



XC Thrillology Newsletter

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Thank you for taking a moment...

to checkout our monthly newsletter, we will be expanding the scope of our newsletter in the coming months and would appreciate your insight, feedback and contributions.

This past weekend we just had our largest combination of events of the year, the Hot Hilly Hairy Ultra Solo & Relay and the Hil100+py Relay. Honestly I am still in a fog, feels like I ran a 48 hour ultra in many ways! In the following article I shared my recap of the crazy fun tailgate party like running event.

I am excited to share that we are moving beyond the event development arena and recently purchased 2 acres on the northside of Kenosha, with our backyard being on the bike trail that connects Kenosha County to the North and to the Lake Michigan bike and ll trails to the east and south. We will be 1.5 miles from UW-Parkside track cross country course and the same from Carthage College. This location is ideal to open the first Running, Hiking and CaniCross Specialty Destination in SE WI. We hope to have Phase I completed in early 2018. We will be posting updates on our [FB page](#) and in our newsletter.

August will be a crazy fun month as we have our first exclusive night trail run, [Night Crawler Trail Adventure](#) at Silver Lake County Park in Silver Lake, WI. These will not be single track technical trails, but wide welcoming trails with one crazy up hill! We start and finish at the beach, everyone will be welcomed upon finishing with a taco bar, craft beer, craft soda, a great social time and you are invited to bring and share a treat.

The official high school cross country season starts on August 14th in WI, and I will be coaching at Christian Life School in Kenosha. This will mark my 8th season and looking forward to a fun and rewarding season. If you are ever interested in attending one of our practices or meets let me know.

I am looking for contributors for our CaniCross section, trail reporters (great trails & trail race highlights), trail running fitness tips and your ideas are welcome as well... in return you will get a free entry into one of our events. If you are interested please call me office 262-925-0300 or e-mail me at briant@kenosharunningcompany.com.

**HOPE YOU ARE ALL RUNNING, WALKING AND BEING FIT
TO THE BEST OF YOUR ABILITIES AND CIRCUMSTANCES.**

Running it is just a way of life.
Brian



HOT
HILLY
HAIRY
Ultra Solo
and Relay

[Click here to view more photos.](#)
[Click for Hilloopy race results.](#)
[Click for Hot Hilly Hairy race results.](#)



Hot Hilly Hairy - Hilloopy 2017

What an adventure for me and based on the all the FB, Twitter and Instagram posts you all feel the same. It is difficult for me to find a place to start and put into the words everything that surrounds this event, because this event is each of YOU... We invite and organize, but from the first person who picks up their packet on Friday afternoon a heartbeat starts on the Wayne E. Dannehl National Cross Country Course and it is awakened. As camps get setup, the sun welcomes the moon and "dorm room" energy is barely contained until the moon gives way to a steady stream of runners full of excitement ready to mark the day. We have ultra runners, dragon slayers, first-time trail runners, old and young, birthday girls and boys celebrating as only a runner can, and stories shared that energized me and pulled at my heart.

I am grateful for everyone that supports this event as is it literally a dream come true. Those that helped support each of you – my wife Tammy, Stephanie my office manager, Becky & Kenny in the office, my daughter Jaycee with the music, sons Jaime & Quin who helped set up, good friend Amie who was invaluable on Friday setting up, my in-laws Jim & Maggie who helped and brought Cookie "The Bird", The Flatlanders who took charge of the ultra aid station, the Oak Lawn XC HS Team that took charge of course aid station, Aurora for providing care medical support throughout the day, and for each of you that lifted each other up in some way.

We are entering our 4th year as an event development company that focuses on trail events and doing our best to create a unique environment that is welcoming to everyone. I am not big into the awards, I am big on making sure you feel appreciated, welcomed, surrounded by fun-loving runners & walkers and know you can make a difference to someone else who is out there battling the distance, elements and their personal head games. You make this happen for each other, the stories I hear inspire me and energize me – I want you to know this.

There are so many personal stories and those individual & teams that came to run that I need to acknowledge in a personal, so be patient and I will reach out to you.

