



www.XCThrillology.com



Kenosha Running Company

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Issue #43 • October 2018



REGISTER

Trails Are Alive Night Adventure

Saturday, Oct. 20

KD Park

Burlington, WI

Event alerts

- **Trails Are Alive Night Adventure**
October 20 – Burlington, WI
- **The Fall 50**
October 20 – Door County, WI
- **Wolf Pack Trail Run & Relay**
November 11 – Kenosha, WI
- **Trail Dog Distance Classic**
November 11 – Kenosha, WI
- **Hateya Trail Run**
December 8 – Kenosha, WI
- **Schneeflocke Trail Adventure**
December 29 – Bristol, WI
- **im Schnee festsitzen**
January 19 – Bristol, WI
- **Boreas Trail Adventure**
February 17 – Bristol, WI

5th Year of Hosting Trail Running Events

We are entering our 5th Year of Hosting Trail Running Events, and what an adventure it has been!

Since our first trail event in Oct of 2014, we have developed, managed and hosted 56 trail events and 13 Canicross events. Despite the learning curve I went through, it was your encouragement and kindness that fueled me to continue and bring trail running to SE WI. Each of you should know that you are the reason we host more Canicross events than anyone else in the country and host more trail running/walking events in WI/IL than anyone else to the best of my knowledge.

Your support has also led us to opening the first Run Specialty and Canicross Location in the Country to be the best of my knowledge. We are the only Run Specialty focusing on the Kenosha, Racine & Walworth Counties in WI and Northern

Lake County in IL. We actively promote and sponsorship events in these areas and will continue to find new ways to support and grow our community.

We have also developed a “Rundraising” program that allows charities and good causes to use our events as a fundraising event, which we are proud to have supported over a dozen groups over the years. Through your support and with our thankfulness, I believe we are the only group that allows all military veterans, active duty, reserves and their spouses to run our events for free and with our deepest gratitude.

I am looking forward to our future, introducing our style to trail running and Canicross and to continue to build friendships. With a thankful heart I am sincerely appreciative of your support.

Running it is just a way of life, Brian

Our next XCThrillogy event



Trails Are Alive **Night Adventure**

Saturday, Oct. 20, 2018

6:00 p.m.

KD Park, Burlington, WI

Register Today!!

Purchase a pair of Altra or Salomon Trail Running Shoes from Kenosha Running Company and you will receive a FREE Entry.

Trail running at night is not a TRICK! It's a TREAT!

Join Kenosha Running Company and your fellow trail enthusiasts for the Trails are Alive Night Adventure. This unique night trail run/walk event takes place on Saturday October 20th at KD Park in Burlington (Twin Lakes), WI. Starting at 6:00 p.m. (just before sunset), runners and walkers will have the ability to scare up some different memories of their favorite park. Ones that will be in the dark!

Walkers can enjoy a 3.5 mile haunt in the woods, while runners have 3.5 or 7.0 mile scaring options.

Once you have stomped through the woods and lurched over the hills, enjoy the company of other trail monsters at post race celebration which will include soda and tasty treats that will tame even the fiercest of creatures!

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 9:30 p.m.

XCThrillogy is offering RUNSURANCE on this event. If for any reason you are unable to attend the Trails Are Alive Night Run, you can defer your entry to the next year's event, run a similar priced event, or get 80% of your entry fee refunded. You can choose RUNSURANCE as an add on option during registration.



