



XC Thrilllogy Newsletter

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Chardhi Kala 6K

Saturday, August 1st

An event that represents the best of each of us, despite the tragic reason for this event...

Chardhi Kala 6K

The Chardhi Kala 6K will be a community event honoring those we lost on August 5, 2012, as well as celebrating all that we have done to bring the community closer together. In the years following the tragic events of August 5, 2012, the Oak Creek community has undergone some incredibly positive growth. Despite the horrific nature of this tragedy, the events of August 5th propelled many into action, resulting in numerous service events and the coming together of diverse communities. Members of the Sikh community played a highly visible, integral role in the community and were embraced by the greater Oak Creek community.

August 1st – Oak Creek, WI
<http://www.chardhikala6kwi.org/>

HILLOOPY

RELAY



Hilloopy 100+ Relay & Hot Hilly Hairy 50K • 30K • 20K

Saturday, July 18, 2015

UW-Parkside National Cross Country Course – Kenosha, WI

The most unique running event in Southeast Wisconsin hits the XC course this Saturday at the UW-Parkside in Kenosha.

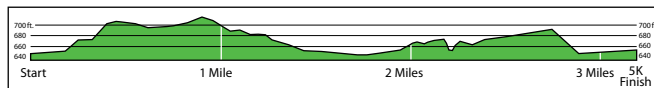
They have a **cRaZy** offer for those wanting to run/walk the Hot Hilly Hairy 50K, 30K and 20K as a solo or relay event.

In addition to the normal starting time at 6:00 am (chipped timed), you can choose to start at noon or 6:00 pm (with an unofficial finishing time)...

for only \$10.00 solo and \$10.00 person for the relay.

Sign up the day of race, no t-shirt but you will get a finisher's "running artwear" necklace.

Visit www.XCThrilllogy.com for more event information.



Upcoming events...

- **Hilloopy 100+ Relay**
Saturday, July 18, 2015
UW-P XC Course, Kenosha, WI
- **Hot Hilly Hairy 50K**
(includes 30K & 20K as well)
Saturday, July 18, 2015
UW-P XC Course, Kenosha, WI
- **Run United**
Saturday, July 25, 2015
Elkhorn, WI
- **Cudahy Classic 10m & 5m**
Sunday, July 26, 2015
Cudahy, WI
- **Chardhi Kala 6K**
Saturday, Aug. 1, 2015
Oak Creek, IL
- **Full Moon 4 Miler**
Sat., Aug. 1, 2015 - 8:30pm start
Waterford, WI
- **Laps for Literacy**
Saturday, Aug. 1, 2015
Kenosha, WI
- **North Chicago Community Days 5K**
Saturday, Aug. 1, 2015
North Chicago, IL
- **Harbor Days - Run For Nature**
Sunday, Aug. 2, 2015
Winthrop Harbor, IL
- **Gurnee Days Trail Run**
Saturday, Aug. 8, 2015
Gurnee, IL
- **County Executive 5K+**
Saturday, Sept. 12, 2015
Paddock Lake, WI
- **Pike River Trail Run/Walk**
Saturday, Oct. 3, 2015
Petrifying Springs Park,
Kenosha, WI
- **Moraine Hills Run for the Hills 10K & Half Marathon**
Saturday, Oct. 3, 2015
McHenry, IL
- **North Face Endurance Challenge**
Sunday, Oct. 4, 2015
Kettle Moraine State Forest
- **Hateya Trail Run/Walk**
Saturday, Dec. 12, 2015
Petrifying Springs Park,
Kenosha, WI
- **Hills Are Alive Trail Run/Walk**
March 2016
KD Park, Burlington, WI

