



www.XCThrilllogy.com



**Kenosha Running Company**

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Issue #55 • October 2019



Sunday  
Oct. 20

Bong State  
Recreation Area  
Kansasville, WI



## Event alerts

- **5K Family Fun Walk**  
Sept. 28 – Burlington, WI
- **Safe Harbor Humane Society Walk for Paws**  
Oct. 6 – Kenosha, WI
- **WolfPack Trail Run & Relay**  
Oct. 20 – Kansasville, WI
- **Trail Dog Distance Classic**  
Oct. 20 – Kansasville, WI
- **Evil Smiley Running Veteran's Day Run**  
Nov. 9 – Kenosha, WI
- **Saucony Big Timber XC Challenge**  
Nov. 17 – Elgin, IL
- **Trails Are Alive Night Adventure**  
Nov. 23 – Lake Geneva, WI
- **Hateya Trail Run**  
Dec. 7 – Lake Geneva, WI

## Fall Running at its Best!

If you are like me, the favorite time of year to run is this time of year. The cooler temperatures, changing of seasons and perhaps a few races that I look forward to every year or at least use too!

This Fall will be my starting point at age 57 to see if I have any life left in my legs, despite running a marathon in 2012, it was the end of 2011 that my training really stopped, finished the year running a 1:28 half marathon. Combination of coaching HS XC and track, expanding our trail race series, renovating a building to open our store, starting [Canicross USA](#) and then having to do my real job. Well this has left little time to run more than 10-15 miles a week for the past 6 plus years.

As a result I hope to see you at trail events and an occasional road race that I do not host! I hope to see you at meet up runs that I frequently get invited to. Perhaps on rare occasion I will even run my own events!

Those that were looking forward to the [Pike River Trail Run/Walk & Canicross](#), it was a very difficult to decision to cancel the event the night before. After watching

the weather forecast for the previous 12 hours, it looked like their was no hope to avoid the thunderstorms and predicted flash flooding. When I woke up Sunday, to realize the weather they predicted and scared us with completely missed us, my heart sank. Thank you to everyone for understanding and your support throughout the day on Saturday as we shared our dilemma.

We have a great Fall line up of events and hope that you will put them on your calendar. [Wolfpack Trail Run & Relay](#) (distances starting at 4.5 miles and up to 50 miles), [Trail Dog Distance Classic \(Canicross\)](#), [Evil Smiley Veteran's Day Run](#) (this will be a special event), [Trails Are Alive Night Adventure](#) (Canicross starts during the daylight hours) and [Hateya Trail Run/Walk and Canicross](#). We are in need of volunteers for each of these events and partners for the [Veteran's Day Run](#), if you would like to be involved please reach out to me.

Enjoy the changing of the season and get ready for some Fall running fun!

Running it is just a way of life,  
Brian

# Our next XCThrillogy event

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## WolfPack Trail Run & Relay

Sunday, Oct. 20, 2019

Bong State Recreation Area, Kenosha (Kansasville), WI

Start time: 7:30 a.m.

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

## Trail Dog Distance Classic

Sunday, Oct. 20, 2019

Bong State Recreation Area, Kenosha (Kansasville), WI

Start time: 2:30 p.m.

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

## Who doesn't love the sound of leaves crunching beneath your feet and the crispness of the air on an October day?

Wolf Pack Trail Run and Relay is the perfect way to enjoy all the sights and sounds of the fall season. Trail Dog Distance Classic is the perfect way to enjoy all the sights and sounds of the fall season with your pooch. NOTE: We have moved this event to October so it will (hopefully) be more fall and less winter!

Richard Bong State Recreation Area is the host for this fall ultra-event. Once designated to be a jet fighter base, the park is fittingly named after Major Richard I. Bong, a Poplar, WI native who was America's leading air ace during World War II. The recreation area encompasses 4,515 acres of rolling grassland, savanna, wetlands, and scattered woodland. Nature is on display all around and is constantly changing with the seasons.

You can select between 4.5 miles (solo - run/walk/canicross), 9 miles (solo -- run/walk/canicross) 14.5 miles (solo or relay - run or walk), 29 miles (solo or relay - run or walk), 43.5 miles (solo or relay - run only) and 50 miles (solo -- run only). The figure "8" style course is uneven loops, with the small loop being roughly 4.5 miles and the larger loop being around 10 miles. We will be using the Horse Trails and Blue Trail for this event with the Blue Trail being one of the nicest trails, taking you through prairie and woodland, past wetlands, and around Wolf Lake. The uneven figure "8" style course is the perfect combination of distances enabling runners enabling runners/walkers of differing ability to partner as a relay. It also makes the entire event family/spectator friendly and well supported.

The 4.5mile, 14.5 miles, 29 mile, 43.5 mile, and 50-mile events (individual and relay) start at 7:30 a.m.

The 4.5 mile, 9.0 mile and 13.5 mile afternoon events (run/walk/canicross) start at 2:30 p.m.

The 43.5-mile event and 50-mile event requires a headlamp or knuckle lights, if you are walking the 29-mile event you will need a headlamp or knuckle lights as well. Flashlights will not be acceptable.

