 85K
If you would like a running partner to battle the Dragon, then sign up as a relay.



This event is the "running tailgate party" of the Summer and is run in conjunction with the Hilloopy 100+ Relay on the Wayne E. Dannehl National 5K Cross Country Course on the campus of UW-Parkside in Kenosha, WI. You have the option to stay on campus, yes a dorm room!

This event will be timed for 20 hours, if you are not done at that point, you will be allowed to finish.

We also have the most unique swag of any ultra... yes a tiara and crown

For more information, visit <http://www.xcthriology.com/hot-hilly-hairy.html>

You need to sign up by June 20th, to guarantee your t-shirt.
Questions??? call 262-925-0300 or email stephaniez@kenosharunningcompany.com

For more information and to sign up visit: www.XCThrilllogy.com



We would like to welcome two new sponsors for the Hot Hilly Hairy: CJW Distributors (Beer!), Miller Sports & Wellness and Hammer Nutrition.

HILLOOPY

RELAY

Saturday, July 30, 2016

Wayne E. Dannehl National Cross Country Course, UW-Parkside campus, Kenosha, WI



It's Time to Get Your Hilloopy On!!!

We have already exceeded the number of teams from 2015 and the time to join the running tailgate party of the summer is now!

Your team will be running 33 loops on the Wayne E. Dannehl National 5K Cross Country Course on the campus of UW-Parkside, Kenosha, WI. Unlike so many point to point relays, we require no smelly vans! Find your way to Kenosha and you will need no other directions! Housing, directly across the street at UW-Parkside - yes dorm rooms!!!

Custom "running artwear," made by a group in Las Vegas that have mental and physical challenges, so they will also be unique in some way as well. Hilloopy T-shirts are guaranteed for all teams registered by June 20th. We now have made online entry much easier, captain registers and invites teammates to enter...

<https://www.raceentry.com/race-reviews/hilloopy-100-relay>

LOOKING for a team?

We are forming teams right you for just someone like you! call 262-925-0300 or email stephaniez@kenosharunningcompany.com All abilities are welcome for our XCT teams.

This event is run in conjunction with the Hot Hilly Hairy Ultra. So yes, plenty of fun for everyone on this great course.

See you on July 30th! Brian

<http://www.xcthriology.com/hilloopy.html>

**We would like to welcome two new sponsors for the Hilloopy 100+ Relay...
CJW Distributors (Beer!), Miller Sports & Wellness
and Hammer Nutrition.**



XC Thrilllogy Event Sponsors:



Become a Sponsor...
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.

Please feel free to e-mail briant@kenosha-runningcompany.com or call 262-925-0300

Upcoming events...

- **Hope Run Kenosha**
Friday, June 3, 2016
Kenosha, WI
- **Coureurs de bois
Trail Run & Relay**
Saturday, June 11, 2016
Kenosha, WI
- **Father's Day 10K/5K/Kids Dash**
Sunday, June 19, 2016
Village of Cary, IL
- **Hilloopy 100+ Relay**
Saturday, July 30, 2016
Kenosha, WI
- **Hot Hilly Hairy Ultra**
Saturday, July 30, 2016
Kenosha, WI
- **Mosquito Hill Endurance Runs**
Sunday, August 7, 2016
New London, WI
- **Running Free
Trail Run & Beach Party**
Saturday, August 13, 2016
Kenosha, WI
- **Sprint for Spina Bifida 2016**
Saturday, August 13, 2016
Wauwatosa, WI

XC THRILLOGY Partnership Events

Kenosha Running Company/
XC Thrilllogy are now official
training partners for:

Fox Cities
Marathon & Half Marathon
September 16-18
Discount code: KRUNCO16

The North Face
Endurance Challenge
15% off Discount Code:
KRC15
Kettle Moraine State Park,
WI Sept. 17-18
Park City Mountain Resort,
Utah Sept. 24-25

Running Free Trail Run & Beach Party

Saturday, August 13
Bong State Recreational Area

Thank you for embracing the XC Thrilllogy style of trail running and walking events. It has been a fulfillment of a dream and beyond as I have been able to get to know so many of you on a personal basis. I look forward to introducing our events to more runners and walkers as we enjoy the great trails of Kenosha County.

The Running Free Trail Run & Beach is an invitation event only for those that have attended one of our events as a runner, walker, volunteer or friend. You are also welcome to invite your running, walking and nature loving friends to this event as well. The online entry will require an Access Code (email briant@kenosharunning-company.com for access code).

This will be a family-friendly event, located at the Richard Bong State Recreational Area with the start and finish at the Beach on Wolf Lake. You can run/walk as an individual or as a two-person relay for 5m (individual only distance), 10m, 15m or 20m (15 & 20 miles are run only events). Current distances are estimated. We will be running primarily on the Blue Trail, which is wooded, hilly, some open spaces and has great scenic views.