Harbor Days - Run For Nature

Welcome to Harbor Days 2015 in Winthrop Harbor, IL Sunday, August 2nd

Participants in the 5/10K runs and 3K Walk will be surrounded by some of the greatest natural resources in the State of Illinois. Much of the weekends activities will be centered in North Point Marina, which is part of Illinois Beach State Park. Located just east of Sheridan Road and

south of Russell Road in the very Northeast corner of the State of Illinois. Our 5K run will wind through the Marina Complex and a trail in Spring Bluff Nature Preserve (SBNP). The 10K race will then continue south into the part of Illinois Beach State Park (IBSP) that has also been designated as a Nature Preserve. Both SBNP and IBSP have numerous rare and endangered species of plants and animals. Click on the [Maps](#) tab to view the routes. We have also added a 3K Walk that takes you primarily through Spring Bluff Nature Preserve.

After your run, we hope you will enjoy the post race party which is part of [Harbor Days](#). We will have many food vendors, live music from **Mellencougar**, arts and crafts, and RC Car Racing. Harbor Days runs all weekend July 31 - Aug. 2 with live bands, an in-water boat show, Dog Days, Venetian Boat Parade and a Huge fireworks show. The Festival and parking are Free, the weekend - **unforgettable!**

<http://www.harbordays-runfornature.com/>



Gurnee Days Trail Run

The 10K race course, which is USATF certified (IL-05101-JW), and the 2 Mile Fun Run/Walk, challenges participants to test their abilities. The race starts at Warren Township High School O'Plaine Campus and follows the scenic Des Plaines River Trail System. The first 300 race registrants will receive a race T-shirt. T-shirts can be picked up Thursday, August 6 at the Hunt Club Park Community Center located at 920 N. Hunt Club Rd. between 10:30am-12:30pm and 4:00-6:00pm. T-shirts not picked up by the start of the race will be forfeited.



Refreshments and food are provided at the finish line. 10K awards are given to the overall male and female; and the top three finishers in each age category. The 2 Mile Fun Run awards are given to the overall male and female and the the top three finishers in each age category.

Saturday, Aug. 8, 2015 — Gurnee, IL

<http://www.gurneeparkdistrict.com/events/eventdetail/1228/-/gurnee-days-trail-run>

XC Thrilllogy Trail Team is here!!

It has been great getting to know so many trail runners and walkers over our past four events and I think it is time to do something crazy! That is to develop a trail running team and create some fun beyond the XC Thrilllogy events. I will be putting more information together on the team and what I have in mind, but honestly I would like lots of input from you. So please call 414-719-4771 or e-mail briant@kenossharunningcompany.com & share your ideas.



HERE IS SOME TROUBLE I WOULD LIKE TO START!

We have recently partnered with North Face Endurance Challenge, they are having a Half Marathon, 10K and 5k on October 4th in the Kettle Moraine State Forest and there is an XC Thrilllogy trail event on October 3rd, so this is what I am thinking, we double up for our first XC Thrilllogy Trail Team Adventure. Let me know if you are interested, I have a special discount code for you as well: **KRCWI15 for 15% off.**

XC THRILLOGY EVENTS — North Face Endurance Challenge Series Partnership



The two companies have agreed to cross promote each other's events.

XC Thrilllogy will be developing introducing the XC Thrilllogy Trail Team to run the North Face Endurance Challenge Half Marathon, 10K and 5K on October 4th at the Kettle Moraine Trails.

Use discount Code KRCWI15 for 15% off and contact Brian Thomas at briant@kenossharunningcompany.com about the XC Thrilllogy Trail Team program. Weekly Trail Runs for all abilities will start July 26th, to start training for this event and others.

Please [click here](#) to visit North Face Endurance.

We Need Your Involvement...

The XC Thrilllogy Newsletter has several objectives, but a key one is to have content provided by you! Writing about an upcoming event in Northeast IL or Southeast WI. Your experience running/walking an event near or far. News about your club. Information about running routes, hidden trails, weekly group runs, or post work out fun at local pizza & beer joint.

I do encourage you to become involved, contribute and read!!!

Running it is just a way of life!

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