Richard Bong State Recreation Area is managed pheasant hunt area. None of the trails are closed due to hunting and the hunters are aware of our event. You may hear gunshots and encounter unleashed dogs during the morning and early afternoon, ending at 2:00 p.m. For this reason, we do not allow dogs in the morning start times.

# Upcoming XC Thrillology event

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## **Trails Are Alive Night Adventure**

**Saturday, Nov. 23, 2019  
2:30 CaniCross • 4:00 Run/Walk  
Lake Geneva Canopy Tours  
Lake Geneva, WI**

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

### **At Kenosha Running Company, we prefer to TROT like it is HOT at night!**

Join Kenosha Running Company and your fellow trail enthusiasts for the Trails are Alive Night Trail Adventure. This unique night trail run/walk event takes place on Saturday, November 23rd, 2019 at Lake Geneva Canopy Tours, Lake Geneva, WI. Starting at 4:00 p.m. (just before sunset), runners and walkers will have the ability to gobble up some different memories. Ones that will be in the dark!

Walkers and runners can enjoy a 3.5-mile or 6.5-mile strut in the woods, while runners who really want to shake their tail feathers can run 9.5-miles.

CaniCross athletes will start earlier (at 2:30 p.m.) and will be able to enjoy fall at its best with a 3.5-mile or 6.5-mile dash through the woods prior to the rest of the flock hitting the trails.

Once you have scurried through the woods and flew over the hills, enjoy the company of other trail enthusiasts at the post-race celebration which will include soda and tasty treats that will tame even the fiercest of fowl! In order to safely navigate the trails and to return to us safely, all runners/walkers are required to wear either a headlamp or have Knuckle Lights. 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 6:45 p.m.

\*\* Don't forget to pick up your Petzl Lights or Knuckle Lights for this event!! (lights are required). Purchase them at our Kenosha Running Company store and reference that you saw this on our web site and receive 15% off your light purchase.



## **Hateya Trail Run**

**Saturday, December 7, 2019  
Lake Geneva Canopy Tours  
N3232 County Road H, Lake Geneva, WI  
10:30 Trail Run/Walk • 10:15 CaniCross**

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

### **The weather outside may be frightful, but running on the trails is always DELIGHTFUL!**

The XC Thrillology Hateya Trail Run/ Walk will take you on an adventure through the trails in the Lake Geneva Canopy Adventure Park.

This event provides single track fun that will definitely keep you on your toes. Runners and Walkers can enjoy the crunch beneath their feet (leaves or snow) for 3.5 or 6.5 miles, while runners can also enjoy 9.5 miles on the trails. CaniCross Athletes can choose between 3.5 or 6.5 miles.

The finish of the XCThrillology Hateya Trail Run is a time where everyone can sit around a bonfire outside or by the fireplace and enjoy the great food, drinks, and the BEST company! If you are feeling adventurous, do some zip-ling as the perfect ending for your trail adventure.

This event is part of our 2019-2020 CaniCross series. This event is perfect for all fitness levels and is dog-friendly for those not interested in participating in the CaniCross Event.

# Special honors to our veterans...



**Saturday, Nov. 9, 2019**  
**UW-Parkside Outdoor Track**  
**Kenosha, WI**  
**10:30am - 10K      10:40am - 2 mile**

**[Register today...](#)**

The Evil Smiley Veteran's Day Run is the perfect way to celebrate and remember those who have served our country. It is our privilege to be able to take the torch from Jared Bane who started this event in 2013, in order to recognize and honor all of our Military Veterans, Active Duty, Reserves, Spouses, and Friends of the Military. Our mission will be the same, to honor those who served and support charities that support our military families.

This event will evolve in some ways in order to grow the event and recognize the Heroes in our community and beyond. We have changed the start/finish of the event to the University of Wisconsin – Parkside outdoor track. There will be a 21-Gun-Salute to start our event, in order to recognize our Fallen Soldiers and Veterans that have past away in 2019, names will be provided by you and other sources. When signing up, you will have the opportunity to secure a flag that will line the start/finish area to honor or in memory of a military hero in your life. We will have a staggered start time. We will have a post-event party and ceremony.

**The courses details:** We will start and finish on the outdoor 400-meter track at UW-Parkside. Everyone will exit the track area and run up to University Drive and turn right, taking you around the campus, those running 2 miles will continue on University Drive and back to the track. Those running the 10K distance, will make a right-hand turn at the Southeast entrance of the University and continue on the Kenosha County Bike Path through Petrifying Springs County Park. Once you have reached County Road A, runners will continue on the bike path and circle through the park and then crossing County Road A again on top of the hill and running back through a park on the bike path turning left at the Avenue of the Arts. Runners will then turn left onto University Drive and will run counter-clockwise back to the track following the same route you took at the start.

- 2-mile run/walk (able to finish in 90 minutes). Start time 10:40 a.m. Takes place on the road that loops around UW-P campus.
- 10K run (minimum pace is 15 minutes per mile). Start time 10:30 a.m. This distance will start on the track, follow the road that loops the UW Parkside campus clockwise, head northwest on the bike path and follows the multi-use path through picturesque Petrifying Springs Park. Runners will return to the track on University Drive, circling counterclockwise, returning to the track the way they came.

