



July / August 2019 Newsletter

**Chelsea Murray with Lucy and Tyler Murray
with Lennon. Canicross USA-Georgia Chapter**

www.CanicrossUSA.org

Issue #5 | July / August 2019 | Sure they like to walk, but they LOVE to RUN!

Issue #5

Summer is considered the off-season but that doesn't mean we can't stop doing what we love. In this issue we'll share tips and benefits of training in the off season.

There is no off-season for all of the great merchandise now available at the new Canicross USA store. With dozens of options from hoodies and water bottles to t-shirts and hats, now you can look the part no matter what the time of year.

Learn about the Canicross USA membership program for individuals, chapters, dog related groups & clubs, canicross race directors and companies that support and provide products for CaniCross.

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Hello from Kenosha Canicross Lovers!

The “Dog Days of Summer” have finally arrived in Kenosha, WI as we went right from the 50’s to the 80s-90s!!!!

We have been moving along in several directions as we prepare for upcoming Canicross seasons across the Country. In order to continue grow our sport, we need your assistance in the following ways.

1. Like us on Facebook (<https://www.facebook.com/canicrossusa/>)
2. Become a member of Canicross USA (<https://www.raceentry.com/canicross-usa-annual-membership/race-information>)
3. Contact Trail Race Directors in your area and see if they are open to the idea of adding Canicross. If yes, forward their information to us.
4. We now offer Canicross Event Insurance. Visit www.CanicrossUSA.org for more information.
5. We just set up an online store for CanicrossUSA products (https://www.zazzle.com/store/canicross_usa)

Over the past three months we have emailed several hundred trail race directors, introduced Canicross, and the support we can lend with insurance, promoting the event, etc. We have been getting a number of positive results; some have added Canicross and others are considering for 2020. Trail Race Directors in your area need to hear from you.

Kenosha Running Company (Kenosha, WI) hosts eight Canicross events a year as part of the twelve event trail series starting in September. Visit www.traildogrunners.com to learn more about this series. Distance range from 3.5 miles to 14.5 miles, with several distance options at each event.

Chapters, let us know how we can assist you in growing your numbers and planning meet ups or Canicross events. We will be reaching out to each you for your thoughts and plans going forward. If you are interested in starting a chapter, please contact me.

We have established a foundation in which we can continue to move forward, so with your support and time we can have some fun introducing Canicross across the Country. Please join me!

Running it is just a way of life,

Brian Thomas



Check out the new Canicross USA Store!
Click on the ad to visit!

NEW!
CANICROSS USA
ONLINE STORE

www.zazzle.com/store/canicross_usa

The advertisement features a white hoodie with 'CANICROSS USA' printed on the chest. Next to it is a silver water bottle with 'CANICROSS USA' printed vertically on both sides. A keychain with a map of the USA and 'CANICROSS USA' is attached to the bottle. To the right is a glass of beer with a 'CANICROSS USA' logo on the glass.



The Benefits of the “Off-Season”

By: Chelsea Murray, KPA-CTP

As we move into summer and the weather heats up, many of us are forced to put our harnesses on the shelf until the temperature cools down. While you may not be able to run your dog during the summer, this “off-season” time can be used to improve your relationship with your mushing partner as well as to strengthen your dog’s balance, strength, and cue response so you will be ready when the fall season starts up.

The Importance of your Off-Season Training Routine

When we’ve just spent the last canicross season building endurance and drive in our dogs, it would be unfair to ask them to spend their off-season as couch potatoes. Increasing sedentary behavior puts our dogs at risk of muscle atrophy and increases the likelihood of injury when we become active again! While the warm weather and humidity prevent long training runs, the off-season gives us the perfect opportunity to build relationships and condition our dogs in other ways that can improve performance come running time. Off-season activities will also serve to keep our dogs stimulated so that they are able to stay calm and relaxed in their every-day lives as our pets.

Brushing up on Essential Cues

Another perk of the off-season is it gives us time to refresh cues or build new ones! During the season was your dog distracted with squirrels? Did they have trouble passing other dogs and runners? Think about aspects of your equipment, warmups, runs, or cool downs that may have been challenging and develop a targeted training plan to improve those areas that present opportunities for improvement! You can easily gather some treats and practice those important cues for attention, passing, slowing down, speeding up, and directions with your pup. You can find some easy to follow video tutorials on training canicross cues on the YouTube channel [All Dogs Are Smart](#). You might even want to schedule some socials so that you and your friends can work on passing with leapfrog games or perfect your race start lines as a group. Your canicross friends can help provide environmental distractions and can serve as a support group to keep you motivated!