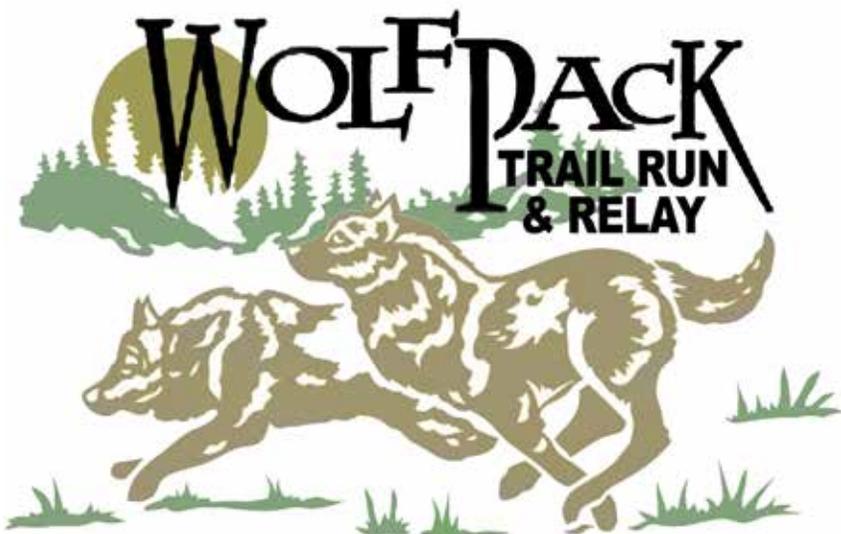
Sneak peak at our 2018...
Traditional Hateya
Christmas Ornament

... guaranteed to the 1st 120 runners.

Register today to assure you get yours.



Upcoming XCThrillogy event



Wolf Pack Trail Run & Relay

Sunday, Nov. 11, 2018
Bong State Recreation Area
Kenosha (Kansasville), WI

Register Today!!

Also includes the...

REGISTER TODAY!!



WHO DOESN'T LOVE THE SOUND OF LEAVES CRUNCHING BENEATH YOUR FEET AND THE CRISPNESS OF THE AIR ON A NOVEMBER DAY?

The Third Annual Wolf Trail Run and Relay is a few months, but for those planning an ultra distance or perhaps putting a relay team together... the timing is perfect!

New for this is the 50 mile distance to go along with our unique distances of 43.5 miles, 29 miles, 14.5 miles and 4.5 miles. You are welcome to walk up to the 29 mile distance. As with all of our events there are no cut off times.

Location is the Bong State Recreation Area in Kenosha County, WI and our odd shaped figure eight course has a 4.5 mile loop and a 10 mile loop. The 10 mile loop is mostly run on the horse trails that are mostly flat, scenic and at times a little challenging. The 4.5 mile loop is around the Vern Wolfe, which is wooded, a couple challenging kick ass hills and very scenic. Each loop intersects at our main aid station and your home base. For more information on Bong, visit <http://dnr.wi.gov/topic/parks/name/richardbong/>

The Trail Dog Distance Classic begins at 2:30 p.m. and the Distances are 4.5 miles or 9 miles.

For additional information about the Wolf Pack Trail Run and Relay or any of the other XCThrillogy Events, please call 262-925-0300 or e-mail briant@kenosharunningcompany.com.

Let us know if you have any questions.

A look at the 2018 Medallion



Special, exciting announcement

1706 - 22nd Ave.
Kenosha, WI
(262) 925-0300

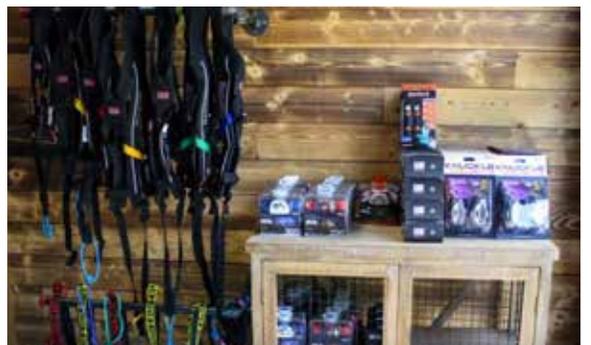


WE ARE OPEN!

Come visit & check out our showroom!

<https://www.youtube.com/watch?v=E5p0kkzWfIU&feature=youtu.be>

www.kenosharunningcompany.com



Upcoming XC Thrilllogy events



Trail Dog Distance Classic

Sunday, Nov. 11, 2018
2:30 p.m.
Bong State Recreation Area
Kenosha (Kansasville), WI

[Register Today!!](#)

Hateya Tail Run

Saturday, December 8, 2018
Petrifying Springs Park
Kenosha, WI

[Register Today!!](#)



Schneeflocke



Schneeflocke Trail Adventure

Saturday, Dec. 29, 2018
5:30 p.m.
Bristol Woods Park, Pringle Nature Center
Bristol, WI

[Register Today!!](#)

im Schnee festsitzen Trail Run

Saturday, Jan. 19, 2019
Bristol Woods Park
Pringle Nature Center
Bristol, WI

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



Product partners...



