



XC Thrillology Newsletter

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

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



As our tradition grows for unique distances, formats and great local trails, you will enjoy this event, I promise! The trails along the Pike River in Petrifying Springs County Park and on the surrounding grounds of UW-Parkside evolve every year as a result of nature. We will again be having an optional river crossing.

The course starts out cross country meet style with wide starting line and you will run on an open area for about 200 meters, before making a left turn for another 150 meters before entering the trail system. This year's course will be challenging and welcoming to both runners and walkers (yes, we are dog friendly). The course will be approximately four miles and you will encounter great views, designated selfie zones, perhaps some hidden swag on the course, one aid station, rocks, roots, water for those willing and a great time.

This will be a solo event for walkers at the 4 mile and 8 mile distances, runners can select between 4, 8, 12 or 16 miles and relay runners (alternating the 4 mile loop) select the 16 mile distance. We will have some standard awards for the runners in the 8, 12 and 16 events and numerous fun and personal awards for everyone (almost everyone depending on my mood!).

To finish things off we will be serving craft beer, craft soda, crepes, pizza and other fun food. Entry fees and purposely held low \$22 walkers, \$27 runners, and \$45.00 relays (early signup). We will have a custom bag for the first 140 registered, to learn more about this event visit www.XCThrillology.com and to sign up <https://www.signmeup.com/site/online-event-registration/111280>. For more information or to become a sponsor for this event call 262-925-0300.



Wolf Lake Trail Run

Sun., Sept. 25 • 10:30 a.m.
Bong State Rec Area
Kenosha (Kansasville), WI

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

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

Upcoming Wisconsin Relays

- **Ahnapee Summer Solstice**
Saturday, June 18, 2016
Sturgeon Bay, WI
- **Coureurs de Bois Relay**
Saturday, June 10, 2016
Kenosha, WI
- **Hilloopy 100+ Relay**
Saturday, July 30, 2016
Kenosha, WI
- **The Fall 50**
October 2016, Door County, WI



The Father's Day 10K/5K/Kids Dash

...will honor fathers, raise awareness for Men's Health and promote health and wellness through running for everyone.

Register solo or as a team!
Sunday, June 19th

The following team categories are available:

- | | |
|--------------------------------|---------------------------------|
| Father/Son 5K Team | Father/Son 10K Team |
| Father/Daughter 5K Team | Father/Daughter 10K Team |
| Spouse/Spouse 5K Team | Spouse/Spouse 10K Team |

The two races will follow a gorgeous, family-friendly, race course along Cary's well-known and competitive running routes. The Finish line will offer drinks and snack buffet. Following the two races, a Kids Dash will challenge the youngest participants. The event will culminate in an Awards Ceremony where winners from each age group and teams will be recognized and awarded their medals. This run benefits the TTCCA (Trojan Track, Field & Cross-Country Association - for more information, please visit <http://www.ttcca.org/>) - an organization that supports and promotes lifelong health & wellness through running and the Men's Health Network - an organization that works to significantly improve male health, longevity and quality of life.

Join us as we Race to Raise Awareness for Men's Health and health & wellness for everyone. For more info, please visit: <http://www.ttcca.org/fathers-day-10k5k.html>. To sign up, please visit: <https://register.itstracetime.com/Register/groups/default.aspx?newgroup=true&event=33584>



- STAR 105.5 radio on site day of race
- All pre-registered 10K finishers receive a medal
- 5K course is walker and stroller friendly
- Race shirt for all pre-registered runners
- Limited race-day registration

Check us out on FACEBOOK:
<https://www.facebook.com/CGTrack-andCrossCountryAssociation>





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

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

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

Are you ready to embrace the distance of perhaps a lifetime and have the running party of the summer all the same day? Welcome to the Hot Hilly Hairy held at the Wayne E. Dannehl National Cross Country Course in Kenosha, WI and mark your calendar for July 30th!