This will be a very special event, that will be highlighted with good food, craft beer, craft soda, music, creative swag, beach fun and amazing trail loving runners/walkers. There will be awards, some embarrassing, others personal, some based on performance/effort and they will all be memorable. Non-running family members and friends are invited but there will be a "Guest Fee" (not everything is free!!). The State Park Daily Fee will be included in the entry fee if you do not already have a state park pass. There will be no same day sign up.

More details with your invitation or visit
<http://www.xcthrilllogy.com/running-free-trail---beach-party.html>



XC Thrilllogy Newsletter...

If you like the format of our newsletter and our approach to trail running/walking and interested in promoting your event, running club or business please contact us at 262-925-0300 and ask for Brian or Stephanie.



Wolf Pack Trail Run/Relay

Sat., Nov. 12, 2016 • 10:30 a.m.

Bong State Recreational Area

Kenosha (Kansasville), WI

Mark your calendar for a great new ultra distance trail running and walking event at Bong State Recreational Area. We are in the process of finalizing course details, but after running out there the past several months everyone will be pleased with our course. In the process of determining the best course from a runner, walker, course support and spectator friendly perspective we will have a figure eight course for the 42 mile, 28 mile and 14 mile distance and 4.5 mile distance around Wolf Lake. The distances are estimated at this point and the starting times will be 7:45 a.m. for the 42 and 28 mile and 10:00 a.m. for the 14 mile and 4.5 mile distance. Runners are welcome at all distances and walkers are invited to embrace the 4.5 mile, 14 mile and 28 mile distances. In addition to the solo events, you and a partner(s) will have the option to enjoy the same distances but as a relay team. With our figure "8" style course with the small loop being roughly 4 miles and the larger loop being around 10 miles perhaps this is the perfect combination of distances. You can run the 14, 28 and 42 as a relay or walk the 14 or 28 as a relay. Please visit our [website](#) and [Facebook page](#).



TRAIL DESCRIPTION: Trails south of Highway 142

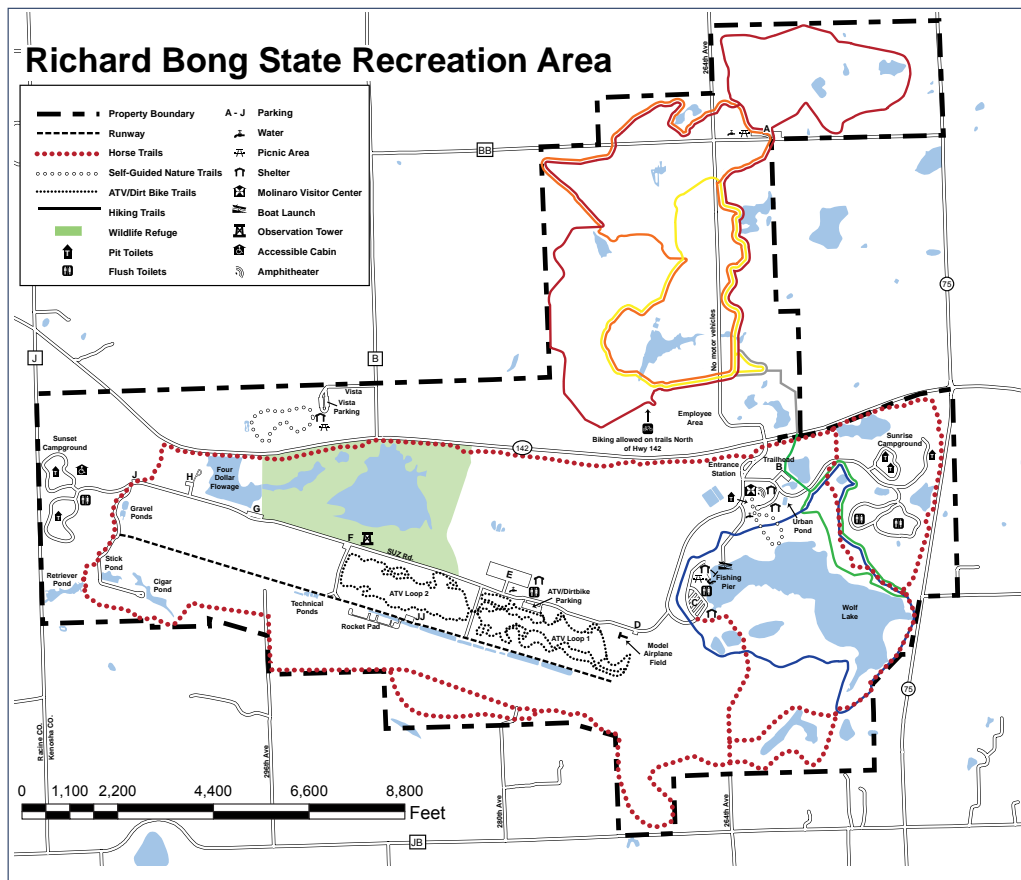
Green Trail (1.8 miles): The Green Trail is entirely north of Wolf Lake. A boardwalk between two small ponds is at the start of the trail, a good place to look for waterfowl. This trail travels through a beautiful restored prairie and a small woodlot with good spring wildflowers. One of the finest overviews of Wolf Lake exists on the return part of the loop, just past the turnoff for the Blue Trail.

