



www.XCThrillology.com



Kenosha Running Company

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Issue #41 • August 2018



REGISTER

Nightcrawlers Trail Adventure

Saturday, Aug. 11

Silver Lake Park

Silver Lake, WI



Event alerts

- **Tri My Best Triathlon**
Sunday, Aug. 5 – Kenosha, WI
- **Nightcrawlers Trail Adventure**
Saturday, Aug. 11 – Silver Lake, WI
- **Fort2Base**
Sunday, Aug. 26 – Chicago, IL
- **Oktoberfest 5K+**
Saturday, Sept. 8, 2018
Paddock Lake, WI
- **North Face Endurance Challenge**
September 15-16
Kettle Moraine State Park, WI
- **Walk, Roll n Run 5K**
September 22 – Kenosha, WI
- **Pike River Trail Run/Walk**
September 29 – Kenosha, WI
- **Trails Are Alive Night Adventure**
October 20 – Burlington, WI
- **Fall 50**
October 20 – Door County, WI
- **Wolf Pack Trail Run & Relay**
November 11 – Kenosha, WI

The chaos of life!

July has been an amazing month in so many ways... amazing in getting things done, having three events, dealing with a hamstring issue that has kept me from running, meeting people I would have never expected, in the process of moving my office/business to our new building this coming weekend, and so many other details.

We started the month by kicking off two 4th of July Parades with runs and ended the month with the Hilloopy & Hot Hilly Hairly (quick recap is in this newsletter)! Now August is waiting patiently and this month has plenty of “amazing” to share!!!! We will be opening the Kenosha Running Company Specialty Running and Canicross destination (1706 - 22nd Ave., Kenosha - look for our FB posts and e-mail announcement), we will be attending the Border War Beer Fest sponsored by the Boys & Girls Club of Kenosha (we will be promoting our events, free stuff and great discount of running

shoes!), Fort2Base will have a tent there and I hope to be running by then, my 8th season of coaching at Christian Life HS XC starts on the 13th, will we be assisting Safe Harbor Humane Shelter Dog Run & Walk (distances up to a 5K) on August 19th at Kennedy Park in Kenosha (info in this newsletter), I hope to be launching two podcasts and experimenting with a weekly FB live. Did I forget to mention the NightCrawlers Night Trail Adventure on August 11th, yes you need to join me!

I am also looking for two special assistance to work with me in developing our “destination” and assisting with our events. E-mail me if you are interested! The pay will suck, but you will get great deals on running shoes and gear, hang out at events with the coolest people, and have a flexible part-time schedule.

Running it is just a way of life! Brian

Our next XCThrilllogy events



Nightcrawler Trail Adventure

Sat., August 11, 2018
Silver Lake Park
Silver Lake, WI

Register Today!!

DISTANCES:
2.5m - 5m - 7.5m - 10m

Taco bar and fun awaits everyone at the finish!

Walker-friendly event.

Who is afraid of the dark? Not us!

This unique night trail run/walk event takes place at Silver Lake Park in Silver Lake, WI. Runners and walkers will have the ability to explore the park from a completely different perspective, the DARK! Walkers can enjoy a 2.5 or 5 mile walk in the woods, while runners have 2.5, 5.0, 7.5, or 10 mile options. After you have tamed your fears (and if you haven't been carried away by the things that go bump in the night), enjoy sharing your tales of the night. 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 (you can purchase when you sign up for the race online or in person). The trail will be well marked with reflective marking and "tricky" areas will be illuminated by ground lanterns.



Oktoberfest 5K+

Sat., September 8, 2018
Old Settlers Park
Paddock Lake, WI

Register Today!!

ir gehen heute Oktoberfest 5K+. Hast Du auch Bock?

Dust of your dirndl or don your lederhosen and help us kick off Oktoberfest as only runners and walkers truly can!

Presented by Kenosha County Parks and County Executive Jim Kreuser, the Oktoberfest 5K+ run/walk event is the perfect way to celebrate the start of fall and your new-found German heritage!

This is a scenic and challenging 5k + road course will wind its way around the neighborhoods surrounding Paddock Lake and leads you back to the start of the Oktoberfest party! Unique swag festivities highlight this fall event.