You can run/walk any of these distances as solo runner or relay team. 85K – 50K – 30K – 20K – 10K We realize that for many runners that a 10K, 20K or 30k would be their longest ever run or walk perhaps and we embrace you and welcome you. Those looking for the perfect course to test your will, the 50k and 85K run on this 5K loop course is the perfect setting. The layout is perfect for aid stations every 1.5 miles, a cooling station with 5 gallon buckets of ice water & towels, designated sections for runners in each distance and lines of tables to layout your additional fuel and drink. Swag... Medals – sorry no medals (not original enough for us). Belt Buckles – sorry no belt buckles (do you really wear them on a belt!). What are we doing? We are breaking out with custom made Crowns/Tiaras!

New for this year will be wildlife cameras on the course to get great pics without you even knowing! This pictures will be posted on our website and free for you to download, share and print off. Yes, we are always doing our best to bring you the best experience pre-during and post our event.

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

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



The Hottest Swag for any Event!
Guaranteed for the first 150 6:00am HHH starters (individual or relay). We work with a fair trade company that deals with local merchants in Southeast Asia (Thailand and Vietnam).

**XC Thrilllogy
Event Sponsors:**



**INDUSTRIAL
SAFETY CONTROLS INC.**



**Innovative
Thinking
INCORPORATED**

Become a Sponsor...
you will find our sponsorship program unique in many ways, and we are open to discussing your ideas and creating just the right fit for your products and services. We look forward to working with you and developing a mutually beneficial relationship.

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

Upcoming events...

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

XC THRILLOGY Partnership Events

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

[Wisconsin Marthon,
Half Marathon & 5K
Kenosha, WI.
Saturday, May 7.](#)
Discount code: KRUNCO16

[Fox Cities
Marathon & Half Marathon
September 16-18](#)
Discount code: KRUNCO16

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

Running Free Trail Run & Beach Party

Saturday, August 13
Bong State Recreational Area

This event is an invitation only for those that have run/walked in our previous events. You will also be permitted to invite as many running guests and non-running guests as you like. You will receive a formal invitation in May. Please mark your calendar!

**The distances are estimated at:
4.5m, 9m, 13.5m and 18m.**

We will be running loops around Wolf Lake and you can run solo or as a 2, 3 or 4 person relay.

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



Wolf Pack Trail Run

Sat., Nov. 12, 2016 • 10:30 a.m.
Bong State Recreational Area
Kenosha (Kansasville), WI

Mark your calendar for a great new ultra distance trail running and walking event at Bong State Recreational Area. We are in the process of finalizing course details, but after running out there the past several months everyone will be pleased with our course. In the process of determining the best course from a runner, walker, course support and spectator friendly perspective we will have a figure eight course for the 42 mile, 28 mile and 14 mile distance and 4.5 mile distance around Wolf Lake. The distances are estimated at this point and the starting times will be 7:45 a.m. for the 42 and 28 mile and 10:00 a.m. for the 14 mile and 4.5 mile distance. Runners are welcome at all distances and walkers are invited to embrace the 4.5 mile, 14 mile and 28 mile distances. All the details will be finalized by the end of May, stay tuned and visit our [website](#) and [Facebook page](#).



Attention Hilloopy & Hot Hilly Hairy Runners...

Run the Wolf Pack Trail Run for FREE when you have a friend sign up!

An exclusive offer for all runners that ran on a Hilloopy Team or that ran or walked the Hot Hilly Hairy. More details coming, but mark your calendars for Nov. 12th and recruit a friend!

HILLOOPY

RELAY

Saturday, July 30, 2016

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



Time to Get Your Team On!!!

We have already equalled the number of teams that entered in 2015 and the Running/Tailgate Party has not even started yet!

Hope your calendar is marked for July 30th, your GPS is programmed for the Wayne E. Dannehl National Cross Country in Kenosha, WI and your running mates are lined up. This is an event that you want to be a part of and create perhaps the best shared running memories ever. Yes I said ever!

Your team will embrace 33 loops of the 5K course, DJ playing music all day, plenty of like-minded runners to socialize with all day, putting your personal touch and flare with your team camp and taking more selfies than should be allowed!

Housing is available on the campus of UW-Parkside directly across the street from the course, you can set up on Friday night and pick up your packets... we will have custom swag, number of runners on a team – minimum of 2 to unlimited and our objective is to make this the most personal, well run and best team running experience - period!