When training a new behavior (or brushing up on an old skill) remember to keep the training sessions short. I suggest 3-5 minutes at a time with a little play in between repeat sessions. This brevity of training will keep your dog happy and motivated to work with you! If you are not sure how to train these behaviors, you can find many trick tutorials on [YouTube](#) or you can read a book such as [101 Dog Tricks by Kyra Sundance](#).

Cross Training and Fitness

Off season is also a perfect time to continue building your dog’s and your own fitness levels. Canicross dogs who rehearse the repetitive action of running and pulling, experience tight muscle groups that can lead to imbalance and increased likelihood of muscle strains. Your cross-training program should include balance work, with a focus on improving the core, muscle strength, flexibility, and endurance. A balanced program will help prevent muscular imbalances and injury. If you are new to canine fitness or would like additional help, consider reaching out to a local Certified Canine Rehabilitation Practitioner (CCRP) or Certified Canine Fitness Trainer (CCFT). You can also contact [Canine Fitness Zone](#) or read [Canine Cross Training by Sasha Foster, MSPT, CCRT](#). If you are interested in diving even deeper into canine fitness there are online courses through [Fenzi Dog Sports Academy](#) or [Bobbie Lyons Canine Campus](#).

Relationship Building Fitness Activities

Staying active with your dog benefits the whole team. A few times a week you and your dog can enjoy longer walks or hikes. Make sure that you work on varied surfaces and elevations to work different muscle groups. You can control the pace depending on the weather and can always walk near water to allow for a quick swim to help your dog stay cool. You and your canine partner can also increase variety in your activity by walking stairs! This will help you both work legs, hips, and backs and will improve coordination and agility.

Other activities like swimming, stand-up paddleboarding, kayaking, and canoeing are great ways to strengthen your relationship with your canicross partner and stay active in the summer. Training in canine sports like nosework, barn hunt, agility, freestyle, treibball, and obedience are also wonderful ways to build relationships, trust, and fitness.

Safety Tips

Remember that with all fitness programs (human and canine) safety is of the utmost importance. Consistent activity throughout the summer will help keep your dog fit and will help to prevent injury. Avoid long periods of inactivity and clusters of heavy activity (commonly referred to as Weekend Warriors), as this is more likely to result in injury. I also encourage you all to reach out to certified professionals if you feel that you need further help or guidance. Education is important and even a single visit with a certified professional can help you gain the skills you need to prevent injury and train safely!

Chelsea Murray, KPA-CTP is the owner and head trainer at Pawsitive Futures Training and Behavior in Atlanta, Georgia. Chelsea works with clients and their dogs on puppy raising, pet training, and behavior modification using positive reinforcement training techniques. She also helps clients with competition obedience, conformation, and fitness for dog sports. When she isn't working, she is typically found at a dog show or exploring the wild with her husband and their three Alaskan Malamutes.

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Website: www.pawsitivefutures.com



Pawsitive Futures
Training & Behavior



The Good Dog-Dirty Dog 5K/10K | TBF Racing totalbodyfitness.com

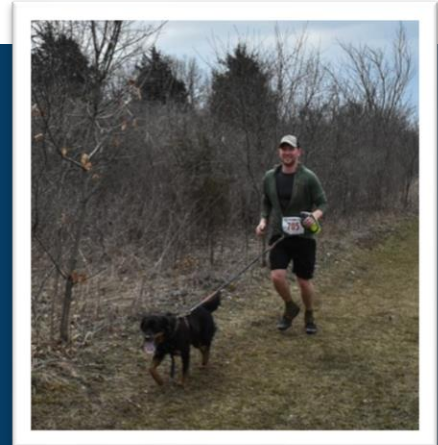
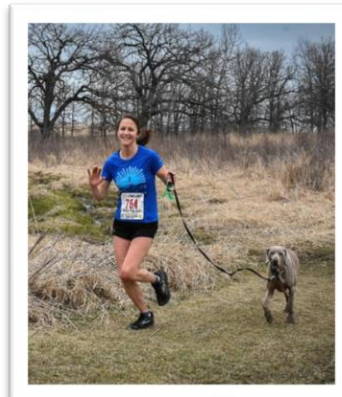
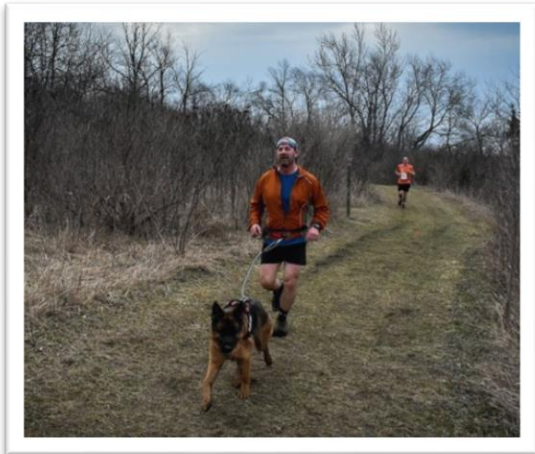
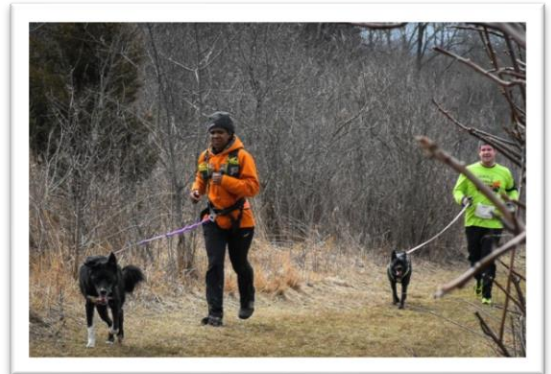
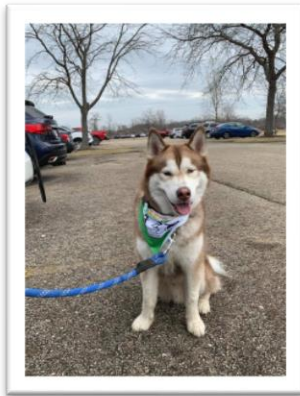
Sunday, August 25, 2019 | Granite Beach, Folsom Lake SRA