This is a welcoming event for all abilities and is dog friendly.

A portion of the proceeds for this event will benefit Old Settler's Park Band Shell project.

The purpose of the Old Settlers' Park Band Shell project is to build a permanent shelter where bands, music groups and other performers showcase their talents.

Noting the success of the downtown Kenosha bandshell, and no similar structure in Western Kenosha County, the nonprofit organization believes the addition can enliven the Village of Paddock Lake and surrounding communities. The Old Settlers' Oktoberfest board are targeting completion of the the band shell within the next 5 years.

Special, exciting announcement

**KRC World
Headquarters
Announcement...
OPENING SOON!!!!**

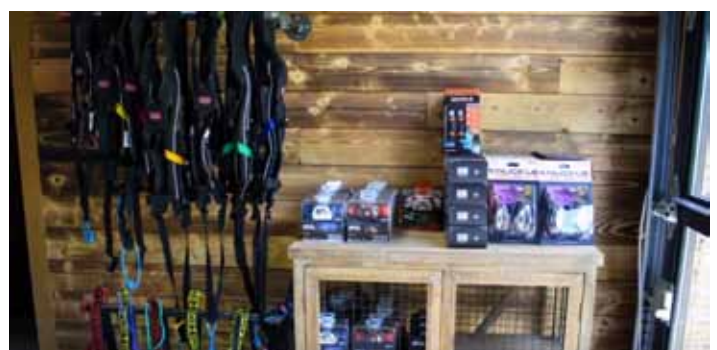
VIDEO:

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




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

www.kenosharunningcompany.com



Adaptive athlete events



September 22, 2018



4th Annual Walk, Roll & Run 5K/10K TRAINING CLINIC

ABOUT THE CLINIC:
Train in a group setting with clinician Brian Thomas to prepare for the upcoming 4th Annual Walk, Roll & Run 5K/10K.

Fees: \$55 / \$70

Fees Include:

- 6 weeks of training
- Weekly workout sessions
- Race entry for Walk, Roll & Run

Min: 6 athletes **Max:** 16 athletes

Dates: August 13 - September 22
Mondays, 5:30-6:30pm at the Beach Pavilion

REGISTRATION:
ONLINE AT RECPLEXONLINE.COM
OR VISIT THE RECPLEX GUEST SERVICE DESK



QUESTIONS? CONTACT ERIN
EWINCH@PLEASANTPRAIRIEWI.GOV
262-925-3647

ALL RACE PROCEEDS BENEFIT THE THERAPEUTIC RECREATION PROGRAM AT RECPLEX

Product partners...



Upcoming XC Thrillology events

Pike River Trail Run/Walk

Sat., September 29, 2018
Petrifying Springs Park
Kenosha, WI

Register Today!!



Trails Are Alive Night Adventure

Saturday, Oct. 20, 2018
6:00 p.m.
KD Park, Burlington, WI

Register Today!!

Wolf Pack Trail Run & Relay

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

Register Today!!



Also includes the...

REGISTER TODAY!!



Hateya Trail Run

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

Register Today!!

Upcoming area events



Use the code
KRC20 at
checkout to receive
20% off

Register Now:
<http://bit.ly/2Cm12NX>

North Face Endurance Challenge

The North Face Endurance Challenge Wisconsin event is less than two months away. Watch the race video from last year and get excited to race trail running distances of 5K all the way up to 50 Miles on Sept. 15-16.

Check out the video here: <https://youtu.be/OyfioqMNH-o>

Kenosha Running Company is partnering with The North Face Endurance Challenge Wisconsin again in 2018. The race will take place on September 15-16 on the trails of Kettle Moraine State Park and the Ice Age Trail. Race trail running distances of 50 Mile, 50K, Marathon, Marathon Relay on Saturday and Half Marathon, 10K, 5K on Sunday.