Upcoming area events

the FALL 50

October 20th, Door County

Solo Runner event information...

Start time: 7:00 am (ALL solo runners)

Finish time: 6 pm or 11 hours (a 13:12 per mile pace)

REGISTER: <http://www.fall50.com/door-county/registration/>

MORE INFORMATION: <http://www.fall50.com/door-county/solo-101/>



The Fall 50 is designed to be a daylong running adventure set against the colorful backdrop of Door County, Wisconsin during peak Fall colors. Participants may compete as members of a team of 2-5 runners or as a solo ultra-marathoner. The course starts at the northern tip of the Door County peninsula at Gills Rock. The starting line is in front of the Shoreline Restaurant, just up the hill from the Washington Island Ferry parking lot. The course travels south primarily on back roads along the western shoreline. It passes through quaint villages and beautiful park areas including Ellison Bay, Sister Bay, Ephraim, Peninsula Park, Fish Creek, Juddville, Egg Harbor, Murphy Park, Little Harbor, Old Stone Quarry Park and finally Sturgeon Bay.

The finish line celebration will begin at 1 pm at Sunset Park in Sturgeon Bay beneath a massive big top tent. Participants will cross the finish line directly in front of the party tent to the cheers and jeers of fellow runners. A DJ will be playing music and announcing the names of finishers for the friends, family, teammates and competitors waiting beneath the tent. The finish line buffet will include beer, soda, and pizza.

PACKET PICK UP:

Friday at Stone Harbor Resort from 2-8 pm or...

Saturday at the start line – The Shoreline Restaurant in Gills Rock from 6-6:59 am

40th John Jantz Memorial 5-mile race

Saturday, January 5, 2019 at 2:30 p.m.

8:00 AM – Online race registration closes. (Reminder; this event is online registration only.)

12:30 PM – Bib pickup opens at the Forum Convention Center Room. Non-runners can purchase wristbands starting at this time.

2:30 PM – 5 mile race starts just outside the Forum Room. (Start and finish are in same area this year.)

3:00 PM or by the time you finish running – Food, drinks, awards, music, fun. (yep, the party gets underway).

Join us for the best party race of the season! This five-mile event, hosted by Racine Area Running Club, held at the luxurious four-diamond Grand Geneva Resort & Spa, is the perfect weekend getaway for you and your running pals! The competition is stiff, the awards numerous, and the party rocks!



- Course: 5 mile out and back on country roads and around the resort.
- The 2019 post race party theme is a costume party.
- Location: Grand Geneva Resort & Spa, Forum Convention Center, 7036 Grand Geneva Way, Lake Geneva, WI 53147
- Entry Fee: Online registration only: \$37.00 each, (plus online processing fee added at checkout). Non-runners can join the party for \$25.00 each by purchasing a wristband at the door (no online or advance purchase option for non-runners). Non-runners are not eligible for door prizes.

REGISTER TODAY!!

Upcoming area events



WEEKLY AND BONUS PRIZES

- **Week 1:** Social Media Contest
- **Week 2:** Photo Contest
- **Week 3:** Random Act
- **Week 4:** Local Clothing Drive
- **Week 5:** Local Food Drive
- **Week 6:** Local Survey Prize

Goal: Total 40 miles by the end.
Duration: 40 days, 11/22/2018 - 1/1/2019

THANKSGIVING TO NEW YEAR'S.... IT'S A WEIGHT GAIN NIGHTMARE, BUT IT DOESN'T HAVE TO BE! JOIN THE HOLIDAY MILE!

RUN OR WALK 1 MILE A DAY FOR 40 DAYS, THANKSGIVING TO NEW YEARS.

CHALLENGE: Stay fit and motivated during the calorie-filled holiday season by pledging to run, walk, bike or swim at least one mile every day, from Thanksgiving until New Year's Day... and then your New Year's resolutions take over! We call this The Holiday Mile. Each participant receives a T-shirt, Finishers Medal and is eligible for some BIG prizes!

