

beyond **TRAILS & ROADS**

Issue #71
December 2020



**Don't Miss the
Last Event of 2020!**

- » **CaniCross Gear DEALS!!**
- » **KRC In-Store & Online Specials**

**YOUR COMPLETE
2021 XCTHRILLOGY
EVENT DIRECTORY**

The man behind it all...



BRIAN THOMAS

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Inside this edition

- >> December's Trail/CaniCross Event
– page 6
- >> "Petside" Has My Heart - Parkside
Cross Country Course Story
– page 12
- >> Adjusting Your Running Routine
– page 15
- >> The Mountain Biking Saga
– page 16
- >> Don't Miss This
Winter Trio Special Offer
– page 21
- >> KRC In-Store & Online Specials
– page 26
- >> CaniCross Gear DEALS!!
– page 32
- >> Complete 2021 Event Directory!
– page 39

We have had some trail fun this year!!

This time last year most of us were planning to travel or host a traditional Thanksgiving Dinner with Family and Friends. Perhaps even a Thanksgiving morning Turkey Trot Race which is a tradition for many.

While the nation and world have been battling this Wuhan Virus now called simply Covid 19, our lives have been altered in ways we would have laughed at the thought twelve months ago. Our last event in March before the curtain was dropped, left everyone with an array of thoughts, but I believe few thought we would still be dealing with this aka "Son of a Bitch," eight months later to this degree. All us have found ourselves doing things differently while at the same time holding onto things that keep us and reflect life as we enjoy it.

After a three month break, we started hosting trail events again at the end of June and have hosted eleven trail and cross country events since and **have one more scheduled in December**. I did not completely realize the importance this running community has developed around our events for so many of you. I have received more kind words from those that attend our events in appreciation of us continuing to host events. Our format has changed to some degree and our traditional post-run hot food fest is not happening, but your continued support for our events and each other has given me the confidence to plan each one over the past 5-6 months. As a result, we have "Twenty Two" events dates on the calendar for 2021. Thank you to each of you that ran our events virtually or in person, have been purchasing shoes and Canicross gear from our store, and for all the kind words and support.

This issue is a little longer than normal as we have included our **2021 Event Guide** in the last section. All the online signup is open and we are excited to announce we are having **Age Group Awards** for certain events and specific distances, as well as introducing **Prize Money** for those that will to put up or shut up!!!!

You are welcome to join us Thanksgiving Morning for a **Thanksgiving Day Turkey Trot Fun Run**, show up between 9 and 11am to run 2, 4 or 6 miles. Once done, if you are comfortable, we will be hanging out around a fire and sharing something to drink for a bit, you can also write on an index card your name, time and distance and tape on one of our finisher boards. Just know that at noon I am kicking everyone out! Hope you can join us, 1706 - 22nd Ave., Kenosha, WI 53140. If our parking lot is full, park across the street at the Parkside True Value Hardware Store.

Have an amazing and blessed Thanksgiving.
Running it is just a way of life, Brian



Kenosha Running Company, Inc.

P.O. Box 126, 1706 - 22nd Avenue, Kenosha, WI 53140

(262) 925-0300 -- Fax: (262) 652-1388

briant@kenosharunningcompany.com

www.KenoshaRunningCompany.com

www.XCThrilllogy.com www.CaniCrossUSA.org

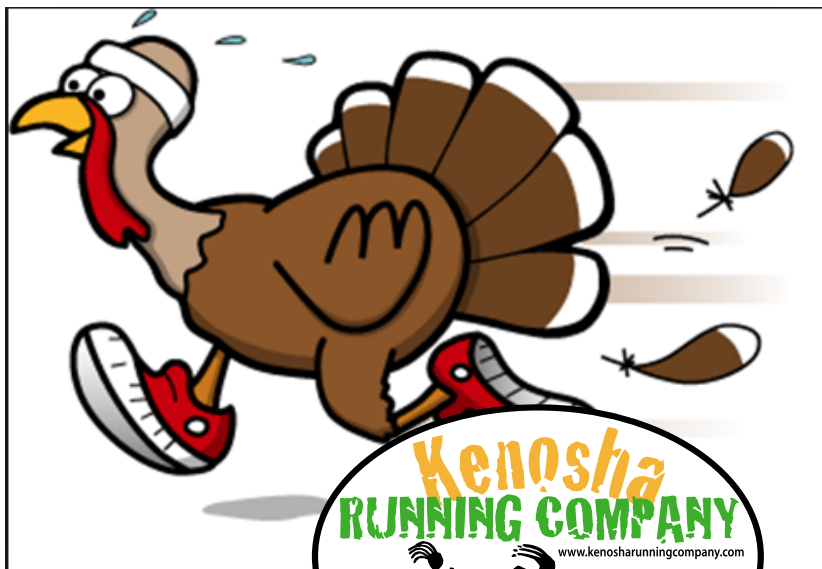
www.TrailDogRunners.com

Shop online at: <https://shopkrco.shopsettings.com/>



JUST ANNOUNCED... **Turkey Day RUN**

We will be hosting an unofficial
TURKEY DAY RUN
THIS THURSDAY
Nov. 26th



Start anytime between 9:00 a.m. - 11:00 a.m.
Start when you like to run 2m or 4m or 6 miles

Once finished, post your time and distance on the finishing boards. The firepit will be going for those that want to socialize and perhaps share a drink. Just know that at noon I will be kicking everyone out! If our parking lot is filled, please park at the Parkside True Value Hardware store across the street.

Location: **KENOSHA RUNNING COMPANY, 1706 - 22ND AVENUE, KENOSHA, WI**

You will be running on the bike trail directly adjoining our property. This is a free event!! Meet up for fun run/ walk & dog-friendly. No sign up is required.



Pringle Nature Center

9800 - 160th Avenue, Bristol, WI 53104
(262) 857-8008
www.pringlenc.org/events

Leave No Child Inside: Giving Thanks for Nature!

November 25th-29th, free, come and leave as you like.

Geminids Meteor Shower Viewing

December 12th, free online, come and leave as you like.

December Home School Science Virtual Group Meet

December 18th, pre-registration required, 10-10:30 am

Winter Solstice Night Hike

December 19th, pre-registration required, 6:30 pm, 7 pm, & 7:30 pm

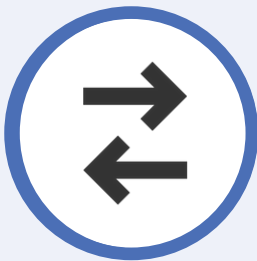
We have long supported the Pringle Nature Center by renting out their building for our trail events at Bristol Woods County Park. Due to the current circumstances, they have had to cancel all of there in-person events and we have not scheduled any of our traditional events with them for 2021.

Please look over the upcoming schedule and see if your involvement might benefit you and your family. Thank you for considering this option.

My best, Brian Thomas

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www.utzy.com/collagen

MY PERSONAL UTZY UPDATE...

Diminishing discomfort

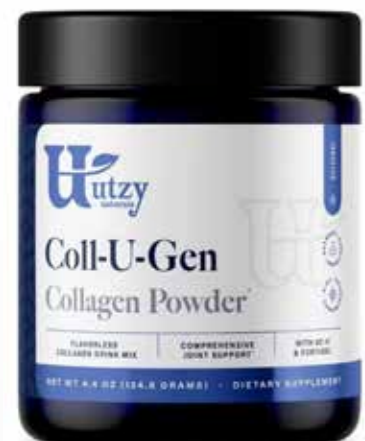
As promised I would keep you posted with my progress/results of using Utzy's products to assist with my knee bouncing back from years of being active in; basketball, tennis, triathlons and 46+ years of running. I would describe my knee as cranky at best with good and not so good days while running.

I am about 4 weeks into taking the supplements Coll-U-Gen (collagen powder) and Ailgen (joint support). Visit www.UTZY.com for more information on these products.

I am finding the discomfort in my knees are diminishing even when running on the roads. And I am not finding my knees to be as sore once done running. I will be bumping up my weekly mileage and general workouts over the next 4-6 weeks and this will be a better test on how the supplements are working, especially since winter and colder temps tended to bring out the worse in my left knee.

Would encourage you to give the product consideration if you have joint issues and feel free to contact them to discuss the product. They are great people and are based in Lake Geneva, WI.

Let's hit the trails!
Brian





Kenosha Running the XC Thrillology



Sunday, Dec. 13, 2020

LAKE GENEVA ZIPLINES & ADVENTURES

LAKE GENEVA, WI ([directions](#))

10:30 a.m. Trail Run/Walk • 10:20 a.m. CaniCross

REGISTER TODAY!!

**THE WEATHER OUTSIDE MAY BE FRIGHTFUL,
BUT RUNNING ON THE TRAILS IS ALWAYS**

... delightful!

The 8th Annual XC Thrillology Hateya Trail Run/ Walk & Canicross will take you on an adventure through the trails in the Lake Geneva Zipline and Adventures.

This event provides single track fun that will definitely keep you on your toes. Runners and Walkers can enjoy the crunch beneath their feet (leaves and perhaps snow) for 4m, 8m, 12m & 16 miles. Walkers can choose 4 or 8 miles.

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

There will be several options of swag available. Water/soda/beer and hot food will be available.

This event also offers the **VIRTUAL CANICROSS** option. Get your pup ready and run with us virtually from anywhere. This event is perfect for all fitness levels and is dog-friendly for those not interested in participating in the CaniCross Event.



ng Company presents y trail events update



Tromping thru the snow!

Seno K/RLT Conservancy is the perfect host for the annual im Schnee festsitzen Trail Run. This beautiful park and trails take you through upland forest, wetlands, oak savanna remnants, and prairie areas. The 3.5 mile looped course is mostly double wide trails.

Plan on joining us and being a kid again! The snow-covered trails (fingers crossed) will be all you need to remember the fun you had making snow angels, snowpeople (or snowdogs), snow tunnels, and having snowball fights. (But please only start a snowball fight on the trail with willing participants!) You can tromp through the woods on a 3.5 mile loop as much as you would like for 3 hours.



AND... just like when you were a kid, we will be waiting for you with a cup of hot chocolate with marshmallows and a beef stew (projected menu) as you enjoy the company of your fellow trail enthusiasts. Please BYO dessert to share! Surprise swag, fun awards, and great company make the ending of your im Schnee festsitzen one of the most fun things you can do outdoors in January.

The CaniCross event will be on a 3.5 mile loop on which you can run as much as you would like for 3 hours. Please note that the CaniCross event will start 10 minutes prior to the runners and walkers. The CaniCross athletes start at 10:20 and the run/walkers will start at 10:30.

This event is perfect for all fitness levels and is dog-friendly for those not interested in the CaniCross Event. For all CaniCross event information, please visit www.TrailDogRunners.com. All of our CaniCross events can be ran VIRTUALLY!!

SATURDAY
JAN. 16, 2021
SENO K/RLT CONSERVANCY
3606 DYER LAKE RD (HWY. P)
BURLINGTON, WI
10:20 a.m. CaniCross
10:30 a.m. Trail Run/Walk
REGISTER TODAY!!



THRILLOGY

2021 T

www.XCThrillology.com



Saturday, Jan. 16, 2021

Seno K/RLT Conservancy
3606 Dyer Lake Rd (Hwy. P), Burl., WI



**Sunday,
Feb. 14, 2021**

Seno K/RLT Conservancy
3606 Dyer Lake Rd (Hwy. P), Burl., WI



Saturday, March 13, 2021

Lake Geneva Ziplines & Adventures
N3232 County Road H
Lake Geneva, WI



Sunday, June 13, 2021

Alpine Valley Resort
W2501 County Rd D, Elkhorn, WI



Sunday, July 4, 2021

Somers Post Office
Somers, WI



Saturday, July 24, 2021

Alpine Valley Resort
W2501 County Rd D, Elkhorn, WI



This symbol indicates the event honors
**THE RED, WHITE & BLUE
PROGRAM**



This symbol indicates the event is a
**PRIZE MONEY
EVENT**



**Sunday
Sept. 19, 2021**

Seno K/RLT
Conservancy
3606 Dyer Lake Rd.
Burlington, WI



**XC THRILLOGY
FALL CROSS COUNTRY CLASSIC**

Saturday, Oct. 30, 2021

Alpine Valley Resort
W2501 County Rd D, Elkhorn, WI



Sunday, Oct. 31, 2021

Alpine Valley Resort
W2501 County Rd D, Elkhorn, WI



Saturday, Nov. 6, 2021

White River State Trail
Riverview Park, Mill Street, Lyons, WI



Trail, CaniCross & Road Events

| www.TrailDogRunners.com | www.KenoshaRunningCompany.com | 262.925.0300



Meraki
trail adventure

DIRTY DOG DARE

Sunday, April 4, 2021
Seno K/RLT Conservancy
3606 Dyer Lake Rd (Hwy. P)
Burlington, WI




SUNSET
Trail Run/Walk

Saturday, May 1, 2021
Vets Memorial County Park (KD Park)
8697 County Hwy. KD, Burlington, WI





MEMORIAL DAY
run

Sunday, May 30, 2021
White River State Trail
Riverview Park, Mill Street, Lyons, WI





NIGHTCRAWLERS
Trail Adventure

Saturday, Aug. 14, 2021
Silver Lake County Park
27000 85th St., Salem Lakes, WI




DRAGSTRIP
mile

Friday, Aug. 20, 2021 (tentative)
Great Lakes Dragaway
18411 – 1st Street, Union Grove, WI



HOT HILLY HAIRY
Ultra Solo and Relay

Sunday, Sept. 5, 2021
Alpine Valley Resort
W2501 County Rd D, Elkhorn, WI






WOLFPACK
TRAIL RUN & RELAY



Saturday, Oct. 9, 2021
Bong State Recreation Area
26313 Burlington Rd.
Kansasville, WI




This symbol indicates the event is a
**CANICROSS AND
VIRTUAL CANICROSS EVENT**



This symbol indicates the event is an
**AGE GROUP AWARD
EVENT**



Trails are Alive
NIGHT ADVENTURE



Saturday, Nov. 20, 2021
Lake Geneva Ziplines & Adventures
N3232 County Road H
Lake Geneva, WI




Hateya
TRAIL
Run

Sunday, Dec. 5, 2021
Lake Geneva Ziplines & Adventures
N3232 County Road H
Lake Geneva, WI







Full Cold Moon
TRAIL ESCAPE

Saturday, Dec. 18, 2021
Seno K/RLT Conservancy
3606 Dyer Lake Rd (Hwy. P), Burlington, WI

IN REVIEW



PHOTOS/VIDEOS OF EVENT:

<http://www.xcthrilllogy.com/evil-smiley.html>

RESULTS FOR EVENT:

Results

LIKE US ON FACEBOOK:

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

www.XCThrilllogy.com

(trail events)

www.TrailDogRunners.com

(CaniCross events)

www.KenoshaRunningCompany.com

(world's only run specialty & CaniCross store!!!)