Website For More Details:

<https://www.thenorthface.com/get-outdoors/endurance-challenge/wisconsin.html>

** Please join me -- I will be running the Half Marathon.
KRC will also have a tent at the start/finish.
Brian Thomas, bthomas@kenosharunningcompany.com

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

Upcoming area events

Fort2Base Race

Join us for the 8th annual Fort2Base Race on Sunday Aug. 26th

TRAIN * RACE * CONQUER

The Fort2Base Race is a one of a kind event that begins in the historic Fort Sheridan, runs along the McClory Bike Trail, runs past the only boot camp of the Navy at the majestic Naval Station Great Lakes and finishes in Foss Park. There are two event distances, 10 Nautical Mile and 3 Nautical Mile (11.5 miles & 3.45 miles) both are runner and walker friendly!

All participants will receive a long sleeve 1/4 zip shirt, one of a kind medal, lots of post-race snacks, a family friendly post-race party and FREE downloadable photos!

The mission of the Fort2Base Race is to promote and cultivate a love of running \ walking in our community by organizing and executing an excellent annual event, Fort2Base. Through the Fort2Base events, we bring together the civilian and military communities in fitness activities. In order to create a world-class event, Fort2Base partners with public, private, and military entities. Your entry fee goes to support the USO of Illinois, the Navy Ball and the Khaki Ball.

Use code **KRC10NM** to save \$16 off the 10 Nautical Mile or **KRC3NM** to save \$8 off the 3 Nautical Mile event. Codes can be used for full priced and veteran pricing, online registration only. Codes cannot be applied once a registration has been completed.

Discount codes valid online only through August 14, 2018, for more information or to register visit www.fort2base.com

**** Kenosha Running Company will be attending this and I will be running 10 NM.**

Brian Thomas, bthomas@kenosharunningcompany.com



Upcoming area events



Border War Beer Fest, benefiting the Boys & Girls Club of Kenosha

Kenosha Running Company proudly supports the Boys & Girls Club of Kenosha. We will be there during this event. Stop by and visit with us.

Saturday, Aug. 4 from 3:00 – 6:30pm
Harbor Park • Kenosha

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

It will offer an impressive array of beer and hard ciders from the Illinois and Wisconsin and from around the U.S. In addition to the sampling of craft beers, attendees can purchase food and enjoy live music and other craft beer-centric activities. This new fest will feature Wisconsin and Illinois brewers in a friendly battle to see who takes home the “Willy”, a traveling trophy awarded to the state with the best brews as voted on by attendees at the fest. A Border War 5K run will be held prior to the fest, food truck cuisine and home brews will round out the line-up, and fest-goers can cheer on their state!



Kenosha Running Company proudly supports Safe Harbor Humane Society. We will be there during this event. Stop in to see us.

Sunday, Aug. 19 from 9am – 1pm • Kennedy Park, Kenosha, WI

SAFE HARBOR HUMANE SOCIETY

Walk for paws 5K RUN WALK

Family Festival
AUGUST 19TH 2018
 KENNEDY PARK 4051 5TH AVE, KENOSHA
 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, FOOD VENDORS
 AGILITY COURSE, PET DEMONSTRATIONS
 LIVE MUSIC FROM **VIBRATION FOUNDATION**

Bronze: Sponsors: Brainy K9 Dog Training, Kenosha Pet Sitter, Johnson Bank
 Silver: Sponsors: Shel-Ray Pet Shalet, Barth Storage, CARE Animal Hospital, Genesis950, First American Bank