This will be the sixth year for the Good Dog and Dirty Dog 5K/10K. This event is for walkers, runners, and their dogs! We are excited to offer this event for athletes and their dogs and hope everyone has a fun time.

DIRTY DOG DARE

Canicross highlights from the Dirty Dog Dare 2019

Dirty Dog Dare is the CaniCross companion event to the Meraki Trail Run and is the final event of the 2018-19 CaniCross season, held at Bong State Recreational Area in SE WI. CaniCross athletes will have a choice of 4.5 or 9.0 mile events as a final test of their trail fitness.



THRILLOGY

caniXC
we put the
Tails
on the
Trails

262-925-0300
1706 - 22ND AVENUE, PO BOX 126
KENOSHA WI

Canicross USA Membership Program

The creation of our membership program is an outcome of the passion for this sport that has been displayed by you. “YOU” meaning our dog owners, dog owner runners, CaniCross USA Chapters, Dog Related Groups & Clubs, CaniCross Race Directors and companies that support and provide products for CaniCross.

Who is CaniCross USA?

CaniCross USA was started and funded by Kenosha Running Company, Inc. in order to advance the sport of CaniCross across the USA and beyond. Currently, CaniCross USA is operated by Brian Thomas, president of Kenosha Running Company, Inc., his staff and a handful of volunteers located throughout the country. It is our objective to have CaniCross USA as an independent organization with paid staff so we can continue to grow and be sustainable long into the future.

Kenosha Running Company, Inc. is based in Kenosha, WI and develops and manages the largest CaniCross Series in the Country. Visit www.traildogrunners.com to learn more about their events.

Why join CaniCross USA?

1. To support the growth of CaniCross USA
2. To support the growth of CaniCross USA Chapters around the country
3. To participate in CaniCross events
4. To celebrate a love for dogs and engage with others who share the same passion

Who should join CaniCross USA?

1. Individuals
2. CaniCross USA Chapters
3. Dog Related Clubs and Groups
4. CaniCross Race Directors
5. Companies that provide products and services to CaniCross and dogs
6. Companies and individuals that want to support our mission and grow CaniCross

Benefits of Membership:

1. Receive our newsletters and updated information on CaniCross events across the country
2. Discounts on Canicross USA Virtual Events
3. Discounts on Kenosha Running Company, Inc. CaniCross Events
4. Access CaniCross Insurance for your events
5. Discounts on CaniCross gear through Kenosha Running Company, Inc. and other sponsors
6. Discounts on CaniCross USA apparel and related products

Membership Levels*:

1. Individual Annual Membership: \$30.00
2. CaniCross USA Chapters: \$60.00
3. Dog-Related Clubs & Groups: \$80.00
4. Race Directors: \$80.00
5. Companies that Support CaniCross: \$100.00

*All membership fees are due annually

To sign up online: [CLICK HERE](#)

To print and mail in your registration: [CLICK HERE](#)

Canicross USA Vision:

Canicross USA will actively find ways to introduce and support those that enjoy and perhaps even love to run and/or walk with their dog. We will evolve and grow to best realize this vision.