WAS IT REALLY NOVEMBER 7TH??

This event has experienced a vast array of weather over the years and this year is hands-down the best weather day ever!!!!

We had 162 runners and walkers join us in person or from afar and what a day it was! The weather was just a backdrop for those that made Lyons, WI home for a day and the White River Trail their friend. The crushed limestone trail embraced your every step as your running DNA blanketed the trail and those around you.

From the time each of you started arriving I knew it was going to be a special day as the friendly faces started welcoming each other and kind words were shared. Special thanks goes to the welcoming committee of Tammy and Stephanie, as they got each of you squared away with your bib numbers and as they always do an exceptional job of making everyone feel at home.

Tidbits to share from my day... Two Hillstriders Running Club Ladies that kept me company at the street crossing, thank you. Flip, great to see you and I think I have your dog bowl! Chris (TEAM RWB) as always great to see you.... TEAM RWB Chicagoland North, thank for the buffs (Mark-Cheryl-David). Angie for doing an awesome job singing our National Anthem. Shockwaves Youth Running Team joining for 2 miles of FUN! Gurnee's own Dave & Ashley great to see you! Ellen has completed every Evil's Smiley Veteran's Day Run and crushed the 2 mile at age 72! Gramely Family of Five joining us with Robert running his first Half Marathon, and Lillian with the encouragement of her mother finished the 2 mile. The Adler Girls thank you for the energy and Poppy Flower. Thank you to Ye Olde Hotel for setting up a great post event spread with food and drinks.

So many to thank that made my day special in some way, just know each of you made it an amazing day for each other as well.

I hope to see many of you at our two remaining events in 2020 or perhaps stopping in the store. We have really stepped up... going forward we have twenty two events for 2021 and we will be hosting two events starting/finishing in Lyons, our first ever Memorial Day Run, and Veteran's Day Run has now found a new home.

Thank you all for such an amazing day...

Running it is just a way of life, Brian



In 2019 Kenosha Running Company took the reins of the traditional Veterans Day Run in Kenosha and we added a special aspect of allowing our runners and walkers to dedicate a flag in honor of a serviceman in their life. The following are the names and shared stories for 2020.



November 7th, 2020

Evil Smiley Veterans Day Run

FLAG HONOREES

- Phillip Boeve wanted to pay honor and pray for all 73 fallen warriors that he served with in Qatar in 2011
- Capt. Gordon R Meyers, 31st Infantry, 52nd Infantry & 51st Division, Philippines Scouts. He was one of the BATTLING BASTARDS OF BATAAN who held off the Japanese invasion of the Philippines for 4 months after General MacArthur left. Gordon survived the Bataan Death March, and was a prisoner of war for 2 1/2 years. He was on the prisoner of war ship, the Oryoku Maru, when it sunk on December 15th, 1944.

John A Gagen	Marine Squadron VMGR-452	Mark Helm - Army	Frank Rice
Timothy Block	Laine Lucke	Jay Goodman	All Veterans
Robert Stout	Anthony Harris - US Army	Scott Uecker	Brian Badura
Brett Frey	Ted Scholtz - USN	Ken G Knuteson	Jerry Badura
David Crispell	Daniel P. Alder	Werner Juretzko	Lina Badura
Harley Gossmeier	MSG Gordon	William S Wheeler - WWII	Scott Badura
Kendrick Lawhorn	SFC Shughart	Ron Lawler	Todd Badura
Steve Gramley	Senior Master Sargent Laura Hegwood-Bay	Capt. Jeffrey Koehler	Tony Grabarczyk
Mark Helm - Army	Jim Weber	Lee Ulland	Scott Knoll
Warren Isaacson - Army	Dan Fladhammer	Jim Weber	Ed Wendel
Michael Krist	Ryan Fladhammer - USN	Joel Weinberger	Brett Bande
Albert Wood - WI National Guard	Honoring Frank J. Giunta	John Richter	Branden Bande
Alfred "Bud" Pumford	Dale Farrington	Burnell White - US NAVY	Cortney Bande
Kenneth D. Miller		Fred Ellis	Brett Markut
			Peter Markut

I CATCH GLIMPSES OF HIM IN MY MIND'S EYE

“Petside” h

By Christa Hintz Holland

Trail Sister Kenosha Chapter Guest Contributor

My heart runs through the tracks and trails at “Petside,” which is my nickname for two sister spaces in Kenosha County. Area runners and hikers likely have this feeling as well after using either the Wayne Dannehl cross country course and/or the trails at Petrifying Springs county park, but for me, the feelings run through me like the flooded courses in springtime, ebbing between soft remembrances to flowing, gaspy tears.

The Parkside cross country course is where my dad was last alive, running 800 meter hill repeats with his cross country before collapsing from a heart attack that he never recovered from. It seems like I can catch glimpses of him in my mind’s eye when I am here, on those same hills we traversed during my 4 years on the cross country team. The trails still hold discoveries around each bend, mysterious and beckoning, encouraging me forward even today. Though the seasons and I continue forward, the ground holds steady, just as it did during the days I made my way through life as a nervous young newlywed. There is a stretch of the course which cuts through the tall pines, and there, in the trail my dad christened, “the hall of the great pines,” I have remembered him, missed him, cried from remembering or missing him, hugged a sturdy trunk in lieu of him, and sank to the ground praying, begging God to heal me, cure me, comfort me. Beyond that there is a “coaches” short cut that dad and other coaches used during meets to cheer for as many of us as possible. The trail we used so many times now has a “stop, no races go this way” sign on it and my kids are sure pirates must hide down that path, despite my reassurances of safety. I have run here hundreds of times and yet still marvel at the beauty in each season. The tall grasses and wildflowers waving their support to keep chugging up the hills. A lone tree still stands sentinel through the years and seasons, though it is a replacement of what was. The ghosts of cross country meets past are alive as I approach the finish chute. Though only 1/10 of a mile long, it seemed like thousands crowded down the stretch, cheering and encouraging. I can see them, bundled up in winter coats and hats. I, now, like then, am dressed in a tank top and shorts.

For a moment, time seems to bend backwards. But it’s different. It looks different. No one is cheering me on. Instead, I am just trying to fight my aging body, still urging it towards times I won’t attain again. I walk back across the street to Pet’s, ready to come back to the present.



as my heart



As a child, my family attend the small country church just southwest of Hwy. E and many, many trips home from church included the roads through and around Pets. Some summer Sundays our plans were changed as the admission charge kept us out. Other times, the gates were down as the Pike River had flooded severely, several feet deep in the middle of the park. In the fall, we'd hike or drive along the winding road, looking at the glorious autumn kaleidoscope, amazed at the variety the same trees produced year after year.

This was also a place for cross country practice in high school. I was on the ridge trail the other day and instantly could hear my cross country teammates running with me as if there were no years between us. Teens chattering with the excitement of a still new school year, who will invite who to homecoming... Laughing, joking, teasing, daring each other to take a drink from the spring near the bridge—water which tasted much like what was supplied at our school, 2 miles down the road. What child or teenager thinks trees, trails, and even teammates, could evoke such memories? Even without tripping a few times, the soil ground into my heart and soul, one with my memories. I am so thankful to have a place like this that I hold so dear.

The years catch back to the present as a local high school team passes by while I walk back to my car. I see myself and my teammates through them as well, and feel a connection, though I realize I am an outsider peering through time's window. They are still chasing the future, I am keeping it at bay. My hair is graying, though still frizzles around my face as it did in the back in the day. I close my eyes again, imagining the guys on the team patting it and laughing at how it zig-zagged so crazily, now holding the secrets of yesteryear and a slight hope for the future. While we worked hard, our lives were still untouched by the tragedy of experience. Back in the present, I note all the wrinkles lining my face, and these compression socks, while funky patterned, are not something any of them have.

I pass by the playground, now safely refurbished, tall swings, and long metal slides vestiges of the past. I close my eyes and can hear the “croak-croak-creak” as legs pump, followed by the “zh-zh-zh-oosh” of the zip from top to bottom. “It's still here when you close your eyes,” my mind seems to whisper and shiver as I open them again. It seems to have been yesterday and long ago at the same time. And that is what draws me back, the longing in my soul to keep those memories alive, to share them, to make more.

IN REVIEW



PHOTOS/VIDEOS OF EVENT:

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

RESULTS FOR EVENT:

[Trails Are Alive Results](#)

[Mutt Turkey Strut Results](#)

LIKE US ON FACEBOOK:

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

www.XCThrilllogy.com

(trail events)

www.TrailDogRunners.com

(CaniCross events)

www.KenoshaRunningCompany.com

(world's only run specialty &

CaniCross store!!!)

Mutt Turkey Strut & Trails Are Alive Night Adventure Proves Another Perfect Day!

We are on a roll as we have had perfect weather for each of our 14 events so far this year and with one to go, I am going out on a limb and promising perfect weather for the [Hateya Trail & Canicross!!!](#)

Not all of you put your bib tearoffs on the board, for the results are not reflective of everyone that ran or walked. We had 20+ signup for the Canicross and 65+ for the Trail event.

Let's start with you dog loving runners! I believe there were about 20 of you, some with more than one dog, some with big dogs and other with not so big!

Great to see Heather and her two dogs after a bit of hiatus, Jonathan welcome back and thankful the dog duo did not drag you to far!! Terri - running her first Canicross event, Emily & Yeti perhaps running their 20th or more Canicross event with us, Melissa A who joined virtually from PA I believe for the 5th time this year, Bartholomew's making the trek from Cross Plains, Jamie traveled down from Neenah for her first Canicross event and I believe she is now hooked despite finding the turf a couple of times!

Each of you made it a fun day not only for me but for each other as there is nothing like a dog to be a great social barrier breaker.

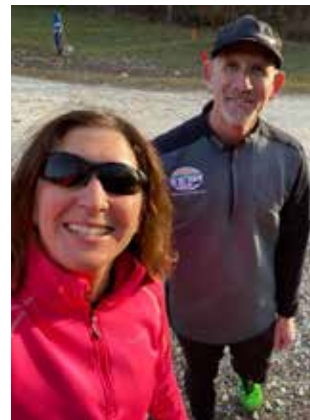
For those that like to play in the dark! I know some of you could have stayed out there longer as it was a perfect night and amazing trail conditions. Was great seeing so many friends and new faces.

Norm and Bridget welcome and glad you had a great time, hope to see you soon. Dave & Ashely who I have designated the sexiest running couple of Gurnee, Becky the over achieving 4 looper and brownie baker extraordinaire (thank you), Olivia running with us for the first time and killing it as she was the first finisher for three loops, Don my buddy from Rockford refuses to miss an event now! Team Colver great to see everyone, not to be out done Team Knight - Jones from Appleton, Three "Alder" Trouble Makers, Mom - Daughter Duo Claire & Giselle and to all those that lost your Trail Virginity with us!

It was fun for me to see the headlamps weaving through the trails and down the gravel road, listening to the socializing before, during and after around the firepit. Hope you all realize that you make the event fun for each other. I only heard of one person that created their own adventure by going under the caution tape, that story ended my night with a smile! Those that could not make it, we missed you and hope to see you in December.

If you have pictures or a recap you would like to share please send to me. We will share in our January issue of Beyond Trails & Roads.

Have an amazing Thanksgiving! Brian



Adjusting your running routine...

By Christa Hintz Holland
Trail Sister Kenosha Chapter Guest Contributor

Is this the most wonderful time of the year? Maybe for some.

I find that December is the month that requires the most flexibility in my running routine. Shadows nip at my heels as I try to get a few miles in after work. The north wind starts to become bitter as it rushes my face. Add in slippery ice and/or snow, and it can be pure frustration to a person used to a daily routine.

What to do?

There are several approaches — some people may use this time to rest up or move to additional cross training after seasons of race preparation; others may forge on through it, high-lumen headlamps and ice spikes firmly attached to take on either early morning or darkened pre-dinner jaunts; still others move indoors to the treadmill; and then there are those like me, who thrive on routine but are forced to adapt. Which doesn't seem very wonderful. But it is!

Running under gently falling flakes in the brightened evening skies is such a treat, on either road or trail. The peace that brings to one's heart is beyond compare. The chance to try something new, whether snowshoeing or skiing is also exciting! And while winter in the Midwest may seem eternal at times, take heart that the days start to lengthen again after December 21st. Then New Year's approaches with a chance to set out goals for the year ahead and reflect on accomplishments from the past.

Whichever direction you run, hope to see you out there!



NOW IS THE TIME TO PLAN NEXT YEAR'S BAD IDEA

Burn The Ships

By Todd Hauser.

Todd Hauser is a below average athlete living in Kenosha, Wisconsin.

You learned about the Spanish Conquistador Hernán Cortés in History Class because you are classy like that. I learned about him from the movie, *The Hunt for Red October*. Because I'm classy like that. Upon reaching the Yucatan Peninsula, he set out to conquer the New World (which was news to the Mayans who already lived there). But before he set out, he had his troops burn the ships they used to make the voyage. With no means of return or escape they were forced to move forward.

In December of 2018 I decided I needed to "burn the ships" when it came to mountain biking. Because I am TERRIBLE at mountain biking. Since about 2015 or

16 I was borrowing a bike to race a handful of events in the Wisconsin Off Road Series (WORS). I would meet my brother at a race on Saturday for a one lap practice ride through. A lap is approximately a six mile mix of single track and double track. Then I would race two laps on Sunday for a weekend total approaching but not more than 20 miles. I was coasting through the events on whatever fitness I had from running. SPOILER: Running fitness is different from biking fitness.