Register Today at
www.safeharborhumanesociety.org

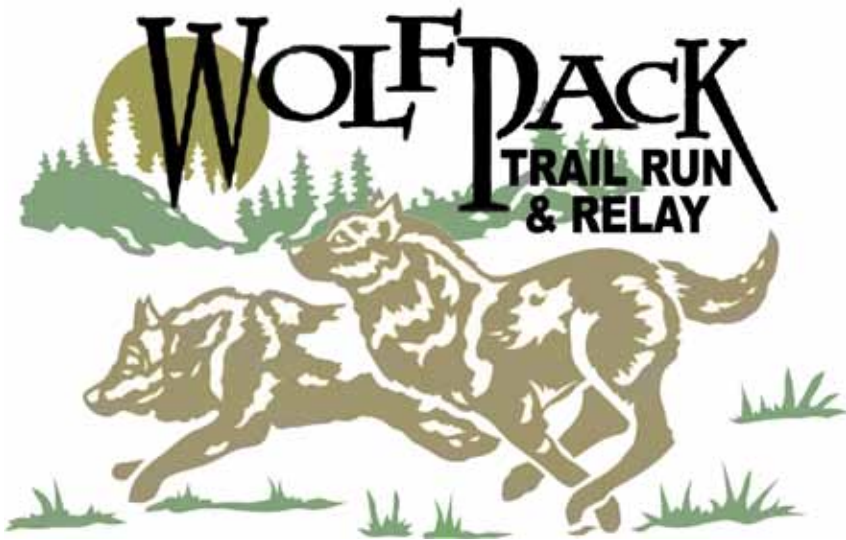


Sneak peak at our 2018... Traditional Hateya Christmas Ornament

... guaranteed to the 1st 120 runners.
Register today to assure you get yours.



XC Thrillology event preview



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/>

A tradition we started last year and will continue this year... If you have a DNF or DNS for any distance above a marathon in 2018, you can enter this event at 50% off, use discount code DNF18. Please note, you will not receive any of the swag that is offered that day as part of your entry. We have this DNF program through August 15th, no exceptions!

For additional information about the Wolf Pack Trail Run and Relay or any of the other XC Thrillology 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



XC Thrilllogy event review

A look back...

HIL100PY

RELAY

HOT HILLY HAIRY

Ultra Solo and Relay



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

XC Thrillology event review

This is a little long, but so is 102.3 miles!!!! Just a warning :)

Thank you for joining me for the 4th running of the Hilloopy and Hot Hilly Hairy, a sincere and appreciative Thank You.

Several hundred runners embraced the Wayne E. Dannehl National Cross Country in Kenosha, WI on a day that was blessed with amazing weather. We were also blessed to have a handful of that made race day a fun day, Stephanie (my "tent" office manager!), Kristin (office manager assistant & "gopher"), Bruce (lead bartender at the 1.7m aid station), Jaycee (music), GB Preble (HHH aid station), Andrea (organized our first ever kid's run) numerous runners that assisted in different ways when asked, PJ and Quin who assisted me on Friday during setting up XC Thrillology Village and to Tammy Weber (my wife) who puts up with my crazy ideas and helps in everyway imaginable and beyond.

We had a combination of 22 relay Teams in the Hilloopy and Hot Hilly Hairy... Four RunJunkEes Team, Oregon XC and the team of Misfits I put together have run all four years. Your willingness to put this on calendar each year is great! Green Preble HS (overall winner the past two years) and Team Old Style have attended the past three years.

Hot Hilly Hairy, distances ranged from 5K to 18 Hour Death March, perhaps the most unique event Dragon Dare 65K (30k @6am, 20k @ noon, 10k @ 6pm & 5K at 9pm). We had roughly 150 runners for the varying distances, with the 50k being the most popular distance. Dave Castronova and Shannon Chedade were the last two runners for the 18 Hour Death March total time of 17hrs 16minutes 52 seconds.

What I have come to recognize is that over the thousands of 5K loops that the hundreds of runners cover throughout the day... is that each loop for each runner has a story, a challenge and an opportunity meet someone new to be uplifted by or for you to uplift. I believe that this one great things with running this style of looped course.

We have a program that allow all military veterans, active duty and spouses to enter our events for free. We have had runners come from across the country as a result. I realize they spend hundred of dollars simply to attend, all for different reasons. In talking with Vinton, Marine Veteran, he was running with the picture of a fellow marine CPL Ryan pinned to his back, he was lost the battle to PTSD. Vinton ran the 100K, I asked him how it went today... he shared that I run each event for a fallen Hero, I then send the medal to the family, he said he has no other choice but to finish as he is not running for himself, but to honor a brother. I love our military and their commitment to us and to those that serve.

I want to know your stories, I want to share your adventure so that you can inspire others, I need your pictures and videos... I will be putting together a special edition of the XCThrillology newsletter and a FB post, our follow up email will simply not capture the spirit of the event and how incredible that you make it for each other and for me. I have been running for 44 years and perhaps I am a little partial, but I have never attended and event like this before.