**Location:** University of Wisconsin – Parkside

**Packet pick up and same day signup:** Sports Activity Building starting at 8:30 am

**Post-event party:** Kenosha Running Company, 1706 - 22nd Avenue, Kenosha, WI 53140 -- starting at 1:30. There will be awards, food, drinks, socializing, and a few surprises. **Mission BBQ** will be providing the food.

**The Race Swag:** The event swag for the Evil Smiley Veteran's Day Run will be a choice of either a hat or a unisex t-shirt. Shirt sizes are only guaranteed if you are registered for the event prior to October 19th, 2019.



PROPOSED T-SHIRT DESIGN





## Looking for your partnership and support...

[For complete details on this program, click here.](#)

# VETERAN'S DAY RUN PARTNERSHIP PROGRAM



We are welcoming traditional and creative partnerships to honor and recognize Military Veterans, Active Duty, Reserves and their Families. One of our objectives is to grow this event in the number of runners and walkers. We have created a special partnership program in which you can become a sponsor for this event by purchasing a minimum of fifty entries, that can be given to your employees, your clients, customers, etc. You are able to purchase the entries at discounted entry fee of \$30.00 as well. We are willing to work with the number entries that makes sense to you and your company. The minimum would be ten entries.

Those purchasing a minimum of fifty entries, will be recognized as a sponsor, able to setup at the event, provide any information in the race packets, be highlighted in our special edition newsletter that goes out to over 10,000 area runners, listed on our website, and introduced on our Facebook. We are also open to other ideas that make sense for you and your company.

We are also appreciative to "in-kind" donations and support. Currently Mission BBQ of Kenosha will be providing the food for this event and Festival Foods will be providing the bottled water.

### EXAMPLES OF OTHER NEEDS:

- Tents, tables and chairs for the post-event party
- Beverages of all sorts for the post-event party
- US Flags that we can line the track with and fly in other areas of the course
- Porta potties
- Printing services

If you are interested in supporting our efforts to honor our Military Families, please contact Brian Thomas office 262-925-0300 cell 414-719-4771 email [briant@kenosharunningcompany.com](mailto:briant@kenosharunningcompany.com). To get more familiar with this event, visit [www.XCThrilllogy.com](http://www.XCThrilllogy.com)



# CaniCross season has arrived!!



## The CaniCross Season Has Arrived!!

XCThrillology Canicross Series is the largest in the Country with eight events from September through April.

Our events are welcoming for everyone regardless of type of dog, gear, newbie or experienced. Kenosha Running Company will also have all the Canicross gear to properly fit you and your dog, if you are ready and want to experience the rush of running as one with your dog.

Those that have attended our Canicross in the past thank you! Those that are considering, you will not regret your decision to give us a chance. We have had hundreds of Canicross runners over the past two years and have come as far away as New York, Canada, Michigan, Ohio, Georgia, Indiana, Minnesota, Iowa and from all parts of Illinois and Wisconsin.

To learn more about all of our Canicross events visit [www.Traildogrunners.com](http://www.Traildogrunners.com)

Please reach out to us with any questions on our events or gear. Email: [Stephaniez@kenosharunningcompany.com](mailto:Stephaniez@kenosharunningcompany.com) or call (262) 925-0300. We are located at: 1706 - 22nd Avenue, Kenosha, WI 53140



### Trail Dog Distance Classic

Sunday, OCT. 20, 2019  
Bong State Recreation Area  
Kansasville, WI

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

### 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>

For more info on our upcoming CaniCross events, visit

[www.TrailDogRunners.com](http://www.TrailDogRunners.com)

Please share with other dog lovers & runners!



# Plan your 2019-2020 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.

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

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.

 <p>Sunday, Jan. 26, 2020 </p>	 <p>Sunday, March 15, 2020 </p>	 <p>Sunday, Sept. 20, 2020 </p>	 <p>Saturday, Nov. 23, 2019 </p>
 <p>Sunday, Feb. 23, 2020 </p>	 <p>Sunday, April 5, 2020 </p>	 <p>Sunday, Oct. 20, 2019 </p>	 <p>Saturday, Dec. 7, 2019 </p>

# CaniCross online & on the airwaves...

**NEW!**  
**CANICROSS USA**  
**ONLINE STORE**

[www.zazzle.com/store/canicross\\_usa](http://www.zazzle.com/store/canicross_usa)

The image displays four items of merchandise: a white hoodie with 'CANICROSS USA' printed on the chest; a silver water bottle with 'CANICROSS USA' printed vertically on both sides; a keychain with a map of the USA and 'CANICROSS USA' text; and a beer glass with a map of the USA and 'CANICROSS USA' text.

## Virtual CaniCross

### Cani "Cross" America Virtual Option:

The Largest CaniCross Series in the Country now offers the Cani "Cross" America Virtual Option to this event.

Simply click on the REGISTER NOW! button and select the virtual option when registering.

We will track your total miles for each event, provide you with some great swag throughout this season's eight events and help in organizing "meet up" locations across the U.S.

**CANICROSS USA**  
**KNOWLEDGE RUNNING COMPANY**  
*virtual* **CANICROSS**  
The largest CaniCross Series in the country now has Virtual Runs as well.

[www.TrailDogRunners.com](http://www.TrailDogRunners.com)  
(262) 925-0300

The image shows a dog running on a grassy field. The text 'virtual CANICROSS' is written in a stylized font, with 'virtual' in blue and 'CANICROSS' in red. Below the text is the website URL and phone number.