I race in Category 3 - Citizen. Citizen is the entry level of WORS racing. At the end of the year, the top ten percent of racers in each age group get to move up to Cat 2 - Sport. Don't worry, that's not where this story is going. Hypothetically, if there are eight men in my 40-44 age group, and 120 racers overall in Citizen, I might finish 7th in my age group ahead of one guy who was DNF and 116th overall ahead of a 70 year old woman, a 45-50 year old man, and fifteen year old boy whose dad made him race. (But that's maybe a different story.)

I decided I needed to get more serious. By mid 2017 I bought the bike I was borrowing. I signed up for more races. I thought if I can spend more time on the more technical aspects of riding the singletrack, I could get faster. But what really happened is two weeks before a race I realized I wasn't training. In a panic I would ride ten miles at Silver Lake Park a couple times and ride on the bike path for 15-20 miles a couple times and consider that "ready" for a twelve to fourteen mile race. That was not a winning strategy.

While plodding through the back half of the "Refo Ramble" at the Reforestation Camp outside of Suamico, WI I made up my mind. Refo Ramble is a fast course. Every mountain bike trail will try to kill you in its own unique way. Reforestation Camp trails will try to kill you by sending you down a long hill. A nice long gradual hill so you can keep pedaling and get moving very fast. Then while you are at high speed, you run into a sand puddle and you are thrown head first into a tree. But not me. I was pulling over to let faster riders get past. Constantly. My competitive drive was constantly being thwarted by my lack of training. No more. No more of these dumb races with my dumb training. Either stop or get serious. Burn the ships.



Todd Hauser racing in the Sheboygan MTB Challenge in Evergreen Park of Sheboygan, WI, on Sunday October 2, 2016.

TO BE CONTINUED IN NEXT MONTH'S EDITION OF "BEYOND TRAILS & ROADS"...

Ready to **RUN - BIKE - RUN?**

Kenosha Running Company hits the trails with another first in Southeast Wisconsin!!!! We are excited to share the first ever Mountain Bike Trail Duathlon Races in SE Wisconsin.

Mark your calendar for July 24th and October 31st in 2021, set your GPS for Alpine Valley Resort in Elkhorn, WI, and make plans for an epic fun day of racing.

The exact distance have not been set, but will be close to 3-4 mile run – 10-12 mile bike – 3-4 mile run. You will be able to compete solo or as a two or three person relay team. There will be the option for solo competitors compete for prize money. We will have completely unique swag and select awards. The setting for this event could not be better and the course will be challenging.

More information will be posted on www.XCThrilllogy.com over the next month and online sign up will begin in November. If you are thinking solo, be the beast; and if you are thinking relay, start getting your team together!!!!



As a result of recent survey we have found out that many of you enjoy the trails on two wheels as well. This section we will be listing clubs, trails and events as they are provided to us in Northern IL and Southern WI.

We are also planning on including some run – mountain bike – run events for 2021, which can be run as an individual or relay. Our trail day with mountain biking duathlon, would still include trail run/walk and Canicross so it would be a fun day on the trails!

If you have information on trails, clubs, etc. that should be included, please email to briant@kenosharunningcompany.com

CLUBS:

Kenosha Area Mountain Bike Association

<https://kamba.org/>

Waukesha Bike Alliance

<http://bike-waukesha.blogspot.com/p/wba-website.html>

Metro Mountain Bikers (Milwaukee) <https://www.metro-mountainbikers.com/>

Rockford Area Mountain Bikers

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

Chicago Area Mount Bikers

<https://cambr.org/>

TRAILS:

Silver Lake County Park – Salem Lakes, WI

John Muir Trails (Southern Kettle) – LaGrange, WI

Lake Geneva Ziplines & Adventures – Lake Geneva, WI

Emma Carlin Trails – Eagle, WI

Alpine Valley Resort – East Troy, WI

Rockport Park MTB – Janesville, WI

Rock Cut State Park – Rockford, IL

Swallow Cliff Trail – Palos, IL

Palos Forest Preserve Trail – Palos, IL

Stern's Woods – Crystal Lake, IL

DASH AND SPLASH 5K



Friday -
January 1, 2021

North Beach Oasis - Racine WI
www.DashAndSplash.5k.run

QUARANTINE 15 NATIONAL FITNESS CHALLENGE



January 1
thru Feb 20, 2021

Remote/Virtual
www.Quarantine15.fit

2021

Save over 25% with E

CABIN FEVER 5K



Saturday -
Jan 16, 2021

Burlington, WI
www.CabinFever.5K.run

BE MINE 5K



Saturday -
Feb. 13, 2021

Marriott - Mount Pleasant, WI
www.BeMine.5K.run

ST. PAT'S DAY 5K®



Saturday -
March 13, 2021

Downtown Racine - Racine, WI
www.StPatsDay.5K.run

CINCO K MAYO®



Saturday -
May 8, 2021

Jose's Blue Sombrero - Mount Pleasant, WI
www.Cinco.5K.run

CHOCOOLIC 5K/10K



Sunday -
May 23, 2021

Burlington, WI
www.Chocoholic.5K.run

HOP TROT 5K



Saturday
June 5, 2021

Little Port Brewery - Racine, WI
www.HopTrot.5K.run

BORDER WAR 5K



Saturday -
August 7, 2021

Kenosha, WI
www.BorderWar.5k.run

RUN NOW, WINE LATER



Saturday -
August 28, 2021

Burlington, WI
www.RunNowWineLater.com

BACON5KEGS



Saturday -
Sept. 4, 2021

Lake Vista Park - Oak Creek, WI
www.Bacon5Kegs.com

NEARLY NAKED 5K

Saturday -
November 6,
Double Tree Hotel - Racine WI
www.Racine.NearlyNaked.5k.run



Sunday -
November 7,
Case Eagle Park, Rochester, WI
www.Rochester.NearlyNaked.5k.run

TURKEY TROT, OAK CREEK, WI
Thursday - November 25, 2021
Lake Vista Park, Oak Creek WI
www.OakCreek.TurkeyTrot.5K.run

NATIONAL TURKEY TROT, VIRTUAL
Thursday - November 25, 2021
Remote/Virtual
www.NationalTurkeyRun.com

TURKEY TROT, RACINE, WI
Thursday - November 25, 2021
Double Tree Hotel - Racine WI
www.Racine.TurkeyTrot.5K.run



HOLIDAY MILE®



November
25, 2021 thru
Jan 1, 2022

Remote/Virtual
www.HolidayMile.com

LIVE and REMOTE/VIRTUAL EVENT SCHEDULE

www.5Kevents.org



Early "Bird Discounts" during registration

WE RUN THE PARKS®



April 1 thru October 31, 2021

Remote/Virtual
www.WeRunTheParks.com

K9-5K



Saturday -
April 24, 2021

Island Park - Racine, WI
www.K9.5K.run

ROOT RIVER PADDLE CHALLENGE



Saturday -
May 1, 2021
Sunday -
Sep 5, 2021

Linwood Park / 5th St Yacht Club
www.TheRootRiver.com

LIGHTHOUSE RUN



Saturday -
June 19, 2021

Downtown Racine - Racine, WI
www.LighthouseRun.com

4TH FEST 5K



Sunday -
July 4, 2021

Remote/Virtual
www.4thFest.5K.run

NORTH BEACH 5K



Saturday -
July 17, 2021

North Beach Oasis - Racine, WI
www.NorthBeach.5k.run

ROOT RIVER 5K



Saturday - September 25, 2021

Island Park - Racine, WI
www.TheRootRiver.com

RUN FOR THE BOOBIES®

Saturday -
October 9, 2021

Riverside Bowl - Waterford, WI
www.Waterford.BooBees.5K.run



Sunday -
October 10, 2021

Petrifying Springs - Kenosha, WI
www.Kenosha.BooBees.5K.run

A SPOOKTACULAR 5K®



Saturday -
October 30, 2021

Swan's Pumpkin Farm, Franksville, WI
www.aSpooktacular.5K.run

LEFT OVER 5K®



Saturday -
November 27, 2021

Double Tree Hotel - Racine WI
www.Leftover5K.com

STUFF THE SLEIGH 5K®



Saturday -
Dec 11, 2021

Texas Road House - Mount Pleasant, WI
www.StufftheSleigh.5K.run

ZERO TO 5K



- Outdoor Fitness Program
- New program starts every 10 WEEKS

www.ZeroTo.5K.run

SHOCK waves

Keepin' on...

Neither snow nor rain nor heat nor gloom of days stays these athletes from the swift completion of their appointed running events.

The end of October throughout November, gave the Shockwaves a flavor of all the seasons as well as a taste of many personal bests!

On October 30th, the Shockwaves hosted their 2nd annual Hot Chocolate Time Trial. This fun event serves as a way for our younger and event shy athletes to test their speed and see their improvement over the course of the season.

On October 31st the Shockwaves took part in the XC Thrilllogy Fall Classic. This inaugural event was held on the Alpine Valley Golf Course and provided an opportunity the athletes to run at a new venue. Lorelai and Grace ran in the 3K event and were neck and neck every twist and turn. They finished a second apart with Grace just edging out Lorelai. They placed 7th and 8th in the race and 3th and 4th overall in the 5th and 6th grade category. Caroline was our other middle school girl running strong through her injury and placed 14th in the 5th and 6th grade event. The middle school boys had a phenomenal race with Caughnery keeping his overall winning streak, AJ coming in a strong 3rd and Jalen garnering another top 10 finish. Josh, Tommy, and Owen were the rest of the middle school team and ran strong enough to secure a second place team win! Owen was 3rd place for the 5th and 6th grade category. Bendicio'n and Keegan also had strong performances. The Shockwaves lone 5K athlete, James place 12th in the freshman race. In the open race, Martha "Cookie" ran the open 5K event placing 4th.

On November 1st, the Shockwaves took to the green again participating in the the USATF Qualifier meet on the UW Parkside Cross Country course. They were a lime green force, ending the day with 25 National qualifiers, 5 first place winners and 15 top 5 finishes. There were so many stellar performances. Special shout out to the overall winners: Eli – 8 and under 2k, Lorelai – 9/10 3K girls, Tommy D - 9/10 3K boys, AJ 11/12 3K boys, and Caughnery 13/14 4K boys.

November 7th, the Shockwaves were racing the straight and narrow as they participated in the the



Veterans Day 2 mile event. Fourteen athletes participated and had a great time running through the flags and supporting the other athletes that were running much longer distances.

On November 14th, the Shockwaves traveled to Illinois to participate in the Northern National Invite. The cold and windy day was not an opponent for these athletes. The following runners triumphed over the conditions, dug deep and are now National Medalists; Ezekiel, Bendicio'n, Tyler, Lorelai, Danielle, Madelyn, AJ, Aiden, Owen, Declan, Keegan, Grace, Caughnery, Josh, Jalen, Santi, Molly, and James.

As this issue is going to print, several of the Shockies are traveling to Kentucky to run at the Coaches Cross Country Championship. Look for the exciting recap of that event in the next issue.

The Shockwaves are always looking for more youth athletes aged kindergarten through high school to join their team. The indoor season will be iffy at best, but they will be practicing and keeping fitness and fingers crossed for the outdoor track season.

For more information, visit their Facebook page (<https://www.facebook.com/shockwavetrack>), website (<https://www.kenoshashockwaves.com/>) or email them at youthenoshxc@gmail.com.



winter Trail Trio Adventure



December - January - February
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SIGN UP AT...

<https://www.raceentry.com/races/winter-trail-trio/2020/register>

Offer good through Dec. 11, 2020



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www.XCThrillology.com

Please drop off your gently-worn, used or new shoes.

No damaged or single shoes, please.



KEEP
GREATER
MILWAUKEE
BEAUTIFUL

Please ask friends, family, and co-workers to donate too!

Collected shoes are used to support micro-enterprise vendors and KGMB. A portion of the proceeds benefit BIG Clean MKE efforts. Micro-enterprises are small businesses in developing nations. They are typically operated by one person or family and friends, depending on size.



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Kenosha, WI**



IN THE NEWS

Featured Trail Town - American Trail Running Association – March 2017

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



Off-The-Leash – Spring 2019

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



Running Festival – July 25, 2019

https://www.kenoshanews.com/sports/kenosha-running-company-holding-myriad-of-events-at-uwp/article_2d9a6b22-77f9-5776-b376-1206b8916dc6.html

KENOSHA NEWS

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Canicross Article – American Trail Running Association – August 2019

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



Canicross – November 15, 2019

https://www.podiumrunner.com/get-to-know-canicross-the-ultimate-way-to-race-with-your-dog_179032

PODIUMRUNNER

Apple Podcasts Preview

Canicross with Brian Thomas (Elite Pet Podcast)

<https://podcasts.apple.com/us/podcast/elite-pet-podcast/id1468787290?i=1000457766261>

PBS Outdoor Wisconsin Canicross Broadcast – January 2019

<https://www.youtube.com/watch?v=d370ouOrpLY&t=6s>



Kenosha Running Company Business Launch Article – June 2, 2019
https://www.kenoshanews.com/news/business/longtime-runner-launches-runners-resource/article_57836ea3-8a11-5c93-8f49-f5abfe09252d.html

Running and Beyond – August 12, 2019

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

Running and Beyond – September 9, 2019

https://www.kenoshanews.com/sports/running-and-beyond-canicross-a-growing-sport/article_d21d14c2-99af-553d-988b-31555cf383ae.html

Running and Beyond – August 27, 2019

https://www.kenoshanews.com/sports/running-and-beyond-get-out-and-explore-the-trails/article_2cf36d93-777f-52ed-aa07-7d03418fadc7.html

Running and Beyond – September 25, 2019

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

Running and Beyond – October 8, 2019

https://www.kenoshanews.com/sports/running-and-beyond-a-look-at-local-cross-country-programs/article_8aa33739-9283-5a0d-bc38-6f1c7e332d63.html#1

Running and Beyond – November 20, 2019

https://www.kenoshanews.com/sports/running-and-beyond-foot-locker-cross-country-championships-set-to/article_e322281f-9a15-5f1a-8d5c-3f3829a45fd4.html

Running and Beyond – December 3, 2019

https://www.kenoshanews.com/sports/running-and-beyond-december-is-the-month-to-plan-for/article_ca080389-9b09-517f-a979-3952bca2f13f.html

Running and Beyond – January 2, 2020

https://www.kenoshanews.com/sports/running-and-beyond-why-do-you-run/article_8e4e1a24-b7c7-5ba3-959a-31ce739328db.html?fbclid=IwAR1gvlka-jBL0Zao0BboqRLTUR_qzyqIWWJpAZsR8GRLkqgmU9WeiSWKU_c