Link for the pictures: http://www.xcthrillology.com/hilloopy_hhh-event-photos---videos---2018.html

My wife surprised with a special treat that she arranged, here is the link: <https://www.youtube.com/watch?v=uwddNKcI35E&feature=youtu.be>

Here is the link for the results:

Hilloopy: http://onlinaceresults.com/race/view_race.php?race_id=64690

Hot Hilly Hairy: http://onlinaceresults.com/event/view_event.php?event_id=21084

A GLIMPSE AT WHAT TAKES PLACE OVER 57 HOURS....

Friday, 5:30am - the day begins of prepping for HHH & Hilloopy

8am - pick up rental truck & load truck

9pm - start setting up the course & more truck loads!

10am - large white tent, tables and chairs are delivered

11am - putting up banners - main admin tent starts taking shape

noon - banners start to go up

1pm - Welcome signs for HHH runners and Hilloopy team go up

2pm - aid stations, music tent and HHH corrals

3pm - porta potties delivered

4pm - teams start arriving to set up their area

4:30pm - 7:30 packet pick up begins and welcoming runners

7:30pm - more set and prep...

8:15pm home, shower, grocery store, dinner

9:30pm to midnight - back at the course to continue set up and final prep

Saturday - 12:30am checking email and text messages from Friday for the first time

1:30am - go to the office to pick up a few things I forgot

2am - at the course trying to rest and going over the checklist

3:45am - set up cones on Cty Rd JR, lanterns, tape off County Park parking lot, hoping generator starts up and light things up

4:20am Stephanie arrives and the runners are starting to check in...

5:55am Lee Greenwood "Proud to be an American" gets everyone to the starting line. A little technical issue results in everyone singing the National Anthem together... moving moment for me...

6:06am the FUN begins...

Sunday 1:45am - I fall asleep

7:15am - time to start cleaning up UW-Parskide XC Course

2:40pm done with clean up and time for a nap!

Yes I told this would be long... Yes I still feel like I am hung over!!! (continued to feel hung over on Monday as well!!!)

I am very thankful for the friendships, the positive energy and the kinds that are shared. What an awesome collection of runners... Looking forward to an incredible 2019... I hope you will join me again or for the first time.

Running it is just a way of life. Brian

An inside look at CaniCross

Running with Odin by Kristin Lindstrom

I've been an off-and-on runner for the past 15-ish years. I picked running up in high school and have completed the gamut of road races, all the way up to a marathon. Unfortunately, I'm currently in a busy time of my life where I don't have many leftover minutes to get a run in very often. When I am able to find the occasional spare moment, the thing that tends to make it most enjoyable for me, recently, is running with my guy, Odin.

Odin is my 4.5 (ish) year old Alaskan Husky/German Shepherd Mix. We adopted him from a rescue last September, and he's been making our lives that much better ever since. We've gotten 2 more dogs since Odin, but he is, and will always be, my first boy, and the first one to make me a certifiably crazy dog mom. Because Odin was around 4 years old when we adopted him, and he was part husky, I knew I could try running with him.

Our first run together was abysmal. The entire time I thought I was going to either lose my arm or get dragged home. That evening ended with a trip to the store to invest in some new running gear. We bought him a harness and an elastic-type leash that wrapped around my waist so that he wasn't pulling my arm off. The next trip was better, but not by much. He still pulled like crazy and tried to dart after everything that we saw on the run. Other dogs, small animals, tufts of grass, it was all fair game to Odin. He seemed to think that our run together was a time for him to chase whatever happened to be in his line of sight. I was exhausted because I was being pulled at a pace that was WAY faster than my typical pace, and I was going back and forth between him darting and the elastic leash snapping us back together, almost constantly.



I realized pretty quickly that us running together wasn't quite working out. Part of the problem was that Odin didn't have any training. When we adopted him, they told us he knew the command "sit", but that was about it. I decided that he probably needed some training and we needed to build our bond together before I tried any more runs. So we enrolled in some classes and took a little break from the running/pulling fiasco.

It didn't take long for Odin to pick up what we were learning in class. We would go out daily on walks and work on new obstacles and commands to increase his self-confidence and his confidence in me. He was making really good progress, so I decided to try running again. I started with him running by my side, because at this point, he had learned how to heel nicely next to me when we were walking. That worked out for us for a while, until I started working with the Kenosha Running Company.