SPECIAL TEAM / COMPANY AWARDS! The Holiday Challenge is designed to encourage and maintain healthy life styles and reward individuals for doing so. You can take it a step further by making it a charitable fundraiser or simply a corporate challenge. Organizations that adopt this challenge will discover they will increase morale, create a healthy work environment and help alleviate some holiday stress. In addition, your team members are eligible for some BIG prizes from us and we'll donate \$25 gift cards to your organization to use as prizes. (One gift card per 10 people registered on your team).

DONT STOP THERE: Create incentives for your team with your own unique awards. Make it your own local charitable fundraiser. Consider donating food to local food shelters, collect pledges for every mile run or walked during the 40 Days and donate it to a non-profit.

CELEBRATE: Hand out medals at the end of the event to recognize the people with the greatest weight loss. Perhaps you will recognize those who have run the most miles or committed every day to keeping the pledge! The sky's the limit! Keep us posted, let us know how well it works for your organization via our Facebook page at <https://www.facebook.com/holidaymile/>

WHAT WE PROVIDE:

- Form a team of 10 or more people and we will donate a \$25.00 gift card for you to raffle off to your team members (One gift card for every 10 people signed up under your team name).
- Each registered person gets an event T-shirt and Finisher Medal
- Participants will be assigned a unique web page to collect and track pledges for charities* (Optional)
- Register 25 or more under your team and the team captain gets a dry fit hoodie!
- All Medals and T-shirts will be shipped to the Team Captain for distribution. (Teams Only)

VISIT WWW.HOLIDAYMILE.COM TO ACCEPT THE CHALLENGE!

Contact us at **877.570.4434** to learn more about collecting pledges for your own unique charities or causes... or if you have additional questions.

Upcoming area events

Adopt a Husky, Inc. has announced that the

7th Annual Bill Leonard Memorial Rig Rendezvous

will be held on Saturday, November 10, 2018 at 9AM. The 'Rig Rony is a fun, one day event, with the feel of a professional race. The Rig Rony follows the ISDRA (International Sled Dog Race Association) guidelines and is professionally timed.

Even though the Rig Rony is designed to give a beginner the opportunity to see what a race setting feels like, it attracts all levels of experience. The focus of the event is enjoying dog powered sports, sportsmanship and being able to mingle with experienced mushers.

The event consists of 5 classes of competition - canicross for both adults and juniors (8-15 yr), 1 dog bikejoring, 2 dog bikejoring, 2 dog scooter, 4 dog rig and a relay race that combines canicross, bikejor and rig. There are trophies for 1st-3rd places in all classes. No race experience is needed, however, your dogs must have experience and training for the event you are entering.

The canicross and 1 dog bikejor course is approximately 1.5 miles, all other classes run the longer course. The 2.5 mile classes will start at 9AM with the 1.5 mile events following. A MANDATORY driver's meeting will be held at 8AM. Doors open at 7AM. The event is held rain or shine at the Red Barn Farm Market, 3500 S. Route 47, Woodstock, IL. Please follow the event on Facebook for the latest breaking news on registration and sponsors and to chat with other participants...

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

Adopt a Husky is an all volunteer, 501(C)(3), non-profit organization that started in 1998. It's continuing mission is to provide a second chance for stray, abandoned, abused, or otherwise homeless purebred Siberian Huskies in Illinois and Wisconsin by finding suitable, permanent, loving adoptive homes. Bill Leonard, one of the founders of AAHI, was a mid-distance musher and enjoyed mentoring several volunteers that became not only a wonderful hobby for the volunteers but it also became a focus of many of AAHI's winter activities. Bill and his wife, Lois, both passed away in 2008 but their spirit lives on in the hundreds of Siberians saved and the countless hours on the trail those they influenced continue to enjoy. <https://www.adoptahusky.com/home>



WINDMILL TRAIL CHALLENGE 5K & 10K

DATES AND TIMES

Sunday, November 11th 2018 (rain or shine, hot or cold)

Registration at Shelter #4 (see below)

Race/Run start 9:00 am

5K/10K race awards shortly after conclusion of each race

LOCATION

Fabyan Forest Preserve, Crissey Ave/Rt 25, Geneva, IL

The preserve is located on Crissey Ave/Rt 25, south of Main St/Rt 38 and north of Fabyan Parkway. The event will be on the EAST side of Crissey Ave/Rt 25, while parking will be on both the east and west sides of Crissey Ave/Rt 25.