# Virtual CaniCross from California...

## My dogs training me...

We (me and my two Hungarian Shepherds-Mudi) started Canicross, dog jogging, trail running a year ago purely by accident as when we started walking, they went fast-I went faster-they went faster and well:)

We live remote on the California coast so trail running is natural. They are awesome, together, separately, any combination. It got me into running a year ago and because of them I now have done 3 half marathons this year without them (not bad for 67 years old:): one of the benefits of learning canicross is my dogs training me!

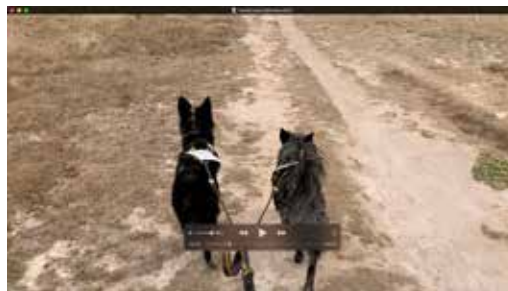
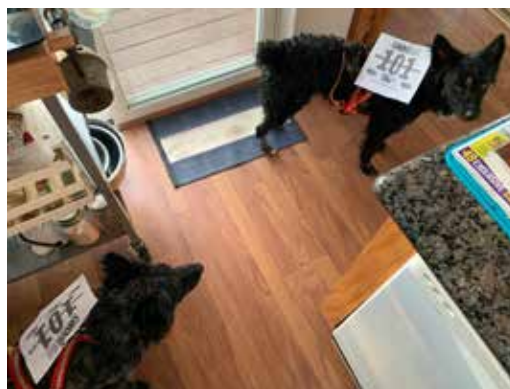
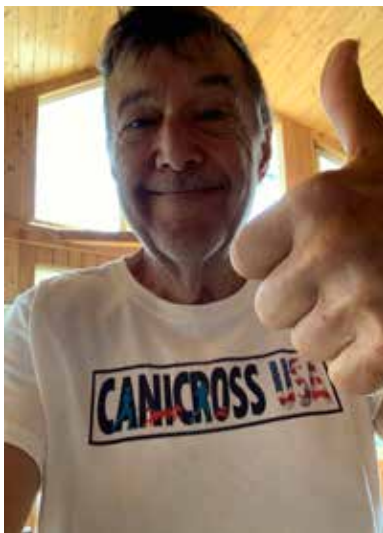
So sorry your team is bummed [regarding the cancellation of the Pike River Trail Run/Walk/CaniCross] but a wise, safe decision.

I got up early. (new harnesses, so was fun to try out). Pinned up the boys. Got them dressed and ready. Promised them food when we got home. I told them we were going out for our 3-mile run, didn't tell them we'd do-over 6. Weather was glorious, harnesses were awesome. Nothing like the remote Cali coast on a bird-filled sky and ocean crashing along the bluff run.. and we thought of you guys all the way and I reminded the boys that we had to do this for all the disappointed folks, which gave us more reason and more incentive to go further...

Of course, lost the bibs one at a time along the way... :)

Funny thing was a guy walking towards us on the trail was on the phone talking to someone. About 8 am. We are running in his direction all focused and as we pass him, 'he starts laughing and says, "ya gotta see this, some guy is running with his two dogs pulling him ahead..." the rest I didn't hear. But one thing CaniCross does, especially in remote areas and with two of the same rare unfamiliar breed (mudi), is makes everyone who we pass or who sees us coming start smiling and high fiving or laughing... and if we can do that... woohoo!

### mark, woof! and ruf?



Click to view short video...  
{<https://www.dropbox.com/s/vae-u4tfv0x890zz/CaniCrossCalifornia.MOV?dl=0>}

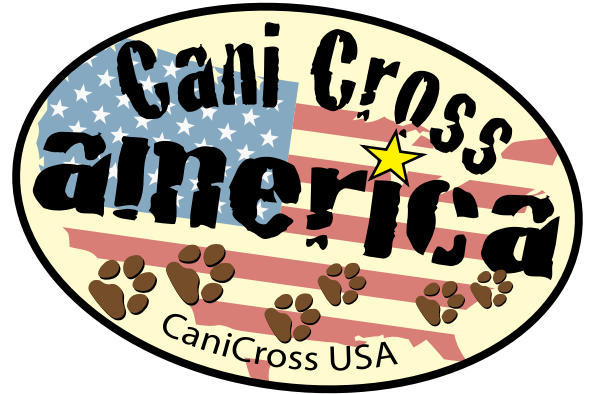
Please feel free to send us a note about your experiences  
**CaniCross'N America...**  
[briant@kenosharunningcompany.com](mailto:briant@kenosharunningcompany.com)

# 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](mailto: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](http://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.

## 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.

# Cross country for everyone hits Kenosha!

**Wisconsin Runner**  
603 6th Street  
Racine, WI 53403  
(262) 633-0033

When the official Wisconsin High School season ends with the WIAA State Championships in Wisconsin Rapids on November 2nd, a full slate of post season XC opportunities will be offered for runners of all ages and abilities in Wisconsin.

