



### Canicross USA – Georgia Chapter Dirty Spokes “Iron Hill” Trail Race

www.CanicrossUSA.org

Issue #4 | May / June 2019 | Sure they like to walk, but they LOVE to RUN!

## Issue #4

Spring is here! The milder temperatures and the change in scenery bring exciting times on the trails with your running companion. We've got you covered with great tips and tricks for warmer canicross conditions. See some highlights from the 2nd Cani "Cross" America virtual event and a canicross race held in Georgia.

Read about the new membership program and guidelines for canicross event insurance. Member's stories, photos, and canicross event information are all provided in this issue of the newsletter.

We are always interested in your contributions. Your photos and stories inspire others and help us grow! Keep 'em coming!

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## Canicross friends,

It is hard to believe that a year has gone by since I had the unimaginable idea (at the time) of connecting like-minded, dog-loving runners by starting canicross chapters across the country. Since that whirlwind beginning in April of 2018, we have evolved into something even more amazing!

Our team now consists of a great group of volunteers. This newsletter and the website would not be possible without the Mark - huge thank you Mark! Macy, Bethany and Aly are also part of this madness and I appreciate their assistance and input. In the coming weeks and months, I hope to grow our volunteer staff to include social media ambassadors, regional bird dogs to reach out to trail race directors about adding canicross events, and regular contributors for our newsletter. If you would like to become involved, email: [brian@kenossharunningcompany.com](mailto:brian@kenossharunningcompany.com).

Over the past 6-7 weeks, we have sent out emails to companies that provide products and services to dogs across the country, introducing canicross and our organization. We have also been emailing and talking to trail race directors across the country, introducing them to the sport, and encouraging them to add canicross to their events. It is a slow, tedious process, but we are making progress. Several race directors have already committed to adding events in the coming months, and into the 2020 racing season.

We will soon have the ability to provide Canicross USA apparel and related products. Look for more information on our Facebook page and upcoming newsletter. We would love your input and feedback on the types of products to offer! You can send your thoughts to: [briant@kenossharunningcompany.com](mailto:briant@kenossharunningcompany.com).

I want to thank all of those you participated in our 2nd Virtual Canicross Event. We received a boatload of amazing pictures showing participants from all over the USA hitting the trails with their furry pals! Macy will be putting together another fun virtual event/experience for the fall. Look for details in our next newsletter and on our [Facebook](#) page.

Despite all the progress and growth that has already occurred, there is still much to do and we need your help and support to continue to grow and thrive. Every contribution helps, whether it is joining our membership program, supporting your local chapter, starting a chapter in your area, or just reaching out to our growing canicross community to support dog related events. We are extremely grateful for all your help and participation!

As we enter our second year of this grass roots movement, please know you are all welcome to assist, support, encourage and help us grow. Reach out to me with all your ideas and comments.

Keep chasing those tails!  
Brian Thomas

“Whoever said  
you can’t buy  
happiness  
forgot little  
puppies.”