Running and Beyond – January 28, 2020

https://www.kenoshanews.com/sports/running-and-beyond-the-aging-athlete/article_5b6f8299-af36-510c-a2f4-de485871628c.html

Running and Beyond – February 26, 2020

https://www.kenoshanews.com/sports/canicross-draws-runners-from-near-far/article_cee191b3-bdcc-51fe-884d-6b2a8d645c34.html

Running and Beyond – March 14, 2020

https://www.kenoshanews.com/sports/running-and-beyond-making-the-trails-safe-for-women/article_216e0e45-c4cc-5f2a-8722-3df1cbe54b13.html

Running and Beyond – March 26, 2020

https://www.kenoshanews.com/sports/running-and-beyond-just-keep-on-running/article_ed7320fc-79ae-5951-afe8-d2a98af374b7.html

Running and Beyond – April 19, 2020

https://www.kenoshanews.com/sports/running-and-beyond-how-to-stay-running-during-the-pandemic/article_d8d4ceef-6a9b-5c59-bf8d-6cd4a9e27285.html

Running and Beyond – May 14, 2020

Part 1

https://www.kenoshanews.com/sports/running-and-beyond-what-wouldve-been-for-track-athletes-part-1/article_688839aa-219f-5c2c-8f0d-0e0b8d67792c.html

Part 2

https://www.kenoshanews.com/sports/running-and-beyond-what-wouldve-been-for-track-athletes-part-2/article_53b01e83-7491-5205-b3bd-4caabbfba026.html

Running and Beyond – August 12, 2020

https://www.kenoshanews.com/sports/running-and-beyond-happy-be-back-back-on-the-trails/article_1005c877-5d1f-5056-9a49-cafef42f75c4.html?fbclid=IwAR2U2MR8VZJY6ocQ8Vzvj_kroFraqVE1nmG9P4x8YVQY-_c5F0EAUQt0Ug

KENOSHA NEWS

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MILITARY...

the Red, White & Blue PROGRAM



The Kenosha Running Company is humbled and thankful to announce that all military veterans, active serviceman, police, sheriffs and their spouses will be able to run/walk many of our 2020 events for FREE. Please look for the FLAG logo for the events that offer this unique opportunity. If you qualify, please email us or call (262) 925-0300 to receive a discount code for the FREE entry. Please note, you will have to show proper identification at packet pick up.



If you are not involved in the military, please consider a donation to the military program so it will be maintainable and sustainable for many years to come. Donations may be made online with your race registration to the XCT Military Program or simply mail your check (made out to Kenosha Running Company) to KRC, P.O. Box 126, Kenosha, WI 53141.

Local RWB team Facebook pages...

Team RWB Milwaukee

<https://www.facebook.com/groups/499853953496247/>

Team RWB Madison

<https://www.facebook.com/groups/teamrwb.madison/>

Team RWB Eau Claire (Wisconsin)

<https://www.facebook.com/groups/1012848695452847/>

Team RWB Chicagoland North (Illinois)

<https://www.facebook.com/groups/2321960898078395/>

Team RWB Chicago (Illinois)

<https://www.facebook.com/groups/TeamRWBChicago/>

Team RWB Morris/Joliet (Illinois)

<https://www.facebook.com/groups/161121664422513/>

Team RWB Springfield (Illinois)

<https://www.facebook.com/groups/TeamRWBSpringfieldIL/>

Team RWB Peoria (Illinois)

<https://www.facebook.com/groups/TeamRWBPeoria/>

Team RWB South Bend (Indiana)

<https://www.facebook.com/groups/147987868731354/>

Team RWB Northwest Indiana (Indiana)

<https://www.facebook.com/groups/TeamRWBNI/>

Team RWB Grand Rapids (Michigan)

<https://www.facebook.com/groups/1423835057881786/>

Team Red, White & Blue

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





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Issue #71
December 2020





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Trail Running Shoes



Road Shoes



Cross Training Shoes



Additional Accessories



CaniCross Products





PRODUCT SPOTLIGHT

Will your run

The weather outside will soon be frightful. Will your running be delightful? Snowy season is looming and since we have been in business more than we would like already this year, KRCo wants to make sure you can at least keep running outside as the months get colder. There are several ways to safely run in the snow and sleet and which ever way you choose, we have you covered!

If your current road shoes fit you like a glove and you CANNOT imagine wearing anything else, there are several products that you can put over your shoes (like old timely galoshes) to give you better grip on the road. Other than benefit that you are wearing your already comfortable shoes, this method of improving traction can be easily removed as course conditions dictate.

Another option for running is trail shoes. Yes, trail running shoes are perfect for the snow. Because they are made for trail running they naturally have very aggressive tread for traction. Which also performs great on snowy trails and roads. Whenever you see frost or snow outside and want to go for a run, don't let the wintry conditions stop you.

At KRCo, we have a wide variety of trails shoes to choose from. The models with more aggressive tread are a natural fit for the snowy conditions found in Wisconsin. The trail shoes featured below are just a few of the trail shoes available for you to test drive at our retail location. Stop by and get your running winter ready! Stop by and get your size so you can be winterized.

KAHTOOLA HAS SEVERAL DIFFERENT SPIKES THAT COVERS THE VARIETY OF TERRAIN THAT MOTHER NATURE PROVIDES. KRCo PROUDLY RETAILS TWO OF THEIR FINE PRODUCTS: NANOSPIKES AND MICROSPIKES.

Mile after mile, **NANOspikes®** footwear traction provides unrivaled comfort, grip and performance when running on icy streets, roads, and sidewalks. Ten extremely wear-resistant tungsten carbide spikes per foot bite into frozen surfaces and highly durable dual-compound TPU traction plates feature specialized inserts that disburse impact forces. **NANOspikes®** also allow users to safely transition between dry and slippery pavement without affecting the natural running motion, providing the high performance road runners demand so they can train and stay outside all year round.

Best Use: Road running, walking
Terrain: City streets and sidewalks
Conditions: Ice, hard-packed snow
Footwear: Road running shoes

**KAHTOOLA
NANO SPIKES®**
 ONLY \$49.95 MSRP



Winner of Backpacker Magazine's Hall of Fame Award and Editors' Choice Gold Award, **MICROspikes®** footwear traction is the best choice for confidently hiking on frozen trails and mountainous terrain. Twelve stainless steel spikes aggressively dig into ice and welded stainless steel chains offer added traction in snow while remaining flexible and highly packable. Built for back country winter adventures, **MICROspikes®** redefined the winter traction category more than a decade ago by providing grip and performance that remains trusted today.

Best Use: Hiking, backpacking
Terrain: Rugged mountain trails, off-trail
Conditions: Ice, packed snow, rocks
Footwear: Hiking shoes and boots

**KAHTOOLA
MICRO SPIKES®**
 ONLY \$69.95 MSRP



ning be delightful?

WE HAVE SHOES FOR ALL YOUR RUNNING NEEDS.

Visit us at 1706 - 22nd Ave., Kenosha or online at: <https://shopkrco.shopsettings.com/>

SALOMON SPEEDCROSS 5 IS A GREAT TRAIL SHOE THAT ONLY GETS BETTER.

The **Speedcross 5** was updated with larger lugs with more space and a new geometry and deeper penetration gives the runner better push off grip in all surface conditions. The SensiFit™ cradles the foot from the midsole to the lacing system, providing a secure, snug, and virtually customized fit all around the foot. Your feet will feel like they're walking on clouds with Salomon's injected EVA compound in the midsole, which ensures that your run will be comfortable and responsive when you need it to be. Its underfoot cushioning gives reliable support and comfort. Salomon's installed Contragrip in its outsole. This provides a remarkable grip on wet, slippery surfaces and the tight mesh upper prevents debris from being trapped between your foot and your footbed. **Men's – black. Women's – navy.**

SALOMON
SPEEDCROSS 5
SALE **\$97.50**
MSRP \$130.00



TOPO FOR THE TRAILS!!



TOPO
MT. RACER
ONLY **\$140.00** MSRP

The **Topo Mt Racer (men's only)** with its toothy Vibram Megagrip outsole is perfect for wintry conditions. This outsole delivers optimal traction on any surface. These wide toe box trail running shoes are performance tuned for trail racing and speed-hiking. The Vibram® trail running shoes feature a spacious lug design through the sole which offers excellent mud and snow release. Lateral drainage ports enhance water release and quick drying. The thin tongue repels dirt and pebbles from getting inside the shoes.

The **Topo Ultraventure (women's)** was designed with features inspired by our elite trail and ultrarunners. An aggressive Vibram® XS Trek outsole provides traction, durability, and protection on technical trails, while the 3 piece, multi-density EVA midsole offers light stability through the gait cycle. A 30/25mm stack height (5mm drop) delivers a plush and protective ride. The fully gusseted tongue of these ultra trail running shoes and an abrasion-resistant engineered mesh upper are optimized for breath-ability and strength, and feature drainage "gills" for water release and quick drying a key feature when you are adventuring through the snowy trails.

TOPO
ULTRAVENTURE
ONLY **\$130.00** MSRP



beyond TAILS

Issue #71
December 2020



Canicross & Kenosha Running Company...

In 2014 we stumbled into hosting trail running events and by our second event I was asked if we allowed dogs, a question I never previously considered. I said yes and as a result our events become dog-friendly, with most walking with their dogs. Two years later I was introduced to Canicross, December 2016 we had our official first Canicross event, now we are celebrating our 5th Annual [Hateya Trail Run & Canicross event](#). We had six Canicross events in 2017, seven events in 18', 19' and 2020, believe it or not we have nine Canicross events scheduled for 2021.

During this time we started a dedicated website for our Canicross events, www.traildogrunners.com, started selling Canicross gear at our events, attended expos to promote Canicross and opened the first Run Specialty & Canicross Store in the Country. We perhaps stock more Canicross gear than anyone else in the country as we stock: Howling Dog Alaska, Non Stop Dogwear and Zero DC. We can professionally fit you and your dog for the proper gear in person (some have driven over seven hours to have their dogs fitted) or assist you over the phone in selecting the proper gear and you can [purchase from us online](#).

We also started Canicross USA in 2018, with chapters forming throughout the US over the next 18 months, we even went to great lengths to create and offer insurance for Canicross for race directors. We created a [Canicross USA](#) website, which is in the process of being updated for 2021.

Unfortunately 2020 has been less than ideal for Chapter meet up runs, trail or Canicross events across the country have been cancelled and very few have found a way to host events either in person or virtually.

I am hopeful that we can resume our active ways of reaching out to trail race directors to add Canicross, attending expos to promote the sport, expanding our Canicross events beyond SE Wisconsin, and regrouping and getting our local chapters excited to get out there with others for meet up runs.

Until then, please send me your stories and pictures on how you are enjoying time on and off the trails with your dog. We will include in an upcoming edition. Send to briant@kenosharunningcompany.com.

Have fun chasing tails, or perhaps bike or skijoring and for a few, dog sledding!

Have a Happy Thanksgiving, Brian



CANICROSS PRODUCT SPECIALS

Does your dog need winter

Winter is coming and as humans, we know that we need to bundle up, but your fur bestie is already wearing a fur coat.

WE HAVE
Visit us at 1706 - 22nd Ave

Since your dog cannot talk, it is normal to wonder if their coat is enough when it gets cold outside? Since your dog won't tell you with words that it is cold, answering yes to one or more of these questions might indicate that a coat is needed.

- **IS YOUR DOG A SHORT-HAIRED BREED?**
- **IS YOUR DOG A BREED THAT ORIGINATED FROM A WARMER CLIMATE?**
- **DOES YOUR DOG HAVE A MEDICAL CONDITION?**
- **IS YOUR DOG A SENIOR DOG OR A PUPPY?**
- **IS YOUR DOG A SMALLER BREED?**
- **IS YOUR DOG NATURALLY LEAN?**
- **IS YOUR DOG LOW TO THE GROUND?**

In addition to the above, the time and temperature also dictates whether additional protection for your pup is necessary. In general, if the temperature is 45 degrees Fahrenheit or above or the time outdoors will be 10 minutes or less, your dog is fine to be naked and free and coats are usually not necessary unless it is REALLY cold.

However, if you are going to be running, skiing, biking, or canicrossing, sledding, or any other movement sport with your dog, you have to remember to refer the rule of thumb that runners use in colder climates. Since you create your heat when exercise, you and your pup should dress like it is 10 to 20 degrees warmer. If you are a hot runner or if Fido is really furry, you should dress like it is 60 in 40 degree weather. If you are easily cold or if you have a shorter-haired dog, pretend it is 50.

If you have determined that your dog needs a coat to stay on the trails with you or just be comfortable, look for pet apparel that adequately covers the neck and belly, and also allows for neck-to-tail protection.



**HOWLING DOG
ALASKA
PROTECTOR BOOTIES**
\$20.00 MSRP
Available in Red/Black

WHAT ABOUT DOG SHOES?

Shoes for dogs are important in the winter months. Without hair in your dog's paws. As it continues to get colder and cold, they can actually cut the webbing between their toes or scrape their paws on the ice. Also, many de-icers used to melt the snow and ice can be harmful to your dog's paws. You also don't want your dog licking these chemicals. Protector Booties are lightweight and feature a water repellent upper top for a secure fit. The bottom is rubberized for wear and keeps the booties secured in place. These booties will meet

ter protection?

ME ALL YOUR CANICROSS NEEDS.

., Kenosha or online at: <https://shopkrco.shopsettings.com/>



KEEPING YOUR PUP SAFE...

Since we are based in Wisconsin and hunting is the thing to do, visibility is also a key in the winter months

for both you and your pup. The Non-stop Dogwear Hunting Jacket provides the warmth and visibility you need for you both to stay safe on the trails.

The Hunting Jacket is a lightweight and comfortable cover for all active dogs and was developed in co-operation with experienced hunters with three goals in mind: optimal freedom of motion, protection and visibility.

The cover has been tested on a range of different breeds of dog's in order to ensure the best ergonomic fit. Stretch material is used over the back and neck for optimal freedom of motion and the rip stop material on the underside protects the dog from stray branches and other obstacles. The cover provides good visibility in the mountain terrain and incorporates reflective strips for maximum visibility after dark.