Blue Trail (4.2 miles): The Blue Trail is one of the nicest trails, it takes you through prairie and woodland, past wetlands and around Wolf Lake. The trail crosses the dam (near Highway 75) that impounds Wolf Lake.

Horse Trails (13.0 miles): You can get to the horse trails within the park from Parking Lot B. The horse trails are usually open year-round, but may be closed in the spring when it is very wet. It's best to call before coming at that time of the year. You must possess a valid state trail pass to use these trails.

The 4 mile run/walk will follow the blue trail.

The 14, 28 and 42 mile run/walk will follow the combination of the blue and horse trails to form a figure-8 style loop.





MOSQUITO HILL ENDURANCE RUNS

50k 25k 10k

Date: Sunday, August 7, 2016

Time: 6:30 a.m.

Location: New London, WI

Website: www.mosquitohill.com



SAVE \$5.00...
use promo code
"MOSQUITO"



REGISTRATION...

<http://www.runrace.net/findarace.php?id=16220WI&tab=a3>

Come join us for the first annual Mosquito Hill Endurance Run, a distance for every runner! Athletes can choose between the 50k, 25k or 10k. The race will take place at Mosquito Hill Nature Center in New London, Wisconsin and will feature multiple loops around the park and ascents up a very challenging hill! All proceeds of the run will go to the environmental education programs at Mosquito Hill Nature Center.

Name of Event	Distance	Date	Start Time
50k Run	50K	Sat., Aug 7th, 2016	6:30 a.m.
25k Run	25K	Sat., Aug 7th, 2016	7:00 a.m.
10k Run or Hike	10K	Sat., Aug 7th, 2016	7:30 a.m.



Sprint for Spina Bifida 2016

Saturday, August 13

Hart Park, 7300 W. Chestnut St., Wauwatosa, WI

[Click here to REGISTER TODAY!!](#)

<https://runsignup.com/Race/Register/?raceId=30646>



Join us for the 23rd Annual Sprint for Spina Bifida family friendly event as we celebrate "Living Life to the Fullest"! Spina Bifida Wisconsin, Ltd. (SBWIS) enhances lives of Wisconsin's families affected by Spina Bifida by providing resources, peer support and social events in our community. We strive to raise other's awareness about the unique needs of people with Spina Bifida. We are ambassadors, peers and educators changing the lives of those we serve.

Join us on race day including refreshments, resources and vendor displays, games, mural and face painting, Kid's Dash, awards and more! Opening Ceremony begins at 8:15am.

To ensure everyone's comfort and safety, no bikes, roller blades or pets will be allowed. The Sprint for Spina Bifida will occur rain or shine. We reserve the right to cancel for severe weather threats. Should this occur, no refunds will be provided and your entry fee will be used as a donation to SBWIS. Thank you for your understanding.

****FYI receiving a shirt and the size you request is not guaranteed after July 19th!**

**** Prices increase starting July 20th through race-day onsite registration. ****

SCHEDULE:

AUGUST 12th

12:00-8:00 PM - Packet Pick Up (SBWIS Office - 830 N 109th St., Suite 6, Wauwatosa, WI)

AUGUST 13th

7:30 AM - Registration/Packet Pick Up OPENS

8:15 AM - Opening Ceremony

EVENT

TIME

PRICE

DETAILS

5K Handcycle	8:30AM CDT - 11:00AM CDT	\$20	Price increases July 19, 2016 at 11:59pm CDT
5K Wheel/Race Chairs	8:30AM CDT - 11:00AM CDT	\$20	Price increases July 19, 2016 at 11:59pm CDT
5K Run	8:35AM CDT - 11:00AM CDT	\$20	Price increases July 19, 2016 at 11:59pm CDT
2 Mile Walk/Roll	8:40AM CDT - 11:00AM CDT	\$15	Price increases July 19, 2016 at 11:59pm CDT

For more information: <https://runsignup.com/Race/WI/Wauwatosa/SprintforSpinaBifida>

Wolf Lake Trail Run

Sun., Sept. 25 • 10:30 a.m.