I worked my first race with KRC and saw all of the CaniCross participants, and just knew that it would be the perfect thing for me to get into with Odin. Even though he heeled nicely with me when we ran, I knew that he still loved to pull and would go faster if he could. After working that first race, I decided to pull his harness back out and give it another shot.

This time I felt like I was a little bit more prepared for what I was doing. I had talked with some of the CaniCross participants and had gotten some tips. I also had all of my training commands in my back pocket to help him to understand what I wanted from him when we were tied together and running. After all that preparation, it went much better. I was so pleased with how he did. We managed to settle into a rhythm together after the first few minutes. The pace was still a bit fast for me, but I appreciated the extra help.

We are still working out some kinks, but overall, running with Odin is the best part of my runs now. If I can't take him with, it doesn't even seem worth it for me to run. He is the happiest and most willing running partner that I have ever had, and I truly love our special time running to-

gether. I recently purchased a Howling Dog harness for him to use on our runs because it is much nicer quality than the harness that we had, and soon we'll be investing in a new leash/belt combo. Maybe you'll even see us with our new gear out at one of the races this fall!

Featured product of the month

Howling Dog Distance Harness

This is the harness that I recently purchased for Odin. It seems to be built for him. He looks way more comfortable in it than the other harness I had originally purchased for him. One thing I love about this particular harness is that I can use it for running and other activities, and when I do, I don't have to worry about him backing out of the harness and going on an unleashed doggy romp through the neighborhood. It has extra padding around the neck and along the back to help make it more comfortable for the dog when he/she is wearing it. It also has a reflective thread woven into it to help with visibility at night, which I found really neat and helpful. If Odin could talk, I'm sure he'd be telling me about how much more comfortable this harness is and how he loves the way he looks in it!

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>Watch for our 2019 event Bristol Woods Park Bristol, WI</p>	<p>Boreas Trail Adventure CaniCross</p> <p>Watch for our 2019 event Bristol Woods Park Bristol, WI</p>	<p>Hills Are Alive Trail CaniCross</p> <p>Watch for our 2019 event KD Park Burlington, WI</p>
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 <p>MIDWEST CHAMPIONSHIP</p> <p>Watch for our 2019 event KD Park, Burlington, WI</p>	<p>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.</p> <p>This event is open to all abilities and walkers.</p> <p>The course at KD County park offers wide trails, challenging hills and great scenic views of this hill-n-dale course.</p>	
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<p>Pike River Trail CaniCross</p> <p>Saturday, Sept. 29, 2018 10:15 a.m. (3.5m & 7m) Petrifying Springs Park Kenosha, WI</p>	 <p>Trail Dog Distance Classic</p> <p>Sun., Nov. 11, 2018 2:30 p.m. (4.5m & 9m) Bong State Recreation Area Kansasville, WI</p>	<p>Hateya Trail CaniCross</p> <p>Saturday, Dec. 8, 2018 10:15 a.m. (3.5m & 7m) KD Park Burlington, WI</p>
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Programs

PARTNERSHIP REQUEST FOR NEW MILITARY PROGRAM

Starting with the Hateya Trail Run & CaniCross on December 9th and going forward, 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.

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.



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



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Beyond our physical fitness

Plan, Train, Repeat

By: Tim Barthel

As the saying goes, "If you do not plan, then you plan to fail." When preparing for a race, if you want to be ready to run well, it is always a good idea to follow these steps: Plan, Train, Repeat. Right now I am getting ready to run the Rock 'n Roll half marathon in Las Vegas in November. As I woke up early this morning for my run I looked at my schedule to see how far I needed to go. Without that training plan I would be lost. My distances would not be consistently building up to that 13.1 miles that I will run in November. I would love to say that I always stick to my schedule but there are times that I fail. When that happens I have to look at my plan to make sure I am still on track and then make adjustments to achieve my goal.

Managing your money is a lot like preparing for a race. If you want to be financially fit you need to have a spending plan (budget). Following a spending plan is a lot like following a training plan. You set it up and start following it to achieve success. When you hit bumps in the road you review the spending plan and make adjustments to achieve your financial goals.