THE WINDMILL
TRAIL CHALLENGE
5k & 10k

<https://dickpondathletics.com/info/the-windmill-trail-challenge>

DISTANCE

5K (1 loop) and 10K (2 loops) timed race/run

REGISTRATION

Registration will be limited at 150 participants

Early registration until Oct 10, 2018 (or until event limit has been reached) \$25

Oct 10 – Nov 10, 2018 (available only if event limit has not been reached) \$30

Race Day (available only if event limit has not been reached) \$35

Course is mostly single-track dirt trail winding through woods, with portions of wider dirt trail, grass and asphalt. Expect trail conditions – uneven ground, exposed roots, small stones, etc. There are FOUR shallow creek crossings of ankle and lower calf depths.

XC Thrillology event review

5th Annual Pike River Trail Run/Walk & Canicross



We celebrated our first 5th annual event under perfect conditions, ideal but challenging trails, our traditional river crossing and a fun post event gathering for food & beer at our new location...

(www.kenosharunningcompany.com)

It was a special day in many ways...

1. Our first 5th Annual event.
2. PBS Milwaukee (Traci, Brian & Chris) were there to do a feature story on our event with a focus on the CaniCross.
3. Each of you that embrace our events either for the first or perhaps for the 30th plus time like my friends Mike Barth, Mike Biggio, Missy Gray & Dennis Matuch
4. For those that assist me is making this day and so many before it possible - Stephanie Zuehls, Nessa Zeuhls, Jaycee Navarro Weber, Jim Weber, Maggie Weber and my wife Tammy Weber.

I believe we had around 40 in the CaniCross event and close to 80 in the trail event, it was a fun day on the trails and everyone appreciated the nasty hill I included! Michelle said she called me a "dick" as she was running up... perhaps the highest compliment I have ever received!

Each of you inspire me and fill up my tank every time I see you. Thanks so much to Team RWB for your service and support, means the world to me that you support our events. A special thank you to David Christenson for his ongoing quiet support of our program.

The Fall Trail Season is just getting started... our next event is a night trail run/walk at KD County Park, here is the link <http://www.xcthrillology.com/trails-are-alive-night-adventure.html>. November 11th is the [Wolfpack Trail Run & Relay](#) and [Trail Dog Distance Classic](#). Then we will have 3 more trail events the balance of 2018. Hope to see you soon at our new location or at an upcoming trail event.

[Click here to review the RACE RESULTS](#)

[Click here to view all the EVENT PHOTOS](#)

Running it is just a way of life, Brian

Shoe promotion



Kenosha Running Company is the trail shoe running headquarters of Southeast Wisconsin. You are welcome to take our shoes for a run on our over 2+ acres to make sure you get a great fit.

When you purchase a pair of regularly-priced trail shoes, you will receive a **FREE Entry** into one of our upcoming events (*excludes the WolfPack Trail Run*)

XC Thrillology event review

A look back...



[Click to see more photos...](#)

XC Thrillology event review

A look back...



[Click to see more photos...](#)

Start planning your 2018-2019 CaniCross calendar



[Check out CaniCross on YouTube](#)

We are starting our third year of hosting CaniXC events and we are loving it! If you're wondering what CaniCross is then you're not alone. This is one of the fastest growing sports that one can do with their dog. 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. While you can certainly participate and just run with your dog the idea behind CaniCross is that the dog is actually pulling you while you are running.

You are welcome to run or walk with your dog either on a leash or with the dog harnessed and attached to your running belt. We can also properly fit you and your dog with harness, lead line and running belt. We are partners with Howling Dog Alaska, Non-Stop Dog Wear and Kurgo.

We want this to be a fun experience for both you and your dog, so we encourage you to come and try out this sport. We have two exclusive CaniXC events and five CaniXC events associated with our trail events. We will also have a number of additional dog friendly events.