**NON-STOP
DOGWEAR HUNTING
JACKET**
\$60.00 MSRP
Available in Blaze Orange.

them, snow can build up between the paws. If it gets cold, it can turn into ice. Eventually, it can cause chemical burns or dry out paw pads in addition to slipping and sliding on ice. Howling Dog Alaska has a solution. Their boots have a durable outer shell, soft lining, and an elastic band for resistance and traction. A velcro closure secures the boots to the needs of your active winter pup!



WARMTH IN THE WINTER...

The Non-Stop Dogwear Alpha Pro jacket is designed to keep your dog warm in all conditions. We use high-end materials including a breathable and water-repellent outer layer, a thermally insulated mid-layer, and an inner surface made from rip stop nylon to perfectly protect your dog's fur. Our products are tested in the rugged nature of Scandinavia.



**NON-STOP
DOGWEAR
ALPHA PRO JACKET**
\$60.00 MSRP
Various colors & sizes.



Sunday, Dec. 13, 2020

LAKE GENEVA

ZIPLINES & ADVENTURES

LAKE GENEVA, WI ([directions](#))

10:20 a.m. CaniCross

10:30 a.m. Trail Run/Walk

REGISTER TODAY!!

Running with the puppies!

The 8th Annual XC Thrilllogy Hateya Trail Run/ Walk & Cani-cross will take you on an adventure through the trails in the Lake Geneva Zipline and Adventures. This event provides single track fun that will definitely keep you on your toes. Runners and Walkers can enjoy the crunch beneath their feet (leaves and perhaps snow) for 4m, 8m, 12m & 16 miles. Walkers can choose 4 or 8 miles.

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

This event also offers the **VIRTUAL CANICROSS** option. Get your pup ready and run with us virtually from anywhere. This event is perfect for all fitness levels and is dog-friendly for those not interested in participating in the CaniCross Event.



We can help you get noticed...

Place an ad or submit an article in the Beyond Trails & Roads monthly digital magazine, promoting your events, services or products.

IDEAS FOR YOUR AD:

Introduce your upcoming event, your business or a special message to other trail runners. Coverage to over 12,000 readers throughout the U.S.

**Full page ad =
only \$30.00 per month!!!**

(payment in advance required)

Contact Brian Thomas at (262) 925-0300 or briant@kenosharunningcompany.com



Looking to hit the trails with a 4-legged running partner?

Looking for that perfect four-legged furry addition to your family? Perhaps one of these shelters or rescues have the friend and new family member you have been waiting for!

- <https://www.safeharborhumanesociety.org/>
Kenosha, WI

- <https://www.wihumane.org/>
Milwaukee - Racine - Ozaukee - Door County - Green Bay
(Racine Campus - 8900 16th St., Mount Pleasant, WI -
companion@wihumane.org - 262-554-6699)

- <https://lakelandanimalshelter.org/>
Delavan, WI

- <https://hawspets.org/>
Waukesha, WI

- <https://www.underdogpetrescue.org/>
Madison, WI

- <https://www.diamonddogsrescue.com/>
Madison, WI

- <https://www.rettungshausshepherds.org/>
Kenosha, WI

- <https://www.adoptahusky.com/>
IL & WI

- <https://www.ravenshuskyhavenandrescue.org/>
Sycamore, IL

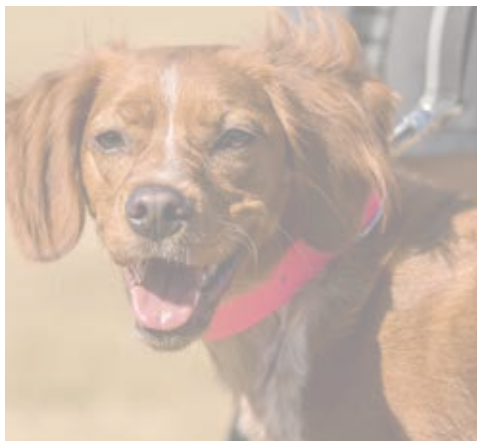
- <https://www.animalhousesshelter.com/>
Huntley, IL

- <https://www.heartlandanimalshelter.org/>
Northbrook, IL

- <https://www.woofgangrescue.com/>
Racine, WI

- <https://orphansofthestorm.org/>
Riverwoods, IL

- <https://www.arcticrescue.com/>
Utah



*** If you know of a shelter or rescue that should be listed or highlighted, please send their information to: briant@kenosharunningcompany.com.



...offering the Largest & Longest
Running CaniCross Series
in the Country.

CANICROSS EVENTS

www.TrailDogRunners.com



www.canicrossusa.org



**Professional
DOG HARNESS
FITTING!**

Supply partners with...



Kenosha Running Company takes pride in offering CaniCross gear and properly fitting you and your dog with harness, lead line and running belt.

Stop by our store to get you and your dog properly fitted...
1706 - 22nd Ave., Kenosha, WI

Check out our online CaniCross Stores at:

<https://shopkrco.shopsettings.com/>

www.zazzle.com/store/canicross_usa

2021



Saturday, Jan. 16, 2021

Seno K/RLT Conservancy
3606 Dyer Lake Rd (Hwy. P)
Burlington, WI



Sunday, Feb. 14, 2021

Seno K/RLT Conservancy
3606 Dyer Lake Rd (Hwy. P)
Burlington, WI



Saturday, March 13, 2021

Lake Geneva Ziplines & Adventures
N3232 County Road H
Lake Geneva, WI



Sunday, April 4, 2021

Seno K/RLT Conservancy
3606 Dyer Lake Rd (Hwy. P)
Burlington, WI



Saturday, May 1, 2021

Veteran's Memorial County Park
8697 County Hwy. KD
Burlington, WI



Sunday, Sept. 19, 2021

Seno K/RLT Conservancy
3606 Dyer Lake Rd (Hwy. P)
Burlington, WI



Saturday, Oct. 9, 2021

Bong State Recreation Area
26313 Burlington Rd
Kansasville, WI



Saturday, Nov. 20, 2021

Lake Geneva Ziplines & Adventures
N3232 County Road H
Lake Geneva, WI



Sunday, Dec. 5, 2021

Lake Geneva Ziplines & Adventures
N3232 County Road H
Lake Geneva, WI

"The Only Run Specialty & CaniCross Location in the Midwest"

www.KenoshaRunningCompany.com | www.XCThrilllogy.com

www.TrailDogRunners.com | (262) 925-0300

1706 - 22nd Avenue, Kenosha, WI 53140

VIRTUAL OPTION AVAILABLE on all events as well.

SHOP ONLINE TODAY!!!



<https://shopkrco.shopsettings.com/>

Canicross is a mashup of the words “canine” and “cross country” and is a team sport consisting of a person and dog who run together. Typically the person wears a waist belt, the dog a specifically designed harness, and the two are joined by an elastic line that reduces shock to both the person and dog when the dog pulls. In the United States, Canicross (aka caniXC or caniX) is relatively unheard of. It is more prevalent in cooler climate areas where sled dog and mushing sports already exist but is slowly becoming more known. Canicross USA is here to help promote the sport throughout the U.S.



Apple Podcasts Preview Canicross
with Brian Thomas (Elite Pet Podcast)
[https://podcasts.apple.com/
us/podcast/elite-pet-podcast/
id1468787290?i=1000457766261](https://podcasts.apple.com/us/podcast/elite-pet-podcast/id1468787290?i=1000457766261)

[Check out CaniCross on](#)



Canicross ***links & resources***

CanicrossUSA.org

[XC Thrilllogy Trail Events](#)

[Kenosha Running Company](#)

[Non-Stop Dogwear](#)

[USFSS – United Federation of Sleddog Sports](#)

[IFSS – International Federation of Sleddog Sports](#)

[RunRepeat – The Dog Race Database](#)

[Northeast K9 Conditioning](#)

[Pawsitive Futures](#)

[Shadow Dog Photography](#)

Canicross.....



XCThrilllogy Canicross Series is the largest in the Country with eight events from fall through spring. To learn more about all of our Canicross events visit www.Traildogrunners.com or e-mail: Stephaniez@kenosharunningcompany.com

The XC Thrilllogy Canicross Series is the largest and longest running series in the country. It derives from the sport of dog mushing / sledding, but you are working as a team with Fido. Our events are welcoming for everyone regardless of type of dog, gear, newbie or experienced.

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

Canicross gear

We are now the supply partners with....



Non-stop
dogwear.no

Kenosha Running Company takes pride in offering Canicross gear and properly fitting you and your dog with harness, lead line and running belt.

Stop by our store to get you and your dog properly fitted (1706 - 22nd Avenue, Kenosha, WI).

Check out our online Canicross Stores at:

<https://shopkrco.shopsettings.com/>

www.zazzle.com/store/canicross_usa

Canicross hits the air



At the Pike River Trail Run & Canicross in Sept of 2018, PBS Milwaukee did a feature on our Canicross event.

<https://www.youtube.com/watch?v=d370ouOrpIY&feature=share>

For more info on our upcoming Canicross events, visit www.TrailDogRunners.com

Please share with other dog lovers & runners!

beyond **TRAILS & ROADS**

Issue #70

Mid-November 2020

SPECIAL EDITION
Trail and CaniCross
Event Directory



2021

Trail & CaniCross Events

Welcome to 2021... XC Thrillology Style!

We have been planning of 2021 events since August and we are happy to share the fun we have planned!!! Hard to believe this all started in 2014 with two trail events, now in 2021 we have "Twenty Two Event Dates."

INCLUDING: "Nine" Exclusive Canicross Events, "Two" Trail Duathlons, "Two" Cross Country Invitations, "Two" One Mile Races, & "Sixteen" Trail Run/Walk Events.

New for 2021 will be prize money at select events for specific distances, it is time to put up or shut up! Those wishing to run for the money will also have to ante up and the pot being split amongst the winners.

We are also designating specific events and distances for age group awards as well, this is something we have not done in years. We will not be handing out ribbons or medals or trophies, just not our style... let us surprise you!

We have moved nearly all our events to private property in order to be able to secure locations without the disruptions we have experienced in 2020.

In the process of securing these new locations, we have discovered some amazing places to run and I know you will love our new and old venues.

I am excited to share the evolution of our Military Program, it is now called our Red, White & Blue Program and includes Law Enforcement, as we need to show our appreciation and respect for the community. More information on this program on the next page.

We will continue hosting the Special Olympics State Cross Country (which is open to everyone) for the third year and will continue to have the Veterans Day Run FREE for all those that sign up online. These are two special events for me personally and look forward to your support.

On a personal note, these events would not be possible without the amazing people that assist me and each of you that attend and lend your support. I have met amazing people over the years and many have become great friends. I am looking forward to a year with wonderful experiences and memories that will last a lifetime.

Running it is just a way of life.
Brian

The man behind it all...



**Running It is Just a Way of Life,
Brian Thomas**



This event is an
Age Group Award Event

>> more information



This event is a
Prize Money Event

>> more information



This event is a
**Canicross &
Virtual Canicross
Event**

>> more information



Event proudly offers...
**the Red,
White & Blue
PROGRAM**

>> more information



Kenosha Running Company, Inc.

P.O. Box 126, 1706 - 22nd Avenue, Kenosha, WI 53140
(262) 925-0300 -- Fax: (262) 652-1388
briant@kenosharunningcompany.com

www.KenoshaRunningCompany.com

www.XCThrillology.com www.CanicrossUSA.org

www.TrailDogRunners.com

Shop online at: <https://shopkrco.shopsettings.com/>





the **Red,** **White & Blue** **PROGRAM**

THE KENOSHA RUNNING COMPANY IS HUMBLLED AND THANKFUL TO ANNOUNCE THAT ALL...

- **MILITARY VETERANS**
- **ACTIVE SERVICEMAN**
- **POLICE**
- **SHERIFFS**
- **AND THEIR SPOUSES**

will be able to run/walk many of our 2020 events for FREE. Please look for the FLAG logo for the events that offer this unique opportunity. If you qualify, please email us or call (262) 925-0300 to receive a discount code for the FREE entry. Please note, you will have to show proper identification at packet pick up.

Please **CONSIDER A DONATION** to support this program so it will be maintainable and sustainable for many years to come. Donations may be made online with your race registration to the Red, White & Blue Program or simply mail your check (made out to Kenosha Running Company) to KRC, P.O. Box 126, Kenosha, WI 53141.





WINTER FUN RUN!

Saturday, January 16, 2021

10:20am CaniCross • 10:30am Trail Run/Walk
SENO K/RLT CONSERVANCY
3606 DYER LAKE RD (HWY. P)
BURLINGTON, WI

Venue information | Directions

DISTANCES: approx. 3.5 mile loop - run as much as you would like within 3 hours.

Seno K/RLT Conservancy is the perfect host for the annual im Schnee festsitzen Trail Run. This beautiful park and trails take you through upland forest, wetlands, oak savanna remnants, and prairie areas. The 3.5 mile looped course is mostly double wide trails.

Plan on joining us and being a kid again! The snow-covered trails (fingers crossed) will be all you need to remember the fun you had making snow angels, snowpeople (or snowdogs), snow tunnels, and having snowball fights. (But please only start a snowball fight on the trail with willing participants!) You can tromp through the woods on a 3.5 mile loop as much as you would like for 3 hours.

AND... just like when you were a kid, we will be waiting for you with a cup of hot chocolate with marshmallows and a beef stew (projected menu) as you enjoy the company of your fellow trail enthusiasts. Please BYO dessert to share! Surprise swag, fun awards, and great company make the ending of your im Schnee festsitzen one of the most fun things you can do outdoors in January.

The CaniCross event will be on a 3.5 mile loop on which you can run as much as you would like for 3 hours. Please note that the CaniCross event will start 10 minutes prior to the runners and walkers. The CaniCross athletes start at 10:20 and the run/walkers will start at 10:30.

This event is perfect for all fitness levels and is dog-friendly for those not interested in the CaniCross Event. For all CaniCross event information, please visit www.TrailDogRunners.com. All of our CaniCross events can be ran VIRTUALLY!!



MORE INFORMATION!!

SIGN UP TODAY!!