Please contact us if you desire to be on a team, but unable to put your own team together. We are forming teams for runners just like you.

E-mail: stephaniez@kenosharunningcompany.com for more information and get set up.

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

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

UPDATE: We have matched our 2015 team total and have another 22 confirmed!!



2016 Hilloopy Running Artwear

Breaking away from our traditional colors to have a little fun... wrist and ankle bracelets.

Please note these will be made by a group in Las Vegas that have mental and physical challenges, so they will also be unique in some way as well.

XC Thrilllogy Gift Certificates!

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

[Check them out today!!](#)

The North Face Endurance Challenge Teams Up With Kenosha Running Company

Sept. 17-18, 2016
Kettle Moraine State Forest

DISTANCES:

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

Sunday, September 18:
Half Marathon, 10k and 5k
Have you decided to embrace the Challenge? If yes, use discount code KRC15 (case sensitive) for 15% off. If you would like training plan/guidance to ensure a successful event, we offer complete training and coaching services.

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

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

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

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



You have been challenged
to complete the...

RUNdezvousrace.com

July 9th, Crystal Lake, Illinois - Lippold Park
Visit RUNdezvousrace.com to check out the website.

There is no other race in the world like this one. You start by doing some knots, you get to pick the route you want to complete the middle 12 events and you finish by throwing hatchets. The 12 events in the middle could be one of these: Fire start; Water carry; Log splitting; Log/firewood carry; Knife skills; Archery; Lasso throw; Compass reading; Bear bag hoist; Set up a shelter; Set up and trigger a trap; Elk Drag (no you don't really drag an elk, but almost as heavy); Memory; Sling shot; Trivia; or Sawing. After you finish the race, you get to brand a piece of leather with the RUNdezvous Race logo as your keepsake finish "medal."

One of the biggest items that prospective participants are concerned about....? I have never done "that" before, so I am not going to do the race. Well check out website and we will have our practice sessions all set up for you to attempt "that" item you can't do or are concerned about.

Maybe you have friends or members that don't want to participate in race, maybe volunteer?
Volunteer via the website: RUNdezvousrace.com

Brian Schweitzer
bschweitzer@d15.org • 815-814-1100

Weekly Group Trail Runs...

Many of you are training for an upcoming trail event: Ice Age, North Face Endurance Challenge, Hot Hilly Hairy, etc...

If you are looking for a group to run with on the great trails throughout Kenosha County, you are welcome to join us. Regardless of your pace, everyone is welcome!! Please visit our [Facebook page](#) for updates.



QUESTIONS?

Contact Brian Thomas

briant@kenosharunningcompany.com office: 262-925-0300



XC Thrilllogy Newsletter...

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

XC Thrillology sponsor: Miller Sports & Wellness

Position + Perfusion = Performance

Something as simple as breathing may be keeping you from your next PR. Inevitably you've heard about strengthening your diaphragm for running. Strengthening is futile, however, unless the proper patterns and positions are in place. Most people alter breathing patterns by their early teens, and progress these changes over time. Join me today as I briefly discuss WHY breathing is important and HOW you can start improving your breathing patterns.

WHY Breathing is Important to Mechanics

Recognizing proper breathing for appropriate oxygen and gas exchange to your body is obvious. The less obvious fact is how important breathing is to core and hip activation, spinal stability, and other factors of performance. Breathing is a key component of injury prevention and should not be overlooked.

Your diaphragm and the air filling your chest cavity are integral pieces of the delicate balance between mobility and stability within the body. When you use your diaphragm properly it contracts down into the abdominal cavity. Downward contraction causes an increase in pressure known as Intra Abdominal Pressure or IAP. Increased IAP works to support your spine, anchor your core and hip muscles, even change shoulder and neck mechanics. This little-thought-of process quite literally becomes the keystone of propelling yourself forward during running:

PERFORMANCE

- Without proper IAP, the muscles which drive you forward in gait cannot contract efficiently, it is as if they are pulling against jello.
- Your gait cycle is either slowed or generates less force for propulsion.
- The result may be what is holding you back from that next PR!