<p>im Schnee festsetzen CaniCross</p> <p>Saturday January 19, 2019 Bristol Woods County Park Bristol, WI</p>	<p>Boreas Trail Adventure CaniCross</p> <p>Sunday February 17, 2019 Bristol Woods County Park Bristol, WI</p>	<p>Hills Are Alive Trail CaniCross</p> <p>Saturday March 16, 2019 Location: TBD</p>
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Sunday, April 7, 2019

This all-day event will be highlighted with 1.75m, 3.1m, 6.2m. We will have open and masters age groups and subcategories based on the weight of the dog.

This event is open to all abilities and walkers.

The course offers wide trails, challenging hills and great scenic views of this hill-n-dale course.

<p>Pike River Trail CaniCross</p> <p>Sunday September 29, 2019 Location: TBD</p>	<p>Trail Dog Distance Classic</p> <p>Sun., Nov. 11, 2018 2:30 p.m. (4.5m & 9m) Bong State Recreation Area Kansville, WI</p>	<p>Hateya Trail CaniCross</p> <p>Saturday, Dec. 8, 2018 10:15 a.m. (3.5m & 7m) Petrifying Springs County Park Kenosha, WI</p>
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Beyond our physical fitness



Credit 101

By: Tim Barthel

One of the most asked questions in sports is, “What’s the score?” By knowing the score you can tell if you are winning or losing. As runners we are always asking, “What’s my time?” or “What’s my pace?”. Keeping track of your pace is one of the best tools to ensure you are a successful runner.

When it comes to being successful with your money a great question to ask is, “What’s my credit score?” A good credit score can make a huge difference if you want to get the best deal on a loan, the best rate for your insurance, or even the best apartment. Here is a break down of the basics of a credit score so you can make sure you are on a path to credit success.

What is a Credit Score?

Most credit scores used in the United State today are built on the FICO® score model. This model was developed by Fair Isaac and Company in the 1950s and has been updated through the years. A credit score is the statistical measure of consumer credit risk, so it puts a number on the likelihood that a person is going to pay back a loan. The score generally ranges from 300 to 850. The higher the credit score, the more likely you are a good risk to pay back a loan. There are many models of the credit score so you may have different scores depending on who is pulling your credit and which credit bureau they are using to get your credit score. There are three major credit bureaus in the US (Experian, TransUnion, and Equifax). These bureaus receive reports on payment history and public records and use this information to calculate your credit score using one of the FICO® score models.



What Makes up a Credit Score?

There are five main factors that make up a credit score. According to myfico.com, these factors are payment history, amounts owed, length of credit history, new credit, and credit mix.

- **Payment History** – This is the highest weighted factor at 35%. What this means is that it is one of the most important items used to determine a credit score. It looks at all of the payments that a person has made on their loan and if they were on time or late.
- **Amounts Owed** – This is the second highest weighted factor at 30%. Amounts owed takes into account how much a person owes on the loans they have taken out. It also looks at balances owed on a person’s credit cards vs. the limits available on those credit cards.
- **Length of Credit History** – This has a weighted factor of 15%. It simply looks at the length of time a person has had credit. Lines of credit, like credit cards, can be very important for this factor because they can be open for lengthy periods of time.
- **New Credit** – This has a weighted factor of 10%. It looks at any new types of credit a person has opened.
- **Credit Mix** – This is the last weighted factor of 10%. It looks at the different types of credit a person has used and what types of credit they currently have open.

How to Improve a Credit Score?

The best way to ensure you have a good credit score is to think about the five factors that make up the score model and match that up to how you borrow with loans.