[wisrun@gmail.com](mailto:wisrun@gmail.com)  
[www.wisconsinrunner.com](http://www.wisconsinrunner.com)

**Wisconsin United States  
Track and Field Association Championships**  
Sunday, November 3rd  
Yahara Hills Golf Course (Madison)

The WI USATF State Association Meet will be coming back to Yahara Hills for the first time since 1991. Both the NCAA D1 and Big 10 Championships have been held on the historic Yahara Hills course. Youth runners from all fifty states will be competing in the National Junior Olympics Championships on the same site on December 14th.

<http://www.wisconsin.usatf.org/News/2019-Wisconsin-Cross-Country-Championships.aspx>

**Wisconsin Coed XC  
Relays & Midwest Para XC Invitational**  
Sunday, November 10th  
Wayne E. Dannehl National Cross Country Course  
(UW-Parkside, Kenosha)

These are two brand new events being introduced to the United States Cross Country scene. In the spring of 2019 the International Association Athletics of Athletics (IAAF) introduced a coed cross country relay event at the IAAF World Cross Country Championships in Denmark. It was favorably received and the WI USATF and Wisconsin Runner will be conducting the first sanctioned coed relay in the USA. A relay consists of 2 male and 2 female runners each running 2500 meters. There will be the following age divisions: 12 & under, 13-18, Open and 40 & over.

<https://runsignup.com/Race/WI/Kenosha/Wisconsin-CoedXCRelay>

**Midwest Para XC Invitational**

The Midwest Para XC Invitational is being initiated to provide Ambulatory Para Athletes from all over the United States an opportunity to compete in a Cross Country event as other athletes do. The goal is two-fold; to provide equal opportunities for ALL athletes and to grow this event into a National Championship. There will be a 3 kilometer event (13 and under) and a 5 kilometer event (14-18, 19-39, 40 & over).

<https://runsignup.com/Race/WI/Kenosha/PARACROSS-COUNTRYINVITATIONAL>

*The two following events, under separate leadership with combined resources, are exciting new concepts that have the potential to grow into national events individually or hopefully together.*

**Foot Locker Cross Country  
Midwest Regional Championships**  
Saturday, November 30th  
Wayne E. Dannehl National Cross Country Course  
(UW-Parkside, Kenosha)

The 2019 XC season at UWP closes on Thanksgiving Saturday with the Foot Locker Midwest Regional CC Championships. The boys and girl's championship race are considered by many to be the best high school races in the whole country. The meet record for girls is 16:54 and the boys is 14:35. There are seven total races in the meet, so there is a race geared to every runner. The entry fee is only \$15.00 through September and you get a quality New Balance/Foot Locker CC backpack.

<http://footlockercc.com/>

**United States Track & Field Federation  
National Junior Olympic Championships**  
Saturday, December 14th  
Yahara Hills Golf Course (Madison)

Wisconsin has a rich history of hosting quality national cross country championships. The NCAA Division 1, 2 & 3, TAC (now USATF) and the NAIA have all held their championships in Wisconsin at various sites on multiple occasions. However this will be the first time in the history of the Junior Olympics that they will be held in our state. Youth athletes from all corners of the USA will be in Madison to put on a specular XC show to end the 2019 season.

<http://www.usatf.org/Events---Calendar/2019/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>

# Kenosha Running Company in the "News"

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## Featured Trail Town - American Trail Running Association March 2017

<https://trailrunner.com/trail-news/featured-trail-town-kenosha-wisconsin/>



American Trail Running Association

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## Off-The-Leash - Spring 2019

[Click here to download PDF of article](#)



## Running Festival July 25, 2019

[https://www.kenoshanews.com/sports/kenosha-running-company-holding-myriad-of-events-at-uwp/article\\_2d9a6b22-77f9-5776-b376-1206b8916dc6.html](https://www.kenoshanews.com/sports/kenosha-running-company-holding-myriad-of-events-at-uwp/article_2d9a6b22-77f9-5776-b376-1206b8916dc6.html)

# KENOSHA NEWS

*A source of trust® since 1894*

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## Canicross Article – American Trail Running Association August 2019

<https://trailrunner.com/trail-news/canicross-trail-racing-with-your-four-legged-friend/>



American Trail Running Association

## PBS Outdoor Wisconsin Canicross Broadcast – January 2019

<https://www.youtube.com/watch?v=d370ouOrpI-Y&t=6s>



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# KENOSHA NEWS

*A source of trust® since 1894*

## Kenosha Running Company Business Launch Article June 2, 2019

[https://www.kenoshanews.com/news/business/longtime-runner-launches-runners-resource/article\\_57836ea3-8a11-5c93-8f49-f5abfe09252d.html](https://www.kenoshanews.com/news/business/longtime-runner-launches-runners-resource/article_57836ea3-8a11-5c93-8f49-f5abfe09252d.html)

## Running and Beyond – August 12, 2019

[https://www.kenoshanews.com/sports/running-and-beyond-a-look-at-the-high-school-cross/article\\_d72af3ef-35bb-50d5-b090-89faa9242f76.html](https://www.kenoshanews.com/sports/running-and-beyond-a-look-at-the-high-school-cross/article_d72af3ef-35bb-50d5-b090-89faa9242f76.html)