Seno K/RLT CONSERVANCY

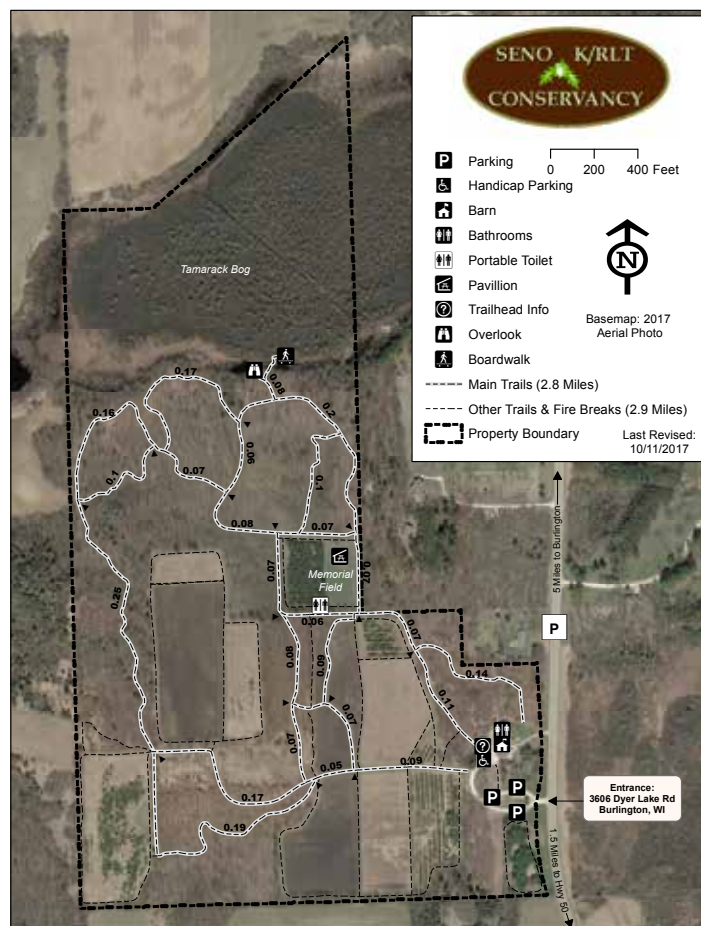
3606 Dyer Lake Road, Burlington, WI 53105 • 262-539-3222
<https://senokrlt.org/> • Email: senokrlt@senokrlt.org

Our Mission

Seno K/RLT Conservancy is dedicated to sustainable forestry, natural resources education, conservation and land preservation.

What's in a Name

Since being established in 1993, the Kenosha/Racine Land Trust (K/RLT) has focused on permanently preserving land and restoring critical habitat. Now the land trust owns 53 acres in the Pleasant Prairie/Des Plaines River Basin and holds 19 conservation easements on approximately 1,000 acres in Kenosha and Racine counties. Adding the 213 Seno acres, raises land permanently protected to 1266 acres. Coincidentally, during that same time period, the nearby WWOA Foundation (a.k.a Seno Woodland Education Center) having been founded by the Wisconsin Woodland Owners Association (WWOA) with land donated by Dr. Elvira Seno, has directed efforts from its 127-acre facility in western Kenosha County toward educating the public on prudent land management for sustainable forestry practices with related benefits to wildlife and natural beauty. To leverage the strength of each, the two organizations officially merged on June 20, 2014. The name of this organization is now Seno K/RLT Conservancy.





SNOW RUN FUN!

Sunday, February 14, 2021

10:20am CaniCross • 10:30am Trail Run/Walk
SENO K/RLT CONSERVANCY
3606 DYER LAKE RD (HWY. P)
BURLINGTON, WI

Venue information | Directions

DISTANCES: approx. 3.5 mile loop - run as much as you would like within 3 hours.

Seno K/RLT Conservancy is the perfect host for the Annual Boreas Trail Adventure. This beautiful park and trails take you through upland forest, wetlands, oak savanna remnants, and prairie areas. The 3.5 mile looped course is mostly double wide trails.



This will be our first event of its kind for Kenosha Running Company, in that there will be prize money!!!! The designated estimated distance for the prize money event is 9 miles. This is how it works... those wanting to enter for the prize will pay an additional \$20.00 when signing up. Based on the number of entries for each category (Open Male & Female, Masters Male & Female, and Super Masters), it will determine the total amount of prize money in each category. Prize money will be awarded as follows 50% Winner, 30% 2nd Place and 20% 3rd Place.

Plan on joining us and being a kid again! The snow-covered trails (fingers crossed) will be all you need to remember the fun you had making snow angels, snowpeople (or snowdogs), snow tunnels, and having snowball fights. (But please only start a snowball fight on the trail with willing participants!) You can tromp through the woods on a 3.5 mile loop as much as you would like for 3 hours.

AND... just like when you were a kid, we will be waiting for you with a cup of hot chocolate with marshmallows and a beef stew (projected menu) as you enjoy the company of your fellow trail enthusiasts. Please BYO dessert to share! Surprise swag, fun awards, and great company make the ending of your Boreas Trail Adventure one of the most fun things you can do outdoors in February.

The CaniCross event will be on a 3.5 mile loop on which you can run as much as you would like for 3 hours. Please note that the CaniCross event will start 10 minutes prior to the runners and walkers. The CaniCross athletes start at 10:20 and the run/walkers will start at 10:30.

This event is perfect for all fitness levels and is dog-friendly for those not interested in the CaniCross Event. For all CaniCross event information, please visit www.TrailDogRunners.com. All of our CaniCross events can be ran VIRTUALLY!!



MORE INFORMATION!! | SIGN UP TODAY!!



HILLS ARE ALIVE

TRAIL RUN/WALK

HITTIN' THE HILLS!

Saturday, March 13, 2021

10:20am CaniCross • 10:30am Trail Run/Walk
LAKE GENEVA ZIPLINES & ADVENTURES
LAKE GENEVA, WI

Venue information | Directions

DISTANCES: 4, 8, 12, 16 miles

Lake Geneva Ziplines & Adventures is the home of the Hills Are Alive Trail Run/Walk/CaniCross. The 4 mile trail loop has some challenging hills, very scenic and is mostly single track trails. Individual distances include 4, 8, 12 or 16 miles. There also is a 16-mile 2-person relay option.

This event is part of the 2020-21 CaniCross Series and offers 4 or 8-mile events for walkers/runners with or without a dog and 12 and 16-mile options for runners with or without a dog only. The CaniCross event will start 10 minutes prior to the start of the Run/Walk event. CaniCross athletes will start at 10:20 and Run/Walk athletes will start at 10:30 a.m.

Hills Are Alive Trail Run/Walk/CaniCross is the perfect kick-start to your spring training and the BEST way to celebrate St. Patrick's Day.

This will be an AGA (Age Group Awards) event, we will be having awards for the 8 mile distance in the following categories; Open 0-39, Masters 40-55, and Super Masters 55 and up. Awards will be based on the number of entries in each category.

This event will offer PRIZE MONEY!!! The designated distance for the prize money event is 16 miles. This is how it works, those wanting to enter for the prize will pay an additional \$20.00 when signing up. Based on the number of entries for each category, Open Male & Female, Masters Male & Female, and Super Masters will determine the total amount of prize money in each category. Prize money will be awarded as follows 50% Winner, 30% 2nd Place and 20% 3rd Place.

This event is perfect for all fitness levels and is dog-friendly for those not interested in participating in the CaniCross event. Please note that this event is welcoming to all levels of CaniCross athletes and special equipment is not required. If you would like to test CaniCross equipment or upgrade your current set up, visit us at 1706 - 22nd Avenue, Kenosha. We will happily fit your dog (and you) and you can test run the equipment on our property or the adjoining bike path.



MORE INFORMATION!! | SIGN UP TODAY!!



SPRINGIN' INTO IT!

Sunday, April 4, 2021

10:30am

SENO K/RLT CONSERVANCY
3606 DYER LAKE RD (HWY. P),
BURLINGTON, WI



[Venue information](#) | [Directions](#)

DISTANCES: 3, 5, 7, 9 miles

Meraki is a Greek word that means “to do something with passion, with absolute devotion, with undivided attention”. There are many reasons to why our participants participate in our events, but they all can agree on the fact, when they are running/walking the trails, they are doing so with passion, devotion, and undivided attention.

The Meraki Trail Run is 3, 5, 7 or 9 miles of immersion in the experience of trail running in the spring. Bullfrogs and songbirds will be your soundtrack. Muskrats, deer, forest, and wildflowers will be your backdrop. The new spring grass will give you the bounce in your step to complete your chosen distance (or perhaps more)! This trail is a combination of mostly double wide trails that are either grass or dirt, through heavily wooded sections of open prairie and hills (just a few!).

Dirty Dog Dare is the CaniCross companion event to the Meraki Trail Run will have a choice of 3, 5, 7 or 9 mile events as a test of their trail fitness. This event is perfect for all fitness levels and is dog-friendly for those not interested in participating in the CaniCross Event.

[MORE INFORMATION!!](#) | [SIGN UP TODAY!!](#)



BRING ON THE DOGS!

Sunday, April 4, 2021

10:30am

SENO K/RLT CONSERVANCY
3606 DYER LAKE RD (HWY. P),
BURLINGTON, WI

Venue information | Directions

DISTANCES: 3, 5, 7, 9 miles

Dirty Dog Dare is the CaniCross companion event to the Meraki Trail Run. Meraki is a Greek word that means “to do something with passion, with absolute devotion, with undivided attention”. There are many answers to why our participants participate in our events, but they all can agree on the fact, when they are running/walking the trails, they are doing so with passion, devotion, and undivided attention.

Bullfrogs and songbirds will be your soundtrack. Muskrats, deer, forest, and wildflowers will be your backdrop. The new spring grass will give you the bounce in your step to complete your chosen distance (or perhaps more)!

Participants will have a choice of
3, 5, 7 or 9 mile events
as a test of their trail fitness.

This event is perfect for all fitness
levels and is dog-friendly for those
not interested in participating
in the CaniCross Event.

MORE INFORMATION!!

SIGN UP TODAY!!



SUNSET

Trail Run/Walk

AN EVENING RUN!

Saturday, May 1, 2021

6:30pm

VETERANS MEMORIAL COUNTY PARK
(KD PARK IN TWIN LAKES)
BURLINGTON, WI

[Venue information](#) | [Directions](#)

DISTANCES: 3, 6 miles

This is a new event for 2021 and we are hitting the trails at Veterans Park (formerly known as KD Park). This picturesque park is over 230 acres which includes an amazing 40 acre lake and the single track and double wide trails may be deceiving, but trust me the hill-n-dale looped course will challenge you!

The 6:30pm start will be a perfect way to kick off your evening, as you run, walk or Canicross either 3 or 6 miles.

Once done we can all enjoy a fun social time with food and drinks.

We will be having some fun awards in the spirit of embarrassing moments and friendship!



MORE INFORMATION!!

SIGN UP TODAY!!





A MEMORIAL EVENT!

Sunday, May 30, 2021

10K run/walk: 10:00am • 20K run: 10am •

5K run/ walk: 10:15am

WHITE RIVER TRAIL, START/FINISH IN
DOWNTOWN LYONS, WI

Venue information | Directions

DISTANCES: 5K, 10K, 20K

This first-year event will be a perfect way to celebrate, remember and honor all those that have served our Country. Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2021 will occur on Monday, May 31. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

This year's event will be taking place on the White River Trail with the start and finish in downtown Lyons, WI. The White River Trail is a rails-to-trails crushed limestone path on the former SOO railway. This trail is canopied by trees and provides the perfect place to reflect on the selfless service the military provides.

This event is free for our Veterans, Active Duty, Reserves, Law Enforcement and their spouses. Entry for all others is only \$10.00 with online sign up and \$20.00 the day of the event.

Once you are done running or walking you are encouraged to stay until the final runners have finished while socializing, enjoying the food and drinks at the Ye Olde Hotel.

This will be an AGA (Age Group Awards) event, we will be having awards for the 10K distance in the following categories; Open 0-39, Masters 40-55, and Super Masters 55 and up. Awards will be based on the number of entries in each category.

When signing up, please consider purchasing a flag that will line the start/finish area to honor or in memory of a military hero in your life. We would love to line the trail with flags.

There also will be an option to donate to the Kenosha Running Company's Red, White and Blue Program. This program provides free or discounted race entries to active duty or retired military personnel, police, and sheriffs and their spouses to run or walk several of our events throughout the year. This unique program helps to provide a way for them to remain physically active while also fostering a sense of community.

Event distance and start times:

10K run/walk: 10:00 a.m

20K run: 10:00 a.m.

5K run/ walk: 10:15 a.m.

MORE INFORMATION!! | **SIGN UP TODAY!!**





SUMMER KICK-OFF!

Sunday, June 13, 2021

9:30am

ALPINE VALLEY RESORT

W2501 COUNTY RD D, ELKHORN, WI



Venue information | Directions

DISTANCES: 3.3, 6.6, 7.5, 15, 22.5 miles -&- 13.2 2-person relay

Alpine Valley Resort is the new home of this great event, and we could not be more excited! The Coureurs de Bois Trail Run and Relay (which means to run in the woods), is a perfect way to kick off the start of summer. The estimated distances of short loop (3.3miles) distances of 3.3m or 6.6 miles and long loop (7.5miles) distances of 7.5m, 15m or 22.5 miles for individual events or a 13.2 mile 2-person relay alternating loops on the short loop. The course is challenging and scenic as you embrace mountain bike trails and with elevation gain on the long loop of nearly 900 feet per loop, make sure you are ready for some fun!

This will be an AGA (Age Group Awards) event, we will be having awards for the 7.5 mile distance in the following categories; Open 0-39, Masters 40-55, and Super Masters 55 and up. Awards will be based on the number of entries in each category.

This event will offer PRIZE MONEY!!! The designated distance for the prize money event is 15 miles. This is how it works, those wanting to enter for the prize will pay an additional \$20.00 when signing up. Based on the number of entries for each category, Open Male & Female, Masters Male & Female, and Super Masters will determine the total amount of prize money for each category. Prize money will be awarded as follows 50% Winner, 30% 2nd Place and 20% 3rd Place.

Once done hang out and socialize at the base of the ski hill enjoying food and drink. If you would like to stay at the Alpine Valley Resort and have a room steps from the start/finish, reference Kenosha Running Company when booking your room for our special room rate.