To be successful with your spending plan you need to take some time to figure out what you earn and what you spend on a monthly basis. To calculate what you earn monthly follow these steps. If you are hourly, take your hourly pay times the normal hours you work in a week, then multiply it by 52 weeks, and finally divide it by 12 months. If you are salary, take your annual salary and divide it by 12 months. After doing this there is one last very important step to take, multiply your monthly number by .75. By doing this you will have a good estimate of what you take home after taxes are deducted from your pay.

For Example:

Hourly at \$10.00/hour at 30 hour/week

$\$10.00 \times 30 \text{ hours} = \$300/\text{week} \times 52 \text{ weeks} = \$15,600/\text{year} / 12 \text{ months} = \$1,300/\text{month}$
 $\$1,300/\text{month} \times 0.75 = \mathbf{\$975/\text{month take home pay}}$

Salary at \$30,000/year

$\$30,000 / 12 \text{ months} = \$2,500/\text{month}$
 $\$2,500/\text{month} \times 0.75 = \mathbf{\$1,875/\text{month take home pay}}$

Now that you have an idea about what you earn it is time to figure out what you spend. The good news is that most of your regular bills should be monthly. Common bills take into account are Housing (Rent or Mortgage Payments), Utilities (Water, Gas, Electricity), Communications (Cell Phone, Landline, Internet), Entertainment (Cable, Satellite, Netflix, Hulu, etc.). The rest of your monthly expenses may take a little estimating based on how you regularly spend your money. Common monthly expenses to think about are Food (Groceries, Fast Food, Restaurants), Transportation (Gasoline, Public Transit Fares, etc.), Discretionary Spending (Movies, Concerts, XC Thrillology Races).

The last thing that you need to remember to do is to plan to save for your future. Set up savings goals like starting an emergency fund, saving for future big purchases, or saving for retirement. The ultimate goal is to save first before you spend but that will take practice.

Now that you know what you make each month and what you spend each month you can make adjustments so that you can be financially fit. Remember it takes Planning, Training, and Repeating to succeed financially. When you hit financial bumps in the road take a new look at your plan and make adjustments. It is exciting to start down the road to financial fitness. You can do it!

Below is an example of a simple spending plan to keep you on track...

Income		Expenses	
Main Job		Housing (Rent or Mortgage payment)	
Side Hustle		Utilities (Water, Gas, Electricity)	
Etc.		Communications (Cell Phone, Landline, Internet)	
		Entertainment (Cable, Satellite, Netflix, Hulu, etc.)	
		Food (Groceries, Fast Food, Restaurants)	
		Transportation (Gasoline, Public Transit Fares, etc.)	
		Discretionary Spending (Movies, Concerts, XC Thrillology Races)	
Total Income		Total Expenses	
		Savings	
Excess/Shortage (Total Income – Total Expenses – Savings)			



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.

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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.



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PET RUNNING GEAR:

www.kenosharunningcompanystore.com/

XC Thrilllogy product & gear



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

Just as we keep expanding our trail offerings to create more opportunities for trail runners and walkers to have fun, we are also working towards serving other needs of our running/walking community. Many of you know of our plan to open a retail store in the future. This store will be THE place to purchase your running gear (trail & road) and will be a hub for the running and CaniCross enthusiasts in the area.

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

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
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Hybrid CONCEPT




XC Thrilllogy calendar (www.XCThrilllogy.com)



2019
Bristol Woods Park
Bristol, WI




2019
Bristol Woods Park
Bristol, WI




2019
KD Park
Burlington, WI




2019
Petrifying Springs Park
Kenosha, WI



2019
Kenosha, WI



2019
Somers Post Office
Somers, WI



2019
UW-P National
XC-Course
Kenosha, WI



2019
UW-P National
XC-Course
Kenosha, WI




Saturday
Aug. 11, 2018
Silver Lake Park
Silver Lake, WI




Saturday
Sept. 8, 2018
Old Settlers Park
Paddock Lake, WI



Saturday
Sept. 29, 2018
Petrifying Springs Park
Kenosha, WI



Saturday
Oct. 20, 2018
KD Park
Burlington, WI



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



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



Saturday
Dec. 29, 2018
KD Park
Burlington, WI

Check out
www.XCThrilllogy.com
for more details.