We are already planning for 2018, how to enrich the experience and continue doing things the best we can. I am also wanting your feedback, please let me know what you really liked and what you would really like. E-mail: briant@kenosha-runningcompany.com or call me anytime 414-719-4771 (personal cell).

We will be updating our website with pictures this week, we had two trail cameras on the course and have over a couple thousand pictures to sort through and gather those off FB that you all posted.

We will be sending out a recap by e-mail to everyone with pictures, etc... thank you all again for a great weekend. Running it is just a way of life, Brian



Upcoming events...

- **Nightcrawlers Trail Adventure**
Saturday, Aug. 19
Silver Lake, WI
- **Oktoberfest 5K+**
Saturday, Sept. 9
Paddock Lake, WI
- **Pike River Trail Run/Walk**
Saturday, Sept. 30
Petrifying Springs Park
Kenosha, WI
- **SE WI Championship Middle School XC Meet**
Sunday, Oct. 15
Silver Lake County Park
Silver Lake, WI
- **Wiley Woolard 5K**
Saturday, Oct. 28
Gilberts, IL
- **Wolfpack Trail Run & Relay**
Sunday, Nov. 12
Bong State Recreation Area
Kansasville, WI
- **Hateya Trail Run**
Saturday, Dec. 9
Petrifying Springs Park
Kenosha, WI

All events held in the Kenosha County Parks are presented by:



County Executive
Jim Kreuser



August 2nd – KD Park

August 9th – Petrifying Springs

**** same day sign up starts at 5:15 p.m. for all dates.**

Check it out... [click here!](#)



Kenosha County Parks Department and Kenosha Running Company, Inc. are working together to introduce all the great trails for runners and walkers throughout Park System. Runners and walkers of all abilities and level of fitness are welcome. Most trails routes will be between two to three miles and you are welcome to run or walk multiple loops of the course if desired.

The Wednesday Series will go throughout the summer with each one starting at 6:00 p.m. There will be a small entry fee for each event and family entries will be available for a discounted amount. These will all be dog-friendly events as well.

Individual ... \$12

Couple (spouses, parent/minor child, partners same household) ... \$20.00

Family (spouses, parents/minor children, partners with minor children same household) ... \$27.00



NIGHTCRAWLERS Trail Adventure

**REGISTER
Today!!**

**Nightcrawlers
Trail Adventure**
Saturday, Aug. 19, 2017
Silver Lake Park, Silver Lake, WI
7:50 p.m.

Who is afraid of the dark? Not us!

Join Kenosha Running Company and your fellow trail enthusiasts for the Night Crawlers Trail Adventure. 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.

After you have tamed your fears (and if you haven't been carried away by the things that go bump in the night), enjoy sharing your tales of the night with friends while you enjoy a taco bar, beer and soda. We would love for you to BYOD (bring your own dessert) to share. We have tasted some of our participants baking in the past and we have been missing it.

In order to safely navigate the trails and to return to us safely, all runners/walkers are required to wear either a head-lamp or have Knuckle Lights (you can purchase when you sign up for the race online or in person). The trail will be well marked with reflective marking and "tricky" areas will be illuminated by ground lanterns. Runners will not be permitted to go out on another loop after 9:30 p.m.



PET RUNNING GEAR:

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





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 choose 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 *(estimated as of 4/11/2017):*

- 2.5 mile run/walk - short course 11:20 a.m.
- 3.5 mile run/walk - one loop 10:00 a.m.
- 7 mile run/walk - two loops 12:20 p.m.
- 1 mile test drive - adopt a dog 10:50 a.m.

(all starting times are estimated)



Wiley Woollard 5K Trail Run

When: Saturday, October 28, 2017
Where: Camp Tomo Chi Chi Knolls, 40W095 Freeman Rd, Gilberts, IL
Time: Race start 9:00am (Race day registration & packet pick-up at start/finish 7:30-8:45am)

Web Site: bgcelgin.org/events

Registration: raceroster.com

Cost: Advance registration, until Sept. 30 - \$35.00; Oct 1-race day - \$40.00

- All participants registering before Sept 30 will receive a custom, multi-functional Hoorag headband (who needs or wants yet another race t-shirt??); headbands will be given to registrants after Oct 1 and through race day while supply lasts.
- All proceeds from this event will go to the Boys & Girls Club of Elgin.