For those that enjoy running or walking with their dog, this is a dog-friendly event. There will not, however, be a separate CaniCross division.

MORE INFORMATION!! | **SIGN UP TODAY!!**



Moments IN LIFE

Photo slideshows to showcase a life journey.

*Preserving your memories for a lifetime.
Something you & your family will forever cherish.*

- sporting events
- funerals
- life celebrations
- anniversaries
- retirements
- memorials
- weddings
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- reunions
- graduations
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- birthdays

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1-MILE PARADE EVENT!

Sunday, July 4 2021

1:25pm

SOMERS POST OFFICE

SOMERS, WI

Venue information | Directions

DISTANCE: 1-mile

Taking place prior to the start of the Somers' 4th of July parade, this unique event will let you test your speed while you are cheered on by hundreds of parade spectators!

After you run, plan on staying to watch the parade and celebrate the Village of Somers Heroes. There is a free Ice Cream Social after the parade at Somers Elementary School and the Somers Fire Dept. will sell food during the parade.

Awards will start at 2:00 at Somers Memorial Park (7511 12th Street) in the VFW Pavilion located behind the Village/Town Hall. Cash prizes will be awarded to the overall winner, male and female in the open and masters division. This will also be an AGA (Age Group Awards) event, we will be having awards in the following categories; Open 0-39, Masters 40-55, and Super Masters 55 and up. Awards will be based on the number of entries in each category.

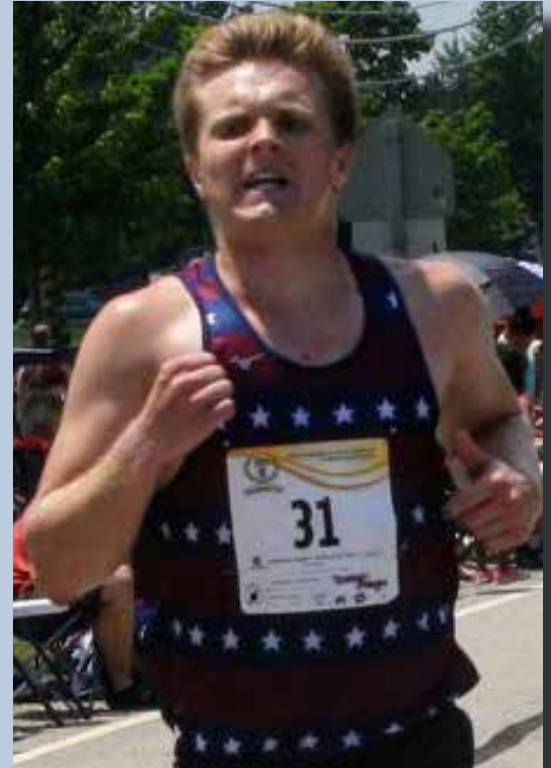
RUN AS A TEAM THIS YEAR!

Somer's One Mile Team Championship Cup. Prove your group is not only the best but the fastest in town.

Team Guidelines: Teams will consist of 4 members. Teams must include at least one female. Scoring will be by overall placement in the event. * Registration is by team and is only \$45 for all four members. *The finishing position for all of the team members will be added together and the winning team will have the lowest overall total score. (e.g. Your team members finish in 3rd, 14th, 20th, and 27th, respectively. Your team score is 3+14+20+27=64.)

Individual and Team Event Details: The race will start at 1:25 p.m. Runners not across the finish line in 15 minutes (1:40 p.m.) will be swept from the course. The racecourse is a straight mile starting at the intersection of H and E and ending at the intersection of EA and E. The race will be limited to 150 people. Sign up early. Online registration will close on Friday at 10:00 a.m.

If spots are available, same-day sign up will be available at packet pick up. Same day sign up will be \$15.00. Packet pick up will be at the Somers Fire Station (7511 12th St.) starting at 12:15. Parking will be limited. Some parking will be available at Shoreland High School and Somers Elementary School and the surrounding area. Please note that roads will be closed at 12:30 p.m. to stage for the parade.



MORE INFORMATION!! | **SIGN UP TODAY!!**





RUN-BIKE-RUN!

Saturday, July 24, 2021

10:30am

ALPINE VALLEY RESORT

W2501 COUNTY RD D, ELKHORN, WI

Venue information | Directions

DISTANCES: Running loop -- 3.5-4.5 miles & MTB loop -- 10-14 miles

The 2xFoot - 1xMTB Trail Duathlon is a first year event and will be held at Alpine Valley Resort on their amazing mountain bike trails zig-zagging up and down and across the ski slopes throughout the inter mingled and surrounding woods. This event will be welcoming to those that love the trails for biking and/or running, as you can tackle this beast solo or as a two or three person relay. The exact trail route has not yet been determined but will be by May of 2021. What we can share is the running loop will be 3.5 – 4.5 miles long and MTB loop will be 10-14 miles. Format will be Run – MTB – Run.

Those not familiar with these trails... <https://www.youtube.com/watch?v=y5C-W7WWcmE>

This is definitely a family-friendly event as we will have a short course bike route and short course trail run. Awards will be based on the number of entries for age, sex, solo and relay competitors. This will be an AGA (Age Group Awards) event, we will be having awards in the following categories; Open 0-39, Masters 40-55, and Super Masters 55 and up. Awards will be based on the number of entries in each category.

This event will offer PRIZE MONEY!!! So for those that want to take it up a notch, we are giving you the option to enter for some prize money! The prize money only applies to solo competitors. This is how it works, those wanting to enter for the prize will pay an additional \$20.00 when signing up. Based on the number of entries for each category, Open Male & Female, Masters Male & Female and Super Masters Male & Female will determine the total amount of prize money in each category. Prize money will be awarded as follows 50% winner, 30% 2nd Place, and 20% 3rd Place.

When signing up you have the following options:

Duathlon – Solo
Duathlon – Relay 2 person
Duathlon – Relay 3 person
Trail Run Only – First leg of event
Kids Trail Ride – 2 miles
Kids Trail Run – 1 miles

If you would like to spend the night at Alpine Valley for this event, reference Kenosha Running Company for special room rate.

Starting times:

Duathlon and Trail Run All Competitors 10:30am

Kids Trail Run -- 20 minutes after last competitor finishes Duathlon

Kids Trail Ride -- 10 minutes after the last Kid's Trail Run

MORE INFORMATION!! | **SIGN UP TODAY!!**



NIGHT FUN RUN!

Saturday, Aug. 14, 2021

7:50 p.m.

SILVER LAKE COUNTY PARK

27000 - 85TH STREET

SALEM LAKES, WI



[Park information](#) | [Park map](#) | [Directions](#)

DISTANCES: 2.5, 5, 7.5, 10 miles

Join Kenosha Running Company and your fellow trail enthusiasts for the Night Crawlers Trail Adventure. This unique night trail run/walk event will return to Silver Lake County Park in Salem Lakes, WI. Starting at 7:50 p.m. (just before sunset), runners and walkers will have the ability to explore from a completely different perspective, the DARK!

Walkers can enjoy a 2.5m or 5-mile walk in the woods, while runners have 2.5m, 5m, 7.5m 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 trail terror with friends.

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.

[MORE INFORMATION!!](#) | [SIGN UP TODAY!!](#)



A DAY TO RUN!

Sunday, Sept. 5, 2021

ALPINE VALLEY RESORT
W2501 Cty. Rd D, Elkhorn, WI

Venue information | Directions

This event is our Crown Jewel of our trail event series, with distances for every runner and walker. We are excited to be back at Alpine Valley Resort, embracing the Alpine Valley Mountain Bike Trails. Preview the mountain bike trails at...
<https://www.youtube.com/watch?v=E5pd2ZH6Qd8>.

What I can tell you is they are the most challenging trails I have run on in SE WI.

There will be two loops – short loop will be an estimated 3.5 miles and the long loop will be an estimated 7.5 miles. The exact loop measurements will be completed in early May 2021.

We will have some great swag options regardless of your distance which will include a t-shirt and customized finishing swag based on your completed distance (ultra or sub ultra distance).

Timeline and projected/estimated distances:

7:00am: 52.5miles, 45miles, 37.5miles, 30 miles, 22.5 miles, 15miles, 11miles, 7.5miles, 3.5 miles

*** Ultra distance runners must be done by 8:00pm – no one can start another long loop after 6:30pm or short loop after 7:00pm***

Relay distances for long loop: 52.5miles, 45miles, 37.5miles, 30 miles

Relay distances for short loop: 52.5miles (15 loops), 35miles (10 loops), 21miles (6 loops)

9:00am: Start of Ruck Challenge Distance of 22.5 miles, 15miles, 7.5miles, 3.5miles

Noon: 22.5miles, 15miles, 11miles, 7.5miles, 3.5miles

5:30pm: 7.5miles, 3.5miles

Special Events

- Dragon Dare Challenge will consist of 15 miles at 7:00am, 7.5miles at noon and 7.5miles at 5:30. Total of 30 miles.
- 12 Hour Death March will start at 7:00am running/walking the long loop for the first 6 hours and then the short loop for the last 6 hours.

This event will offer PRIZE MONEY!!! The designated distance for the prize money event is 52.5 miles. The prize money only applies to solo competitors. This is how it works, those wanting to enter for the prize will pay an additional \$20.00 when signing up. Based on the number of entries for each category, Open Male & Female, Masters Male & Female, and Super Masters will determine the total amount of prize money in each category. Prize money will be awarded as follows 50% Winner, 30% 2nd Place and 20% 3rd Place.

This will be an AGA (Age Group Awards) event, we will be having awards for the...

9:00am 15 mile event • noon 7.5 mile event • Dragon Dare event • 37.5 mile event
...in the following categories; Open 0-39, Masters 40-55, and Super Masters 55 and up.
Awards will be based on the number of entries in each category.

Plan on coming early and staying late, we have secured special room rates when you reference Kenosha Running Company.



MORE INFORMATION!!

SIGN UP TODAY!!





FALL FUN RUN!

Sunday, Sept. 19, 2021

SENO K/RLT CONSERVANCY
3606 Dyer Lake Rd (Hwy. P)
Burlington, WI

[Park information](#) | [Park map](#) | [Directions](#)

Not only does the Pike River Trail Run/Walk/Canicross have a NEW home at Seno K/RLT Conservancy, it now has a NEW name as well (Calling the Mare Trail Adventure Run/Walk & Canicross). This land was donated by Dr. Elvira Seno, directing its 127-acre (now nearly 240 acres) facility in western Kenosha County toward educating the public on prudent land management for sustainable forestry practices with related benefits to wildlife and natural beauty. Dr. Elvira Seno wished her beloved "Slippery Slopes" tree farm to become a place for others to learn about trees and nature. Dr. Seno passed away in November 1996. In her last year, she saw her dream fulfilled as buses full of children came to learn about forests and nature on her beautiful farm.

What does "Calling the Mare" mean?

In Medieval England, September was always known as the Harvest month, and as the many farmers would gather in the last of their crops, trying to prove that they had reaped the best crops they would try and beat their neighbouring farmers to complete the work first.

There was a fun ceremony known as "Calling the Mare" and this involved quickly gathering the last sheaf of the harvest and shaping it into a mare shape, then delivering it to the neighbouring farmers land, shouting "Mare, Mare." This was supposed to signify that wild horses would come and eat their harvest if they didn't gather it in quickly.

Once the receiving farmer had finished gathering his crop, he would pass it onto the next farmer who had not finished until it reached the last farmer. This last farmer would then have to keep the "Mare" on display for a year to show that he was the slowest farmer. Similarly, corn dolls were also weaved into shapes and placed in the corn fields as farmers believed that these corn dolls were the spirit of the corn goddess.

It was believed that if you did not place a corn doll in your fields, the corn goddess would die and so would your crops.

The trail is double wide, running through woods, open prairie, hills throughout with some a bit more challenging, surface is grass dirt and a couple very short sections of gravel road.

Distances: 3.3, 5.3, 7.3 and 9.3 miles. The first loop is modified for the extra distance and each following loop is 2 miles.



MORE INFORMATION!!

SIGN UP TODAY!!



**Special
Olympics**
Wisconsin



STATE CROSS COUNTRY MEET

A VERY SPECIAL RUN!

Sunday, Sept. 19, 2021

SENO K/RLT CONSERVANCY
3606 Dyer Lake Rd (Hwy. P)
Burlington, WI

[Park information](#) | [Park map](#) | [Directions](#)

Special Olympics has taken measures to ensure the safety of all their athletes and is discouraging the participation in events that would be over 50.

As a result, our focus has shifted from making this a “Living Unified” Event to a fundraising event for our local Special Olympics office in Racine. Those SO athletes that are not at high risk in regards to the Coronavirus are welcome to join us.

We currently have several Cross Country Programs joining in on this day of running with three distances: 800m, 1600m and 4K. Entry fee is \$18.00 or you can do all three “Special Olympic Challenge” for \$26.00. We will have swag for each runner and awards in divisions to be determined.

Seno K/RLT Conservancy is located at 3606 Dyer Lake Rd (Hwy. P), Burlington, WI, about 1.5 miles north of Hwy 50. The course is a combination of open area grass surfaces and wooded areas that are mostly dirt surface. This a great location and looking forward to hosting this event. It is open to all ages, all abilities and including walkers.



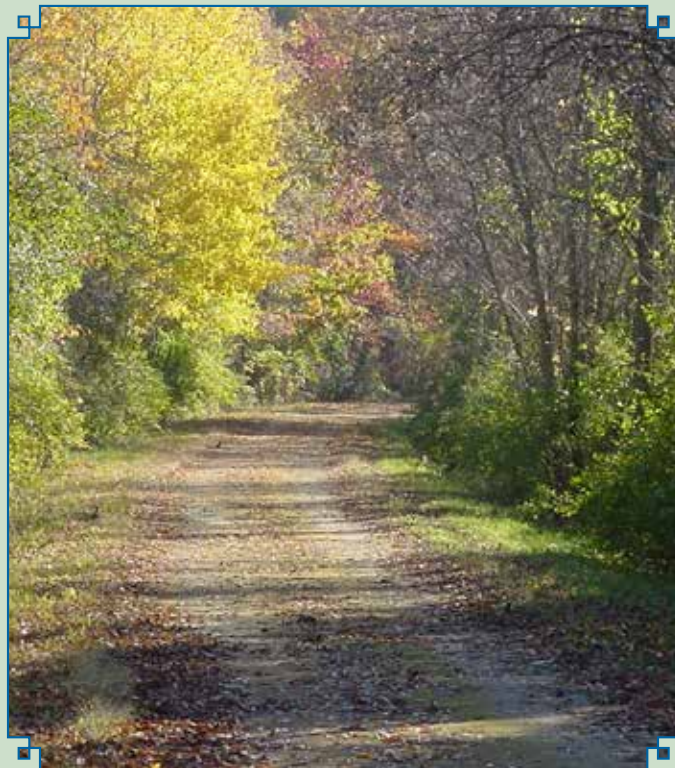
We hope everyone will support this event and help in continuing to find ways to support Special Olympic Athletes.