## Running and Beyond – September 9th

[https://www.kenoshanews.com/sports/running-and-beyond-canicross-a-growing-sport/article\\_d21d14c2-99af-553d-988b-31555cf383ae.html](https://www.kenoshanews.com/sports/running-and-beyond-canicross-a-growing-sport/article_d21d14c2-99af-553d-988b-31555cf383ae.html)

## Running and Beyond – August 27th

[https://www.kenoshanews.com/sports/running-and-beyond-get-out-and-explore-the-trails/article\\_2cf36d93-777f-52ed-aa07-7d03418fadc7.html](https://www.kenoshanews.com/sports/running-and-beyond-get-out-and-explore-the-trails/article_2cf36d93-777f-52ed-aa07-7d03418fadc7.html)

## Running and Beyond – September 25th

[https://www.kenoshanews.com/sports/running-and-beyond-make-your-fall-runs-more-fun/article\\_61d7191f-8581-505a-92bf-1852610e45ca.html#tracking-source=main-nav](https://www.kenoshanews.com/sports/running-and-beyond-make-your-fall-runs-more-fun/article_61d7191f-8581-505a-92bf-1852610e45ca.html#tracking-source=main-nav)

# Staying active and events in Kenosha County

Fall is my favorite time of year for running, the temperatures are cooling down and runs are more interesting with the changing season. This time of year also brings shorter days and getting the early morning or afterwork runs in are more difficult with less daylight hours. For some this may interfere with your running or walking, perhaps a little less motivation to get there on your regular days.

Let's work together in staying motivated with some additions to your running and walking lifestyle, by adding a dynamic warm-up to your routine, core work, recovery, and planning to enter running/walking events in Kenosha County.

Yes, I said a dynamic warm up, what is that most of you are asking. As a runner for the past 45 years and coaching for the past 30 years, I have found that most do very little in preparation before they start their run. As we all age, these aspects become even more important as our range of motion, strength and stability start to diminish. What is a dynamic warm up, simply it is an active way to warm up our body for running that does not include static stretching. There are hundreds of dynamic warm up drills, if you do a search on the internet for dynamic warm up drills for runners and walkers you will find the ones that will best work for you. Your run or walk will go much better after a dynamic warm up and your ability to stay injury-free increases.

Too many of us, once we are done with our run, forget about other elements to improving our running form and stay healthy. Those being core development and stretching/foam rolling/light massage, each of these play an important role in keeping you running. Core is more than working on your abs, for me core in regards to running is between your knees and shoulders front and back. Keeping your body in an upright balanced position takes numerous muscle groups working together as one to maintain the proper balance. I have my favorite core drills, but I would suggest you find 4-6 as a minimum that you can do on a regular basis.

Recovery through stretching, foam rolling and light massage post-workout not only helps your body recover from your workout, but also assists in getting you ready for your next run. Each of us has areas that seem to be tighter than others, focus on these areas first and then spend time on areas that are sore. If you have never foam rolled before, do a little research first, but foam rolling has great benefits. Start thinking about a complete workout including, dynamic warm up, the cardio aspect, core development and then recovery.

Now putting dates on your calendar to have fun, stay motivated and to hold yourself accountable.

**Saturday, October 5th -- Wilmot Mountain Fall 5K – Wilmot, WI**

**Sunday, October 20th -- Wolf Pack Trail Run & Relay (distances from 4.5miles to 50 miles) – Bong State Recreation Area, Kansasville, WI**

**Saturday, October 26th -- Spooktacular 5K – Petrifying Springs County Park, Kenosha, WI**

**Saturday, October 26th -- Scary in the Prairie 5K/10K – RecPlex, Pleasant Prairie, WI**



# Upcoming area event

**SIGN UP TODAY!!!**

[www.raceentry.com/connecting-communities-for-a-cure/race-information](http://www.raceentry.com/connecting-communities-for-a-cure/race-information)

**Only \$5**  
participation fee

**THIS SATURDAY!**



# FAMILY FUN WALK

## CONNECTING COMMUNITIES FOR A CURE

**SATURDAY SEPT. 28**

Starts at 9:00 a.m.

LOCATION:

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

**Raise More Money to Cure Cancer!!!  
Donation Envelope Pickup Locations:**

- Integrity Funeral, Waterford
- Integrity Celebration Center, Burl.
- Burlington Chamber of Commerce
- Aurora Cancer Care Clinic, Burl.
- Aurora Memorial Hospital of Burl.

Raise over \$100, get a unique swag bag!

PROCEEDS FROM THIS EVENT WILL BENEFIT...