Details: Come run in the beautiful fall colors and under the majestic trees of Camp Tomo Chi Chi Knolls ("The Camp") in this new event benefitting the Boys & Girls Club of Elgin and in memoriam of Gerald Woollard, longtime cross country at Elk Grove High School. If you are new to trail running, fear not!, as the course is very novice friendly, consisting primarily of wide grass and dirt trails, with a couple of short sections of limestone path and asphalt. At the same time, the undulating terrain will also challenge more experienced trail harriers. Some seasoned runners in the Chicago area may already be familiar with the terrain in and around the race site, as the legendary and very popular "Cross Country Challenge" put on by Vertel's for many years was held at a property adjacent to The Camp. We will have access to a large indoor lodge for runners, family and spectators in the event of rain and/or chilly temps the morning of the race. There is convenient and free parking at race site. (Note: The Camp is used by Boy Scout troops on weekends and there is a possibility a troop could be camping the day of the race; if this occurs, please respect the privacy of the troop's campsite.) Race timing will be by Racetime.info and results will also be posted online at racetime.info. Awards will be presented to the overall male and female winners, as well as to the top three male and female age groups finishers. Water and refreshments will be available to participants at finish. NOTE: due to the terrain, baby strollers are discouraged in the race; if you insist on using one, you do so at your own risk.

For a map of Camp Tomo Chi Chi Knolls...

<http://forestpreserve.countyofkane.org/Images1/Trail%20Maps/TomoChiChi%20TRAIL%20MAP%202015b.pdf>

For any other questions and more information: 847-477-9910 or wiley5krun@gmail.com

Directions: Camp Tomo Chi Chi Knolls is about 6.5 miles west of Elgin.

- From the intersection of Randall Rd and Big Timber Rd (approximately 1 mile south of I-90), proceed west on Big Timber for approximately 4 miles, arriving at the stoplight intersection of Big Timber and Rt 72.
- Continue straight on Big Timber Rd for a 1/2-mile, turning right on Powers Rd.
- Go 1.5 miles (crossing over I-90) on Powers Rd.
- Turn right at the stop sign at Freeman Rd.
- Go a 1/2-mile and the entrance to The Camp will be on the right.
- Follow the driveway to the back of the preserve and park in either lot at the lodge.

Thank you for your support. Brent Runzel, race organizer



Unique Way To Relieve Joint/Muscle Pain

By Julian Rivera, DPT

Dry needling. Some might think it's a sewing technique. But it's actually a modern science-based treatment that's routinely successful in addressing several conditions.

A trained therapist can use dry needling (DN) to treat:

- Neck ache**
- Shoulder pain**
- Tennis elbow**
- Back pain**
- Hip**
- Headaches**
- Knee pain**

Dry needling gets its name because its very fine needles aren't used to inject fluids. Other treatments inject fluids such as a steroid, or cortisone, into your body.

Dry needling, also known as intramuscular stimulation, changes the way your body senses pain.

The thin needles are inserted into painful muscle knots (we call these myofascial trigger points). Needles can also be inserted into tendons, ligaments and scar tissue.

The needles stimulate electrical and chemical changes in tissues. A key change is a reduction of the trigger point(s) and releasing of taut bands of tissues. Dry needling typically:

- Relieves uncomfortable muscle spasms.**
- Releases the muscle knots or taut bands.**
- Increases muscle pliability.**
- Helps the body heal.**

During the dry needling procedure, the therapist will gently tap a sterile, single-use needle into the area we're treating.

You may feel a small pinprick. Then there may be a twitch or minor ache or cramp in the muscle. You may also notice some bruising.

The number of needles used and how they're administered depends on your condition.

Is Dry Needling Safe?

This is a low-risk treatment when administered by a trained physical therapist. Your therapist will explain rare reactions that may occur such as sweating or feeling faint.

How Does Dry Needling Differ from Acupuncture?

The needles used in dry needling are similar to acupuncture needles. However, acupuncture, which originated in China 5,000 years ago, is based on balancing the body's chi — the life energy.

Chi flows in the body along twelve pathways or meridians. Each links to specific internal organs or systems.