- **Payment History** – Because this is the highest weighted factor it is also the most important one to consider. The key to making payment history work for you is to make sure you always pay your loans on time. Even being 1 day late can have a large negative effect on your credit score. Different types of loans can have different effects when they are paid late so it is always good to make sure all of your payments are made prior to their due date.
- **Amounts Owed** – This factor can be little tricky because the credit scoring model does not take into account if you have the money to make payments on loans. It only looks at the total debt owed for the types of loans you currently have open. One of the best ways to build this factor is to keep your credit card balances low. The closer you get to the limits on your credit cards the more negative this factor can be on your credit score.
- **Length of Credit History** – The more credit history you have the stronger your credit score will be and the less likely your score will have major changes as you borrow and pay back money. One area that is important to watch for with length of credit history is credit cards. The longer you have a credit card open the more that card helps you to build a good credit score. Closing credit cards that have been open for a long time can have a negative impact on your credit score.
- **New Credit** – Getting new credit is good, but getting too much new credit in a short amount of time can have a negative effect on your credit score. To keep this factor strong you should plan your budget accordingly so that you are not opening a lot of new loans or credit cards in a short period of time.
- **Credit Mix** – Even though credit mix only makes up 10% of your credit score it can have a large impact on your score. It is important to think about the types of loans you take out. If you always use your credit card and never take out a car loan your score may not be as good as someone who has had multiple different types of loans in their credit history.

The important thing to remember about your credit score is that it is constantly changing and varies from place to place depending on what scoring model the business is using when pulling your credit score. To have a great credit score you need to make sure you responsibly manage how you use credit.

All of the information from this article is based on information found at myfico.com. This website is a great resource to understand credit scores because the information on this website comes from the company who created the credit score. Until next time remember to keep track of your score so you can succeed.

Tim Barthel is President/CEO of Southern Lakes Credit Union in Kenosha, WI. He has been part of the Credit Union movement for 16 years. His passion is helping people achieve financial success. Southern Lakes Credit Union serves people who live or work in Kenosha, Racine, Walworth, Milwaukee, Rock, and Waukesha counties in Wisconsin along with Lake and McHenry counties in Illinois.

Programs



MILITARY

The Kenosha Running Company is humbled and thankful to announce that all military veterans, active serviceman and their spouses will be able to run/walk all of our 2018 events for free. Enter in one of three ways; call our office at 262-925-0300, mail in an entry form or enter online (call to get a discount code). We are also looking for: 1. Assistant Race Director (volunteer position) to help nurture & grow this program. 2. We would like to give others the chance to support this program financially so it is maintainable and sustainable for many years to come.



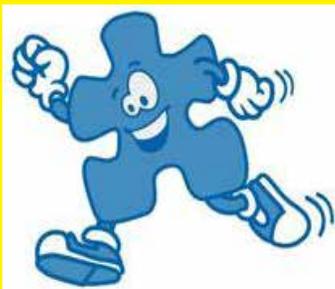
ADAPTIVE ATHLETES

As we evolve our events it is also time to evolve our ability to be as inclusive as possible. We are making our parade events on July 1st, July 4th and December 2nd wheelchair athlete, wheelchair assisted and amputee (those able to run or walk on blades or similar) welcoming events. We are desiring to make all of our events welcoming to visually impaired runners and walkers. We are also wanting to accommodate those that suffer from PTSD by starting at an earlier times. With this program in mind, we need: 1. Assistant Race Director(s) (volunteer position). 2. Guide Runners & Walkers.



KID'S TRAIL EVENT

We would like to develop four kid trail races that would be 400 to 800 meters that would be run at the conclusion of our regular trail events. I am thinking our March, June, Sept. and Sept. events. We are in need of an Assistant Race Director to oversee and develop this aspect of our trail events.



AUTISM TRAIL TEAM

I have read stories on a similar program out East and want to develop and support an ATT here in SE WI. Honestly I have no background in this and ignorant to all the many aspects that parents deal with and the different levels of Autism. We need some coaches and Assistant Race Directors (volunteer positions) to help develop and manage this program.

PARTNERSHIP REQUEST FOR NEW MILITARY PROGRAM

All of our events for military veterans, active serviceman and their spouses will be free. In order to make this program maintainable and sustainable we will need partners to promote our events and provide financial support. If you are willing to join us in making this new program a success please contact me and let's discuss how to achieve our shared objectives. Any amount of time or financial assistance is welcome and sincerely appreciated. Thank you for your consideration. If you are ready to make a financial contribution, make your check to Kenosha Running Company, Inc. and mail to: PO Box 126, Kenosha, WI 53141. If you would like to honor someone with your contribution, please let us know.