INJURY PREVENTION

- Without proper IAP, your body must find new ways to stabilize your back, hips and shoulders.
- Muscles that are not designed to stabilize at the same time as moving the body have increased load to bear.
- Breakdown of tissues and eventual injury may be near the core or hips, or may be anywhere in the body. (For a detailed description of how breathing is related to foot or heel pain, check out Chapter 3 of this book: tinyurl.com/PlantarFasciosis)

HOW to change over your patterns

There are numerous exercises out there, and many are incredibly useful. As you will often hear me explain, each case is different and a different tool must be used. For the most part, the same rules can be applied to most exercises. However details are so often forgotten that a once-great exercise becomes ineffective. Be sure to watch/listen carefully to the instructions.

I have chosen this series of exercises because I have found them the most universally effective. They are easiest to explain via video, so links to clips are included below:

[90-90 Breathing with Ribcage anchoring](#)
[360 Breathing](#)



**Dr. Therese Miller, DC,
ART, CKTP, CPT, HES**

www.millerswc.com
drtmiller@millerswx.com

My vision is to change the expectations patients have from their provider. I am very passionate about educating my patients and providing the highest quality care and evidence based techniques.

I founded Miller Sports & Wellness in 2010. I have a BA in Exercise Science/ Kinesiology along with a Chiropractic degree.

I grew up enjoying all types of sports, but found my true love in gymnastics. It taught me perseverance, developed many lasting relationships with mentors and colleagues, and drove me onto the path I am on today.

I live in Waterford, WI with my husband and young daughter. My hobbies include family time and trips to the zoo. I also dabble in competitive power lifting, power-kiting, swing dancing and binge watching movies whenever I get the chance.

HOPE RUN

K E N O S H A

Friday, June 3rd – Kenosha, WI

Start time: 7:00 p.m.

**Location: Celebration Park, 54th St. & Ring Road;
Downtown Kenosha, WI lakefront**

Distance: 5K run & 2 mile walk

WHAT IS HOPE RUN?

Hope Run Kenosha is a 5k Run & 2-mile Walk in the beautiful, downtown-Kenosha waterfront. This is an evening run/walk to raise awareness of Human Trafficking in our area. There are many opportunities to be involved: run, walk, volunteer, sponsor or pray.

FOCUS

Our purpose is to raise awareness of Human Trafficking, locally, nationally and internationally. Hundreds of children and adults fall victim to this demeaning and brutal crime. Hope Run Kenosha seeks to RAISE awareness of the SUPPLY & DEMAND in our area. Kenosha is one of the alley-ways in which traffickers transport their supply to and from. Learn to spot the signs and know who to call for help. Hope Run Kenosha seeks to: STOP THE TRAFFICK! Know the Human Trafficking Hotline: 1-888-3737-888

OUR MISSION

HOPE RUN KENOSHA, a 5k Run & 2-mile Walk exists to make it easy to find and experience HOPE.

GOAL

Offering hope as we RAISE awareness to CONNECT individuals with initiatives that RESTORE.

HOW

Each year, we will collaborate with local, national and international organizations seeking to offer hope to detrimental initiatives; offering financial assistance and manpower if/when possible. By offering Hope Run Kenosha our goal is to gather financial resources and volunteers to make a difference.

Hope Run Kenosha :: STOP THE TRAFFICK!



2016 XC Thrilllogy events!

www.XCThrilllogy.com



January 2017
KD Park
Burlington, WI

JANUARY

11:00am start. Low key trail run/walk. No set distance, log your miles with friends & fellow runners and record them when done. 3 hours to enjoy well marked trails in a treasure of a County Park. Heated indoor area to warm up, drink, eat and socialize. This is a dog friendly and snow shoe friendly event if conditions permit. This is a BYOS event (Bring Your Own Stuff!!)



February 2017
Bong State Recreational Area
Kenosha (Kansasville), WI

FEBRUARY

Low key trail run. BYOSS (bring your own stuff to share!). Trails will be well marked, one aid station and enclosed area but will have a shelter and a couple small fires. Family-friendly, walker-friendly and snow shoe friendly event, conditions permitting. 4.5 miles and 14 miles officially, but run/walk/snow shoe as much as you like just check in after official distance is completed.