Bong State Rec Area, Kenosha (Kansasville), WI

We are proud to announce that we have partnered with [Bong Naturalist Association](#) to present the 17th Annual Wolf Lake Trail Run. You will still enjoy the great traditions they have established over the years, but you will also experience some of the favorites from the XC Thrilllogy Trail events. New for this year will be a longer trail and two loops, making the course an estimated 4 miles for walkers and runners or 8 miles for runners. The traditional one mile hike is still on! For more information visit <http://www.xcthrllogy.com/wolf-lake-trail-run.html>. To learn more about BNA visit www.bongnaturalistassociation.org.

Mark your calendar for this super event that supports great educational programs at Richard Bong State Recreational Area.

XC Thrilllogy "Rundraising" Program

WELCOMES:



If you are associated with a charity or good cause that would like to enhance their awareness and have an opportunity for a fundraiser, our program just might be a great fit. If you are a runner or walker and raising money for a charity through an upcoming event, you can use our events to raise money for your cause.

Contact Stephanie Zuehls at stephaniez@kenosharunningcompany.com or call 262-925-0300

SPONSOR HIGHLIGHT:  **Innovative Thinking**
INCORPORATED

Personal touch that Brian Thomas brings to XC Thrilllogy events, he will bring for all web site, graphic illustration and marketing development needs. Call (262) 652-8660 and ask for Brian.

JUNE SPECIAL: only \$35.00 per hour for all services

A few web site designs created by Innovative Thinking, Inc.:

- [XC Thrilllogy](#)
- [De Witt Physical Therapy and Wellness](#)
- [Industrial Safety Controls](#)
- [Industrial Sensing and Safety Controls](#)
- [North American Solutions](#)
- [WVBLN](#)
- [Words and Wonders Speech Pathology](#)
- [Economy Airport Parking](#)

The North Face Endurance Challenge Teams Up With Kenosha Running Company

Sept. 17-18, 2016
Kettle Moraine State Forest

DISTANCES:

Saturday, September 17:
50 Mile, 50k, Marathon
and Marathon Relay

Sunday, September 18:
Half Marathon, 10k and 5k
Have you decided to embrace the Challenge? If yes, use discount code KRC15 (case sensitive) for 15% off.

If you would like training plan/guidance to ensure a successful event, we offer complete training and coaching services.

Contact Brian Thomas, briant@kenosharunningcompany.com or call 262-925-0300

Event Website:

<http://bit.ly/1L3UVgf>

Registration Page:

<http://bit.ly/1P8RM3i>

For more information, including how to register, email: endurancechallenge@publicishawkeye.com

XC Thrilllogy Gift Certificates!

The perfect event/race gift for that special runner/walker in your life.

[Check them out today!!](#)

2016 XC Thrilllogy events!

www.XCThrilllogy.com

 <p>January 2017 KD Park Burlington, WI</p>	<p>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!!)</p>	 <p>February 2017 Bong State Recreational Area Kenosha (Kansasville), WI</p>	<p>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.</p>
 <p>March 2017 KD Park Burlington, WI</p>	<p>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.</p>	 <p>Sat., June 11, 2016 Petrifying Springs Park Kenosha, WI</p>	<p>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.</p>
 <p>Sat., July 30, 2016 UW-P National XC-Course, Kenosha, WI</p>		<p>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.</p>	
 <p>Sat., July 30, 2016 UW-P National XC-Course Kenosha, WI</p>	<p>JULY The Hot Hilly Hair is ran in conjunction with the Hill100+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.</p>	 <p>Sat., Aug. 13, 2016 Bong State Recreational Area Kenosha (Kansasville), WI</p>	<p>AUGUST This is an invitation only event. To be invited you need to have run/walked or volunteered at one or more of our events in 2016. This will start and finish at the Beach on Wolfe Lake. You can run/walk as an individual or as a two-person relay for 5m (individual only distance), 10m, 15m or 20m (15 & 20 miles are run only events). Good food, craft beer, craft soda, music, creative swag, beach fun and amazing trail loving runners/walkers.</p>
 <p>Sat., Sept. 10, 2016 Old Settlers Park Paddock Lake, WI</p>	<p>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.</p>	 <p>Sat., Oct. 1, 2016 Petrifying Springs Park Kenosha, WI</p>	<p>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.</p>
 <p>Sat., Nov. 12, 2016 Bong State Recreational Area Kenosha (Kansasville), WI</p>	<p>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.</p>	 <p>Sat., Dec. 10, 2016 Petrifying Springs Park Kenosha, WI</p>	<p>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.</p>