Contact Brian Thomas at 262-925-0300 or e-mail briant@kenosharunningcompany.com if you have questions on these programs and/or want to assistant with your time.

Special offers



***** SPECIAL OFFER: Buy a pair of shoes, and you get to participate in one of our events for FREE!!!!**

(Excludes the Hot Hilly Hairy, Hilloopy and WolfPack Trail Run events.)

To purchase online, click here...

Introducing the Altra Escalante

Introducing the Limited Edition Escalante™, this Altra Ego™-equipped runner is our popular Escalante but in a limited release color. It features an engineered knit magenta/gray upper for a sleek, sock-like fit and flexibility. Built on Altra's PFS performance last with a responsive Altra Ego™ midsole and decoupled heel, the Escalante is designed for a fast ride with energetic rebound and minimal ground contact. Take a run and unleash your alter ego with the all-new Altra Ego™ experience. You can't have too many Escalantes, right?! Right, so grab yourself a pair before they are gone.

Questions, concerns and to place your order, e-mail briant@kenosharunningcompany.com anytime or call 262-925-0300.



361-SPIRE 3

To purchase online, click here...

Run for FREE!!!

Purchase of all new shoes...
receive 1 of our select trail running events FREE!!

We also have special discounts for the 361° shoes at all of our events.



361-MERAKI



store proudly offering...



To purchase online, click here...

PET RUNNING GEAR:

www.kenosharunningcompanystore.com/

XC Thrilllogy product & gear



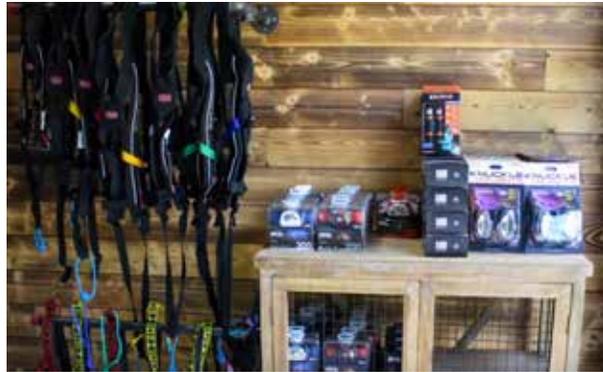
Kenosha Running Company is on the grow! Check it out...

Kenosha Running Company Online Store (<https://www.kenosharunning-companystore.com/>) or visit our New Specialty Destination located at 1706 - 22nd Avenue, Kenosha, WI.

XC Thrilllogy Swag for Sale

- String Bag\$8.00
- Large Red Duffel 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-Blisters 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



Hybrid CONCEPT



XC Thrilllogy calendar (www.XCThrilllogy.com)



caniX EVENT

Saturday
Jan. 19, 2019
Bristol Woods County Park
Bristol, WI



caniX EVENT

Sunday
Feb. 17, 2019
Bristol Woods County Park
Bristol, WI



caniX EVENT

Saturday
March 16, 2019
Location: TBD



DOG friendly

Saturday
June 8, 2019
Petriying Springs Park
Kenosha, WI



Sunday
June 30, 2019
Kenosha, WI



\$\$\$ prize money

Thursday
July 4, 2019
Somers Post Office
Somers, WI



Saturday
July 27, 2019
UW-Parkside Cross Country Course
Kenosha, WI



\$\$\$ prize money

Saturday
July 27, 2019
UW-Parkside Cross Country Course
Kenosha, WI



Special Olympics Wisconsin

Special Olympics State Cross Country Meet
UW-Parkside Cross Country Course
Kenosha, WI



Saturday
August 10, 2019
Silver Lake County Park
Salem Lakes, WI



caniX EVENT

Sunday
September 29, 2019
Location: TBD



Saturday
Oct. 20, 2018
KD Park
Burlington, WI



\$\$\$ prize money

Sunday
Nov. 11, 2018
Richard Bong State Recreation Area
Kansasville, WI



caniX EVENT

Saturday
Dec. 8, 2018
Petriying Springs Park
Kenosha, WI



Saturday
Dec. 29, 2018
KD Park
Burlington, WI

Check out
www.XCThrilllogy.com
for more details.