**Cancer Patients of Aurora Cancer Care in Burlington**

**COME FOR THE RUN, STAY FOR THE FUN!**  
**KIWANIS PANCAKE BREAKFAST & CARNIVAL FOR A CURE**

**All-You-Can-Eat PANCAKE BREAKFAST**

**9am to Noon**

\$5.00 11 yrs old & up  
\$3.00 10 - 3 yrs old  
Free 2 & under

**COME ONE. COME ALL. CARNIVAL**

ADMIT ONE

Unlimited Inflatable Wristband \$15 each

Carnival Game Tickets 20 tickets/\$10 or \$1 ea. | Memorial Balloon \$5 ea. or 3/\$10

ADMIT ONE

**10am - 3pm**

Memorial Balloon Release

carnival food  
Carnival Games

**BINGO** INFLATABLE ATTRACTIONS prizes **DUNK TANK**

Sign up online for **5K & buy Pancake Breakfast tickets & Carnival tickets online too.**

# Upcoming area event

## Make Atlanta Your Marathon Weekend Race Destination with Best-selling Author Matt Fitzgerald

Sat, 2/29 See the Olympic Marathon Trials  
Sun, 3/1 Race the Half/Full Atlanta Marathon

From  
\$335



**TRAVEL WELL! RACE BETTER!**  
**Book NOW! Space is Limited!**

Visit [DestinationMiles.com/AtlantaMarathon](http://DestinationMiles.com/AtlantaMarathon) for package details  
[www.destinationmiles.com](http://www.destinationmiles.com)



**TRAVEL WELL! RACE BETTER!**



WE PLAN



YOU RUN



WE CELEBRATE



Nov 16-17, 2019  
[www.destinationmiles.com](http://www.destinationmiles.com)



# Upcoming area event

SAFE HARBOR HUMANE SOCIETY

# walk for paws 5K RUN WALK

In partnership with *Family Festival*



OCTOBER 6TH 2019

POERIO PARK NATURE CENTER  
(OFF OF 20TH AVE & 16TH ST, BEHIND BOSE ELEMENTARY)

9AM-1PM

DOG FRIENDLY 5K RUN/WALK  
PARTNERING WITH THE KENOSHA RUNNING COMPANY  
ALL REGISTRATIONS INCLUDE A T-SHIRT  
FIRST 100 REGISTERED RACERS RECEIVE GOODIE BAG  
LOCAL VENDORS, CONTESTS,  
AGILITY COURSE, PET DEMONSTRATIONS AND MORE!

**For more information visit us at**  
[www.safeharborhumanesociety.org](http://www.safeharborhumanesociety.org)

Bronze Sponsor:  
Barth Storage  
Shorty's Pit Crew  
Kenosha Pet Sitter  
Johnson Financial

Silver Sponsor:  
**CANDY SOENS**  




# Upcoming area event

## BIG TIMBER CHALLENGE

8K RUN  
(4.96 MILES)

CAMP BIG TIMBER  
37W955 BIG TIMBER ROAD,  
ELGIN, IL 60124

SUNDAY,  
NOVEMBER. 17, 2019  
AT 9:00 AM

**ALL PROCEEDS FROM THE RACE WILL BENEFIT:**

The Boys & Girls Club of Elgin  
and Boy Scouts of America Three Fires Council

All participants will receive an embroidered  
knit hat and a free pancake breakfast

Team and costume competition/prizes

### REGISTER TODAY!!

For years, Dick Pond Athletics and Saucony have been names synonymous with Cross Country running throughout Chicagoland, in the Midwest, and around the country. And now, Dick Pond Athletics and Saucony invite you to be a part of the Big Timber XC Challenge, the big finish to the 2019 running season.

Join us on the newly developed trails through Camp Big Timber in Elgin, IL, for a 5-mile cross country style race intended for runners of all ages. Whether you're looking for a change of "pace" from monotonous road running or want to take part in the team or costume competition with friends, this race is sure to put an exclamation point on the end of your running season.

Benefitting Boys & Girls Club of Elgin and Boy Scouts of America Free Fires Council.

PRESENTED BY:

**saucony**

**DICK POND**  
ATHLETICS

**REGISTER HERE:**

[https://raceroster.com/events/2019/24777/  
big-timber-xc-challenge](https://raceroster.com/events/2019/24777/big-timber-xc-challenge)

## Upcoming area event



## The Most Scenic 50-Mile Run in the Midwest!

Saturday, October 26, 2019

Door County, Wisconsin

Register today at: [www.fall50.com](http://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!

## 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...

10/06/19	Walk for Paws	Kenosha, WI	9 a.m. - 1:30 p.m.
10/20/19	WolfPack Trail Run / Trail Dog Distance	Richard Bong State Recreation Area	7 a.m. - 7 p.m.
11/09/19	Evil Smiley Veteran's Day Run	UW-Parkside Track	9 a.m. - 1:30 p.m.
11/23/19	Trails Are Alive Night Adventure	Lake Geneva Canopy Tours	2 p.m. - 8 p.m.
12/07/19	Hateya Trail Run	Lake Geneva Canopy Tours	10:15 a.m. - 3 p.m.

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



# Stay active with Cross-Training Shoes

Sometimes time savings on the road or trail require some time in the gym. If you need some shoes to get your “swole on” or even just to activate those pesky glutes, we have the footwear for you!

## 361° Quest TR

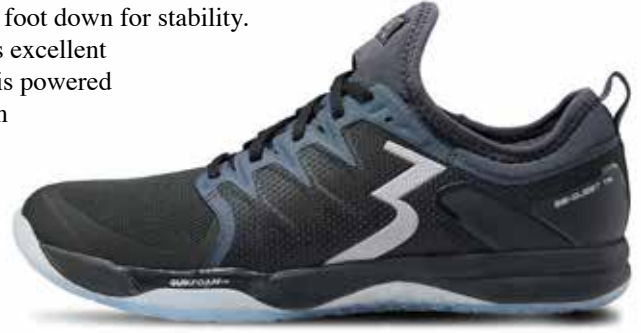
The Quest TR Black is a functional training shoe for the journey through your work-out of the day and beyond... It features a breathable air mesh upper and soft internal webbing to hold your foot secure. The mono sock construction hold the foot securely during high intensity workouts and the external heel counter locks the foot down for stability.