Carefully inserted needles can redirect and reposition the flow of body energy. Changing the flow of chi can relieve pain, tension and stress.

Dry needling is based on Western anatomical and neuro-physiological principles. It involves needling of muscle knots (trigger points) to relax overactive muscles.

Dry Needling Complements Other Treatments

Dry needling is part of a comprehensive therapy program. Other options include chiropractic care and massage therapy.

DN can relieve pain. It can allow you to more comfortably do beneficial joint and muscle stretching and strengthening.

A range of treatments, work together to return you to normal muscle function.

If you have a sports injury, you may want to request a free injury evaluation. We can work with you to recover from your injury and return to your favorite activities — and back to living well!



RAGNAR

Ragnar Trail Northwoods - WI Nine Mile Forest Sept. 22-23, 2017

MORE INFO?

REGISTER TODAY!!!

Get ready Midwesterners! Ragnar Trail Northwoods-WI presented by Salomon is coming your way in late September!

Grab your team of 8 (or 4), and experience the magic of running a Ragnar Trail Relay! This new venue is located at Nine Mile Forest - nestled ten miles outside of Wisconsin's outdoor mecca, Wausau and within sight of Granite Peak Ski Area. Nine Mile Forest is known for cross-country ski trails but you may not realize that when the snow melts, miles of epic single-track running trails await you.

Teams run relay style as they conquer the green, yellow, red loops over two days and one night.

The course features fun, flowing, smooth, single-track trails that meander under a canopy of oak, pine and birch trees. When you're not running you'll enjoy camping on plush grass, and live entertainment, s'mores, bonfires and mingling with other runners at Ragnar Village.



**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.



3rd Annual “Run for the Fallen”

The Village of Kronenwetter Fire Department hosts the third annual “Run for the Fallen” 9/11 memorial fundraiser, Saturday, September 9th at Towering Pines Park in the Village of Kronenwetter, WI.

Fire personnel, members of law enforcement and the public are invited to register for the 5k run/walk, 10k run/walk or 1 Mile Firefighter Challenge in honor of the fallen first responders who made the ultimate sacrifice on September 11th, 2001. All participants will receive a free dri-fit event tee, raffle ticket, course map, registration bag and more with registration. In addition, each athlete will receive a photo ID badge of a member of the New York City Fire Department, Port Authority Police Department or New York City Police Department, who gave their lives at the World Trade Center. Participants are asked to wear these badges on race day as tribute to the fallen.

Opening Memorial Ceremony will include the Wausau Fire Department Honor Guard, a moment of silence, Prayer for the Fallen, National Fallen Firefighters Foundation representatives, the National Anthem and a live bagpipe tribute.

Fire personnel participating in the 1 Mile Firefighter Challenge are encouraged to wear full gear and carry equipment as they run or walk the 1 mile course. Participants in the 5k and 10k events are encouraged to wear red, white and blue.

AVAILABLE EVENTS:

8:46 AM - Opening Memorial Ceremony.....	Open to Public
9:00 AM - 1 Mile Kid’s Run.....	Free
9:30 AM - 10k (6.2 Miles) Walk/Run.....	\$30.00
10:00 AM - 5k (3.1 Miles) Walk/Run.....	\$25.00
11:15 AM - 1 Mile Firefighter Challenge.....	\$25.00

**Registration fees increase by \$5.00 when registering in person, September 7th-9th.*

REGISTRATION:

ONLINE: RunForTheFallenWI.com | OPEN NOW - 09/05/2017

MAIL: Visit RunForTheFallenWI.com to download your printable form.

IN-PERSON REGISTRATION / RACE BAG PICK-UP:

09/07/17 & 09/08/17 | 5:00 pm - 8:00 pm at the Kronenwetter Fire Department, 1582 Kronenwetter Drive, Kronenwetter, WI 54455

09/9/17 (RACE DAY) | Opening at 7:30 am at

Towering Pines Park, 2355 Tower Road, Kronenwetter, WI 54455

For more information:

- RunForTheFallenWI.com
- Facebook event page: [Run For The Fallen 2017](#)
- 715-370-8370
- runforthefallen@outlook.com



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.