March 2017
KD Park
Burlington, WI

MARCH

A unique trail running and walking event. We use the outer 2.5 mile loop, which includes great views of the lake and takes you on well-maintained trails. This course is very welcoming to newbie trail runners and walkers and to those wanting to challenge trail running abilities. Choose from the 8 or 5.5 mile running event or 5.5 or 3 mile walking event.



Sat., June 11, 2016
Petrifying Springs Park
Kenosha, WI

JUNE

An ideal trail running and walking event for the adventure-minded runners and walkers. If choosing to run the relay... you will have a two person relay totaling 16 miles, each runner alternating running 4 miles. Non-relay runners can select between the 16 mile, 12 mile or 8 mile event and walkers can select either the 8 mile or 4 mile event.



Sat., July 30, 2016
UW-P National XC-Course, Kenosha, WI

JULY

This is perhaps the most unique summer running event in the Midwest as everyone sets up camp, enjoys the tailgate party-like environment, and a DJ playing your favorite tunes! The relay is 33 loops of the 5K XC course. Minimum of two runners per team and no maximum number of runners per team. We will not track individual runners loops only total team loops and our goal is to make sure you and your team have a great experience.



Sat., July 30, 2016
UW-P National XC-Course
Kenosha, WI

JULY

The Hot Hilly Hairy is ran in conjunction with the Hil100+py Relay and is perhaps the best summer running event in the Midwest as everyone sets up camp, enjoys the tailgate party-like environment, and a DJ playing your favorite tunes! There are two ultra solo distances of 85K and 50K, these can be ran as a relay team as well. We also offer solo or relay 30K and 20K. Then there is a 10K that starts at noon and a 10K that starts at 6 pm.



Sat., Aug. 13, 2016
Bong State Recreational Area
Kenosha (Kansasville), WI

AUGUST

This is an invitation only event. To be invited you need to have run/walked or volunteered at one or more of our events in 2016. This will start and finish at the Beach on Wolfe Lake. You can run/walk as an individual or as a two-person relay for 5m (individual only distance), 10m, 15m or 20m (15 & 20 miles are run only events). Good food, craft beer, craft soda, music, creative swag, beach fun and amazing trail loving runners/walkers.



Sat., Sept. 10, 2016
Old Settlers Park
Paddock Lake, WI

SEPTEMBER

Join the Kenosha County Parks Department and Kenosha County Executive Jim Kreuser in celebrating Oktoberfest with a family-friendly morning run/walk and enjoy the scenic neighborhood surrounding Paddock Lake. The start and finish will take place at Old Settlers Park. We encourage you to dress in Oktoberfest theme to add a little fun and bring a few like-minded friends and family.



Sat., Oct. 1, 2016
Petrifying Springs Park
Kenosha, WI

OCTOBER

Starting like a cross country meet, you will then experience single track, rocks, roots, water and hills, while encountering paved bike paths, golf course, groomed trails and rugged trails, possibly crossing the Pike River throughout the 6.4 miles. The Trail Walk (3.5 mile) will follow the same trail as the runners for about 1 mile, you will then be on some of the best walking trails in SE Wisconsin.



Sat., Nov. 12, 2016
Bong State Recreational Area
Kenosha (Kansasville), WI

NOVEMBER

The Richard Bong Recreational Area, Kansasville, WI is the home for the Wolfpack Trail Run. The 14 mile loop will include prairie, woods, hills and scenic lake views on a well marked and supported course. You can select between 14 miles (9 am start), 28 miles (8 am start) and 42 miles (7 am start). The 14 mile event is walker-friendly as well. We will also have 4 mile trail run/walk that starts at 10 am.



Sat., Dec. 10, 2016
Petrifying Springs Park
Kenosha, WI

DECEMBER

The Hateya Trail Run (approx. 6.4 miles) and Walk (approx. 3.5 miles) will take you on adventurous trails in Petrifying Springs Park. The finish is at Shelter One where everyone can enjoy the great food, drinks and a bonfire to warm up at. The run will start with a cross country style start, before you head into the woods in which you will encounter some single track trails, rocks, roots, nasty hills, and possibly snow.