Canicross USA Mission Statement:

Canicross USA and our local chapters will embrace our grassroots effort to create a welcoming and encouraging atmosphere. We will be all inclusive to all abilities and breeds of dogs. With a distinct focus on living and loving a healthy lifestyle in a community that is exploring and expanding the relationship with our canine running partners.

Canicross USA will build bridges with each chapter that will further allow each chapter to create its own identity locally and grow in their unique part of the country. We will provide resources and guidance that will best assist in developing: group runs, Canicross events, community awareness, product support and continual education on our sport.

Canicross USA will rely on its local chapters to provide creative, fun and healthy ideas with each other to ensure a nurturing environment.

Canicross USA believes in you and the care, passion and love that is required to keep our canine running partners healthy and active.



US Canine Biathlon (May 18-19, 2019)

Extreme Canicross? Not exactly, but an exciting event for those who love the challenge of obstacle racing with their canine companions. The U.S. Canine Biathlon is a yearly event hosted by VWK9 in Anniston, Alabama. The course is 3.5 to 4+ miles long with 40+ purpose-built obstacles over varied terrain including forest, sand, and water. The event is open to handler-canine teams including civilian pets, search & rescue, military working dogs, and police dog teams. This year's event took place on May 18 and 19, and they plan to hold the same event in reverse this November 2. The November event is called REWIND.



Meghan Smith and friends traveled from Michigan to participate in the event in Anniston, Alabama and plan to make the trip again next year. See you there Meghan!

“Everyone thinks they have the best dog. And none of them are wrong.”

- W.R. Purche

July-September Canicross Events

The following is a list of canicross events for the months of March-May. The list consists of canicross events and dog friendly trail runs and races and is provided by [RunRepeat – The Dog Race Database](#). Over 4 million users and more than 12,000 experts have reviewed shoes at [RunRepeat](#).

The very extensive database consists of 1835 dog friendly events around the country. It is continuously updated so check back often!

Event Name	Location	Date
Annual Run for the Refuge	Fairbanks, AK	7/14/2019
Spring Creek Memorial	Steamboat Springs, CO	7/27/2019
Hil100py Relay - Kenosha	Kenosha, WI	7/27/2019
Hot Hilly Hairy Ultra - Kenosha	Kenosha, WI	7/27/2019
Beacon Rock 50k & 25K - Columbia River Gorge	Columbia River Gorge, WA	8/3/2019
Nightcrawlers Trail Adventure	Silver Lake, WI	8/10/2019
Continental Divide Trail Run	Steamboat Springs, CO	8/24/2019
Race To The Top Of Vermont	Stowe, VT	8/25/2019
North Shore Trail Run 1/2, 10K, 5K	Lawrence, KS	9/14/2019
Walk and Run for Life	Crownsville, MD	9/21/2019
Soldier's Pace Annual 5k Canicross - Westbrook	Westbrook, ME	9/22/2019
Fall Fell Trail Race Mystery Distance	Kansas City, KS	9/22/2019
Paw Prints 5k Run/Walk Trail	Eastampton, NJ	9/28/2019
Strut for Strays! 5K Trail Run & Dog Walk	Farmington, ME	9/28/2019
Pike River Trail Run/Walk	Kenosha, WI	9/29/2019

Always consider the racecourse and conditions when choosing an event, and how it will impact your teammate. Running your dog on unnatural surfaces can be more harsh than natural surfaces and should be limited by your dog's conditioning and ability. Always consult with your veterinarian when participating in sporting events.



If you would like to add a dog-friendly walk/run to our newsletter or website list or would like any changes/updates made to your event, email Mark at mark.franco.jr@gmail.com.

IFSS DRYLAND WORLD CHAMPIONSHIPS

Nybro, Sweden on Oct 23rd-27th, 2019

Congratulations to all the members of the USFSS Dryland World Championship Team!

All canicross classes will run a 4.8 km course on relatively soft terrain. We will be competing in elite women (DCW) and elite men (DCM).

USFSS is reviewing a 2nd round of applicants will announce additional team members soon.

GO TEAM USA!

2019 DRYLAND WORLD CHAMPIONSHIPS TEAM USA

WOMEN'S CANICROSS

Brooke Kish
Joy Weis
Brandi Williamson

MEN'S CANICROSS

Chris Speers
Nick Weis

WOMEN'S BIKEJOR

Emily Ferrans
Sarah Kassing

MEN'S BIKEJOR

Dan Hanks
Brad Kassing

WOMEN'S ONE-DOG SCOOTER

Niina Baum

MEN'S ONE-DOG SCOOTER

Dan Hanks

TWO-DOG SCOOTER

Dan Hanks
Brad Kassing

FOUR-DOG RIG

Chris Speers



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](#)