***** 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.)**

NorthFace Endurance Challenge

Kettle Moraine State Forest

**Saturday, Sept. 16: 50 Mile, 50k,
Marathon & Marathon Relay**

Sunday, Sept. 17: Half Marathon, 10k and 5k

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

Registration Page: <http://bit.ly/2kCl8JG>

For more information on the Endurance Challenge, including how to register, email: endurancechallenge@publicishawkeye.com
Don't miss this chance to challenge yourself on the trails of Kettle Moraine State Forest!

Use XC Thrilllogy's discount code (KRC15) to receive 15% off.

***** Visit the XC Thrilllogy tent on Sept. 16th & 17th at the Finish Line Festival and receive... XCT swag (limited to first 100) and special discount codes for upcoming XCT events. Drawings for FREE entries.**



PLANNING ON RUNNING FOR A CHARITY IN 2017?

If yes, then our
"RUNDRAISING"
program will be perfect!

Here is how it works for Charity Runners:

Invite your friends and family to participate in our events, have them mail in the entry form and write your name on the entry form. The amount we will donate per entry and event varies per event. It is really just that simple. Just email us first to let us know the name of your charity, your name, mailing address and phone number.

Charities, looking to raise awareness and funds for your organization?

Simply invite your supporters, friends and family to attend and support your cause. We will create a special entry form for you to use and distribute. For each entry received, you receive a portion on the entry fee (the amount varies depending upon the event).

Visit our website or contact Brian Thomas at...
briant@kenosharunning-company.com
or Stephanie Zuehls at
stephaniez@kenosharunningcompany.com
or 262-925-0300



Annual Oktoberfest 5K+

Saturday, Sept. 9, 2017
10:00 a.m.
Old Settlers Park
Paddock Lake, WI

REGISTER TODAY!!!!

4th Annual Pike River Trail Run/Walk

Saturday, Sept. 30, 2017
Petrifying Springs Park
Kenosha, WI

REGISTER TODAY!!!!



Annual Wolf Pack Trail Run & Relay

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

REGISTER TODAY!!!!



Annual Hateya Trail Run

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

REGISTER TODAY!!!!





store

Kenosha Running Company just keeps growing!

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.

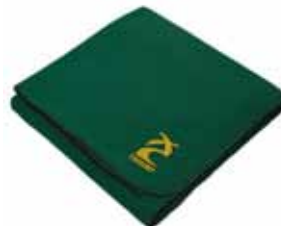
As we work towards this goal, the Kenosha Running Company {online} Store (<https://www.kenosharunningcompanystore.com/>), was a created to start the ball rolling. It has the same awesome merchandise that you can buy at our events, but now you can purchase it anytime the shopping bug bites!



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



Order your XC Thrilllogy wear now. Click here to place your order.

CHOOSE FROM:
Hoodies, Women's Cut Tech Shirts, T-Shirts, and Long-Sleeved Shirts.



**Become an
XC Thrilllogy
Event Sponsor**

Become a 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



When you run, you should feel and relish in the burn of a great workout. You should NOT 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 the our XCThrilllogy events and is offering a 15% discount on purchases through their website. Please visit <http://nipeaze.com/> and enter the promo code **TRAILRUN2017** to receive your discount.

NipEAZE™



XC Thrilllogy “Rundraising” Program

WELCOMES:



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

XC Thrilllogy events!

www.XCThrilllogy.com



Sun., Jan. 21, 2018
Bristol Woods Park
Bristol, WI

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., Feb. 18, 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., Mar. 11, 2018
KD Park
Burlington, 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., June 3, 2018
Petrifying Springs Park
Kenosha, 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.

HIL100+PY RELAY

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 2017
UW-P National XC-Course
Kenosha, WI

JULY

The Hot Hilly Hair 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.



Sat., Aug. 19, 2017
Silver Lake Park
Silver Lake, 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., Sept. 9, 2017
Old Settlers Park
Paddock 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. 30, 2017
Petrifying Springs Park
Kenosha, 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., Nov. 12, 2017
Bong State Recreation Area
Kenosha (Kansasville), 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., Dec. 9, 2017
Petrifying Springs Park
Kenosha, 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.