This event will feature three different distances with start times:

- 1:00 p.m. will be the start of the 800-meter event. Athletes must be able to complete the distance in 20 minutes.
- 1:25 p.m. will be the start of the 1600-meter event. Athletes must be able to complete the distance in 35 minutes.
- 2:10 p.m. will be the start of the 4K event. Athletes must be able to complete the distance in 70 minutes.

The Special Olympic Challenge gives any athlete the opportunity to participate in all three races creating extra special memories.

[MORE INFORMATION!!](#) | [SIGN UP TODAY!!](#)



ALL DISTANCES RUN!

Saturday, Oct. 9, 2021

BONG STATE RECREATION AREA
Kansasville, WI

[Park information](#) | [Directions](#)

MORE INFORMATION!!

SIGN UP TODAY!!

Who is ready to be Bonged!!!! Bong State Recreational Area is the home of the Wolfpack Trail Run & Relay in Kansasville, WI (just outside of Kenosha) and the trails full of color will be waiting for you!

Those looking for trail route that will give a little bit of everything, here you go! We have modified our course from previous years and will be focusing on 3.65 mile loop around Wolf Lake. The trails are double wide in most sections, combination of woods & prairie, surfaces either grass or dirt and yes there are just a few hills. In addition to all of our solo runners you're welcome to run this event as a relay team as well. Distance for this event will range from 3.65 miles to 36.5 miles, with distance increments of 3.65 miles. Walkers and those running 15 minute mile pace or slower are welcome to go up to 7 loops.

This will be an ideal event for those attempting their first ultra as we will not have a cut off time, manageable loop so you do not have to carry water/drinks or food. We will have one full blown aid station and another aid station with water and energy drink at roughly the 2 mile mark. Temperatures should be ideal and our laidback encouraging nature will allow you to feel right at home the entire time. Regardless of the distance you will have a great time surrounded by like-minded trail loving runners and walkers. Post run we will have a great spread of food for you. As always we will have some great swag to remember the day.

You will need a WI State Parks pass or sticker to enter the park.

Camping is also available at Bong...

<https://dnr.wisconsin.gov/topic/parks/richardbong/recreation/camping>



A DOG'S RUN...

Saturday, Oct. 9, 2021

BONG STATE RECREATION AREA
Kansasville, WI

MORE INFORMATION!!

shadow dog
photography

SIGN UP TODAY!!

[Park information](#) | [Directions](#)

Who doesn't love the sound of leaves crunching beneath your feet and the crispness of the air on an October day? Trail Dog Distance Classic is the perfect way to enjoy all the sights and sounds of the fall season with your pooch.

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

You can select between 3m, 6m, 9m and 12 miles. Grab your pooch and join us.

Sign up today before it is sold out... we are limited to only 50 people including event staff as per WI DNR.

We will be providing water/soda/beer and pre-packaged food. There will be a variety of swag to choose from.





XC Thrilllogy Fall Cross Country Classic

XC TEAM EVENT!

Saturday, Oct. 30, 2021

ALPINE VALLEY RESORT
W2501 COUNTY RD D
ELKHORN, WI

[Venue information](#) | [Directions](#)

DISTANCES: 3K, 5K

THE COURSE: The course is predominantly flat and fast. The 3k course will be one loop, and the 5K will be two loops consisting of the 3K loop and 2K loop. The Middle School athletes will run the 3K course and the High School and Open Athletes will run the 2k loop first. There will be distance markers every 1000 meters and then 400 meters from the finish.

THE COST: The cost per runner is \$15.00 We encourage coaches to sign up their teams and not rely on their individual athletes to sign up themselves. Spectator Passes will be \$5.00 (adults) and \$3.00 (18 and under). There will be an online sign up for spectators or cash payment at the event.

EVENT INFORMATION: We are currently planning on holding 5 events, Boys and Girls Middle School 3K (open to runner 8th grade and younger), Boys and Girls High School 5K, and Open 5K (open to all ages). We will add races as we feel are necessary based upon total number of runners and estimated finish times.

TEAM INFORMATION: When you are signing up as a MS Team, you can sign up as a 5th and 6th grade team or a 7th and 8th grade team. You can move runners up a grade, but not down a grade. The 5th/6th and 7th/8th grade teams will run at the same time, but will be scored separately. When signing up your teams, you will be asked to list your athletes' best time or estimated finishing time. Open teams will be either: all male, all female, or co-ed (must have at least 2 women).

Don't miss out on this season and this XC event...



[MORE INFORMATION!!](#) | [SIGN UP TODAY!!](#)



RUN-BIKE-RUN!

Sunday, Oct. 31, 2021

10:30am

ALPINE VALLEY RESORT

W2501 COUNTY RD D, ELKHORN, WI

[Venue information](#) | [Directions](#)

DISTANCES: Running loop -- 3.5-4.5 miles & MTB loop -- 10-14 miles

Herausforderung Bergweg Duathlon — Meaning: Challenge Mountain Path. This trail run – mountain bike – trail run duathlon is a first year event and will be held at Alpine Valley Resort on their amazing mountain bike trails zig-zagging up and down and across the ski slopes throughout the inter mingled and surrounding woods.

This event will be welcoming to those that love the trails for biking and/or running, as you can tackle this beast solo or as a two or three person relay.

The exact trail route has not yet been determined but will be by May of 2021. What we can share is the running loop will be 3.5 – 4.5 miles long and MTB loop will be 10-14 miles. Format will be Run – MTB – Run. Those not familiar with these trails, here is a link to give you a quick 60 second pre-view... <https://www.youtube.com/watch?v=y5C-W7WWcmE>

We will have a short course bike route and short course trail run. Awards will be based on the number of entries for age, sex, solo and relay competitors. This will be an AGA (Age Group Awards) event, with awards in the following categories; Open 0-39, Masters 40-55, and Super Masters 55 and up. Awards will be based on the number of entries in each category. This event will offer PRIZE MONEY!!! The prize money only applies to solo competitors. This is how it works, those wanting to enter for the prize will pay an additional \$20.00 when signing up. Based on the number of entries for each category, Open Male & Female, Masters Male & Female and Super Masters Male & Female will determine the total amount of prize money in each category. Prize money will be awarded as follows 50% winner, 30% 2nd Place, and 20% 3rd Place.

You have the following options:

- Duathlon – Solo
- Duathlon – Relay 2 person
- Duathlon – Relay 3 person
- Trail Run Only – First leg of event
- Kids Trail Ride – 2 miles
- Kids Trail Run – 1 miles

Starting times:

- Duathlon and Trail Run All Competitors 10:30am
- Kids Trail Run -- 20 minutes after last competitor finishes Duathlon
- Kids Trail Ride -- 10 minutes after the last Kid's Trail Run

Oktoberfest is not over, until we say it is over so plan on having some great on and off the trails. If you would like to spend the night at Alpine Valley Resort for this event, reference Kenosha Running Company for special room rate.

MORE INFORMATION!! | SIGN UP TODAY!!





AN IN-HONOR RUN!

Saturday, Nov. 6, 2021

WHITE RIVER TRAIL
Riverview Park, Lyons, WI

[Trail information](#) | [Directions](#)

The Kenosha Running Company Veteran's Day Run is the perfect way to celebrate, remember and honor all of our Military Veterans, Active Duty, Reserves, Spouses, and Friends of the Military. Advanced registration for this event will be FREE with the option to purchase swag. Same-day registration will begin at 8:30am Saturday morning and will cost \$10 with an option to purchase swag for an additional \$20.

This year the Veteran's Day Run will be taking place on the White River Trail with the start and finish in downtown Lyons, WI. The White River Trail is a rails-to-trails crushed limestone path on the former SOO railway. This trail is canopied by trees and provides the perfect place to reflect on the selfless service the military provides.

Why are we making this event free? It is free because we are thankful for the Men and Women that had the courage to follow their calling and protect our lives and our freedoms. We hope you will join us in showing your appreciation and respect by joining us on November 7th.

When signing up, please consider purchasing a flag that will line the start/finish area to honor or in memory of a military hero in your life. We would love to line the trail with flags.

There also will be an option to donate to the Kenosha Running Company's Red White and Blue Program. This program provides free or discounted race entries to active duty or retired military personnel, police, sheriffs and their spouses to run or walk numerous events we host throughout the year. This unique program reflects our appreciation and ongoing commitment.

Event distance and start times:

10K run/walk: 10:00 a.m. | 20K run: 10:00 a.m. | 2 mile walk: 10:15 a.m.

Once you are done with your run, continue the festivities by supporting one of the local Lyons' businesses for a bite or a pint that are steps away from the start/finish area.

[MORE INFORMATION!!](#) | [SIGN UP TODAY!!](#)





NIGHT TRAIL RUN!

Saturday, Nov. 20, 2021

LAKE GENEVA
ZIPLINES & ADVENTURES
N3232 County Road H
Lake Geneva, WI

Venue information | Directions

At Kenosha Running Company, we prefer to TROT like it is HOT at night! Join Kenosha Running Company and your fellow trail enthusiasts for the Trails are Alive Night Trail Adventure. This unique night trail run/walk event takes place at Lake Geneva Ziplines & Adventures, Lake Geneva, WI. Starting just before sunset, runners and walkers will have the ability to gobble up some different memories. Ones that will be in the dark!

Walkers and runners can enjoy a 3-mile or 6-mile strut in the woods, while runners who really want to shake their tail feathers can run 9-miles. There will be a variety of swag offered.

The trails are single track virtually the entire time, the switchbacks will allow you to see headlamps coming and going and the hills. You will find out for yourself about the hills!!! The thing is you will not see them until you are there!!

Once you have scurried through the woods and flew over the hills, enjoy the company of other trail enthusiasts at the post-race celebration which will include soda and tasty treats that will tame even the fiercest of fowl!

In order to safely navigate the trails and to return to us safely, all runners/walkers are required to wear either a headlamp or have Knuckle Lights. The trail will be well marked with reflective marking and “tricky” areas will be illuminated by ground lanterns.



MORE INFORMATION!!



PUP RUN!

Saturday, Nov. 20, 2021 • 2:30 pm

LAKE GENEVA
ZIPLINES & ADVENTURES
N3232 County Road H
Lake Geneva, WI

[Venue information](#) | [Directions](#)

At Kenosha Running Company, we like to SCURRY in a HURRY with our PUPS! The Mutt Turkey Strut CaniCross event lets you enjoy fall where you can experience it best, on the trails. Strut or dash (your choice) for either 3 or 6 miles through the woods with your best fur-iend at your side.

Enjoy the company of your trail friends with both two and four legs, either in the lodge or by the bonfire enjoying soup and soda, along with other treats, as you regale your tales from the trail.

Swag will be a variety of options. Choose what you like. Water/soda/beer and pre-packaged food will be available.

Join us VIRTUALLY!!! Sign up for our virtual option to this event. Run from anywhere with your pup.



[MORE INFORMATION!!](#)





LAKE GENEVA ZIPLINES & ADVENTURES

N3232 County Road H
Lake Geneva, WI 53147

262-214-6759

www.lakegenevaadventures.com

Our Mission

We share our passion for the outdoors by enabling guests to explore outside their comfort zones through hands-on adventures. Our team specializes in providing superior customer service while maintaining the highest standards of safety in the outdoor industry.

Canopy Tour Course & Property Facts

Acreage 100

Number of Zip Lines on Canopy Tour 9

Longest Zip Line on Canopy Tour 841 feet (The Beast)

Highest Speed 45mph (on Racing Zip Line)

of SkyBridges 5

of Spiral Stairways 4

of Platforms 18

Duration of Canopy Tour 2 – 2.5 Hours

Longest SkyBridge 240 feet

Height of One-of-a-Kind Double Helix Stairway 40 feet



COOL WEATHER RUN!

Sunday, Dec. 5, 2021

LAKE GENEVA
ZIPLINES & ADVENTURES
N3232 County Road H, Lake Geneva, WI

Venue information | Directions

The weather outside may be frightful, but running on the trails is always DELIGHTFUL! The Annual XC Thrilllogy Hateya Trail Run/ Walk & Canicross will take you on an adventure through the trails in the Lake Geneva Zipline and Adventures.

This event provides single track fun that will definitely keep you on your toes. Runners and Walkers can enjoy the crunch beneath their feet (leaves and perhaps snow) for 4m, 8m, 12m & 16 miles. Walkers can choose between 4 or 8 miles.

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

There will be several options of swag available. Water/soda/beer and hot food will be available.

This event also offers the VIRTUAL CANICROSS option. Get your pup ready and run with us virtually from anywhere. This event is perfect for all fitness levels and is dog-friendly for those not interested in participating in the CaniCross Event.

MORE INFORMATION!!





NIGHT ADVENTURE!

Saturday, Dec. 18, 2021

SENO K/RLT CONSERVANCY
3606 Dyer Lake Rd (Hwy. P)
Burlington, WI

[Park information](#) | [Park map](#) | [Directions](#)

Ready to hit the trails on this Full Moon and perhaps enjoy the Moon Shadows as you run from the woods to the prairie. Seno Conservancy K/RLT in Burlington WI is the home for this first year event and with over 6 miles of trails will select the perfect route based on the trail conditions.

This will be a multi loop course, with each loop being an estimated 2 – 2.5 miles. You will have the option to run between 1 to 4 loops.

The trail is mostly double wide, with numerous hills throughout as you run through the woods and open prairie.

Once done a bonfire, hot drinks and food will be awaiting you. The social time you all create could perhaps be the highlight of the evening.

We will be limited the number of entries for this event to 60 as we will have limited parking as the snow may consume numerous several parking spaces.

Signup early for this one!

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