The sole has full ground contact for a stable flat platform and provides excellent lightweight traction. In addition to all of these features, the Quest TR is powered by QU!KFOAM midsole to provide excellent cushioning and maintain a smooth comfortable workout, even if you are not running!

Men's only. In store.

**Only \$124.95**

MSRP



## 361° BioSpeed 2

The BioSpeed2 is a low profile, lightweight training shoe designed to support the unique demands of today's strength training workouts. The upper of the BioSpeed 2 is a breathable open mesh that is extremely comfortable and form-fitting. Welded fuse overlays cover the medial and lateral sides as well as the toebox for protection and support. The Fitz-Rite midfoot has soft internal webbing to hold the foot secure and a Pressure Free Tongue designed to provide comfort and avoid irritation. There is a QU!K Spine carbon fiber plate that adds integrity to the midfoot and the sticky rubber forefoot provides lightweight traction for burpees and beyond. QU!KFOAM and the QDP System make the BioSpeed 2 “can't live without it” footwear for your time inside the gym (or box).

Women's only. In store.

**Only \$109.95**

MSRP

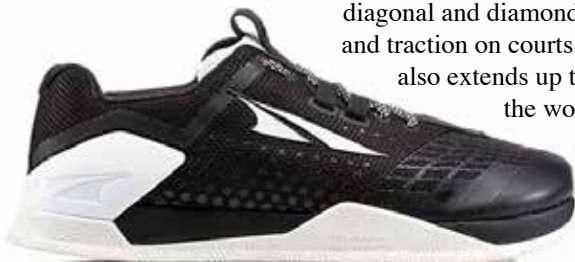


## Altra HIIT XT2

Altra's signature wide toe box and foot-shaped last can handle everything you throw at it at the gym. The durable reinforced mesh upper is abrasion-resistant to withstand all that rubbing from ropes and scuffs from dumbbells and barbells. Balanced cushioning places your heel and forefoot the same distance from the ground offering a stable base for squatting, lunging, or whatever your strength routine looks like. The PowerSole™ insole technology means it is even more stable for lateral movements and lifting. The insoles are removable allowing you to tweak the shoe for different workouts – remove it for dead lift days, put it back for run WODs. Additionally, the Altra HIIT XT 2's outsole provides glue-like grip. This is made possible by its combination of diagonal and diamond-shaped tread patterns combined with sticky rubber. This allows for stability and traction on courts during fast directional changes, and on wood during box jumps. The outsole also extends up the instep, adding grip and protection for rope climbs. Finally, and as always, the women's HIIT XT2 shoe uses Fit4Her™ technology, meaning Altra customizes every women's shoe to the unique anatomy of the female foot.

Women's only. In store.

**Only \$110.00** MSRP



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](mailto:briant@kenosharunningcompany.com)

# Running & CaniCross Specialty Destination



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

**[www.KenoshaRunningCompany.com](http://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 Thrilllogy  
Trail & CaniCross Events*

**[www.XCThrilllogy.com](http://www.XCThrilllogy.com)**



# store

Online Store

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

Specialty Destination

1706 - 22nd Avenue, Kenosha, WI

## Trail & Road Shoes



## CaniCross Products



## Additional Accessories





**store**

## Online -or- Brick & Mortar

Where and when you need...

### Online Store

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

### Specialty Destination

1706 - 22nd Avenue, Kenosha, WI



# 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](mailto:briant@kenosharunningcompany.com)



# 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](mailto: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](mailto: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.





# 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>Sunday, Jan. 26, 2020</p>	<p>Sunday, June 7, 2020</p>	<p>Saturday, August 15, 2020</p>	<p><b>Veteran's Day Run</b></p> <p>Saturday, Nov. 9, 2019</p>
<p>Sunday, Feb. 23, 2020</p>	<p>Thursday, July 4, 2020</p>	<p>Sunday, Sept. 20, 2020</p>	<p>Saturday, Dec. 7, 2019</p>
<p>Sunday, March 15, 2020</p>	<p>Saturday, July 25, 2020</p>	<p>Sunday, Oct. 20, 2019</p>	<p><b>LOCATIONS:</b></p> <ul style="list-style-type: none"> <li>🏞️ Bristol Woods County Park, Bristol, WI</li> <li>🌲 Lake Geneva Canopy Tours, Lake Geneva, WI</li> <li>➔ Bong State Recreation Area, Kansasville, WI</li> <li>🕒 Petrifying Springs Park, Kenosha, WI</li> <li>📍 UW-Parkside XC Course, Kenosha, WI</li> <li>👉 Silver Lake Park, Salem Lakes, WI</li> <li>😊 UW-Parkside Campus, Kenosha, WI</li> </ul>
<p>Sunday, April 5, 2020</p>	<p>Saturday, July 25, 2020</p>	<p>Saturday, Nov. 23, 2019</p>	