— Gene Hill

## Dirty Spokes “Iron Hill” Trail Run - Canicross Event

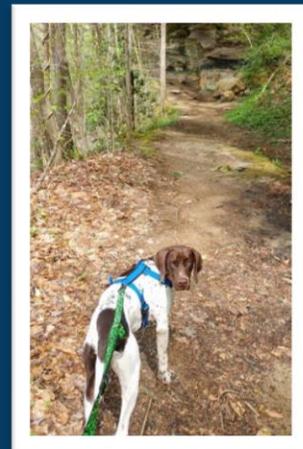
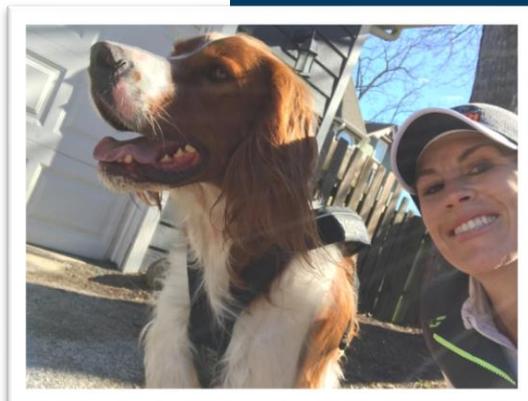
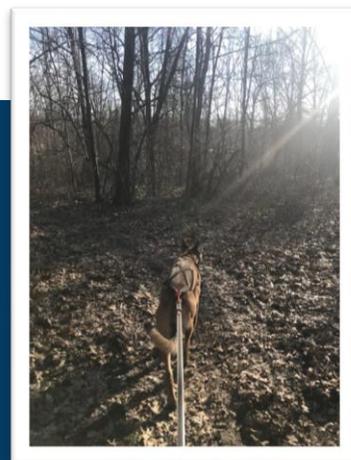
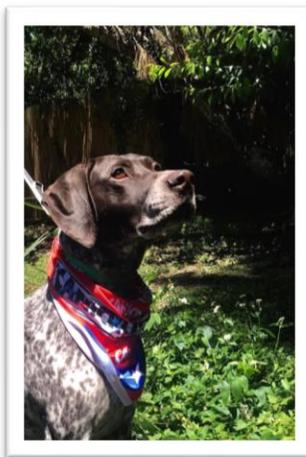
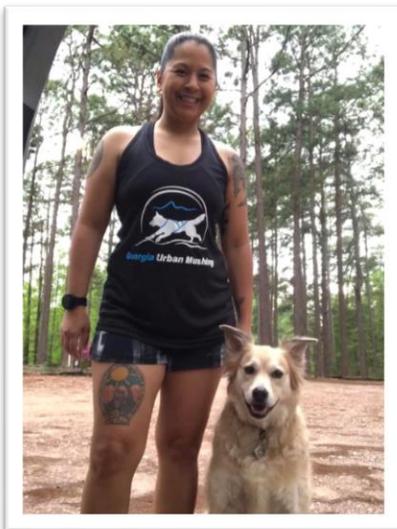
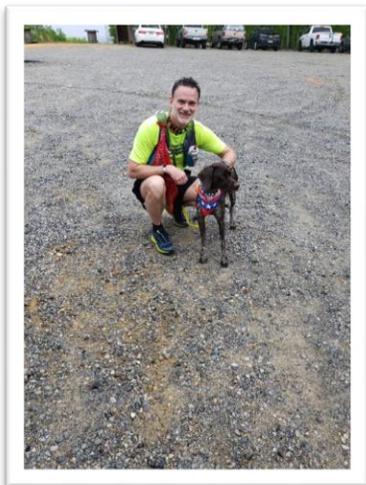
On March 30, 2019, CanicrossUSA-Georgia Chapter participated its first official race event, hosted by Dirty Spokes Productions. Thanks to Race Director Tim Schroer for holding a canicross heat, which started 15 minutes ahead of their 3rd Annual Dirty Spokes Iron Hill 7.5/ 3.8 Mile Trail Running Race at Red Top Mountain State Park in Cartersville Georgia. Members of CanicrossUSA-Georgia, along with their friends at Georgia Urban Mushing, were thrilled to participate in likely the first ever professionally organized canicross event in the state of Georgia. There was a lot of head turning by the more than 250 dog-less trail running participants. We are proud to introduce the sport and hope they're inspired to include their family fur babies whenever they hit the trails.

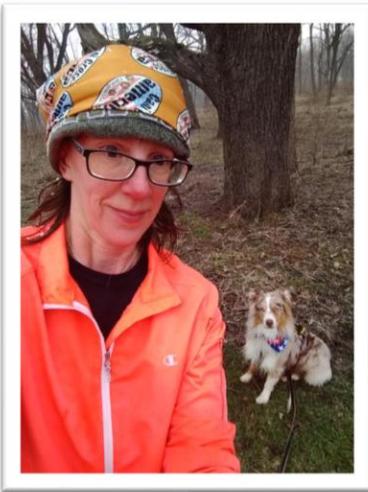
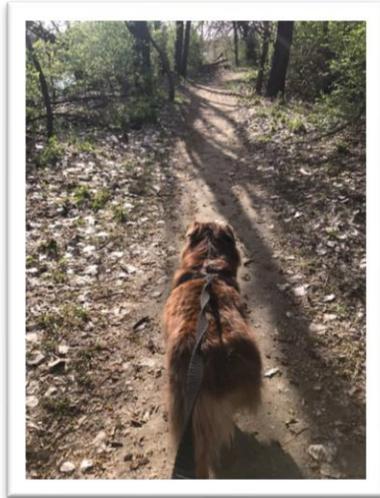
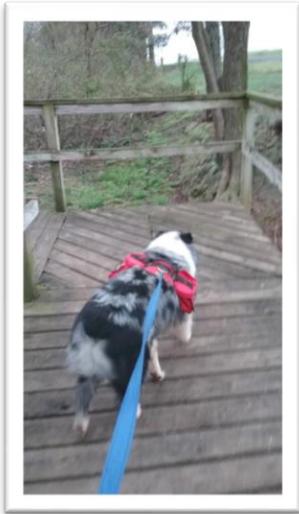


1<sup>st</sup> – Jill Braley  
2<sup>nd</sup> – Lizzie Colville  
3<sup>rd</sup> – Jacqui Johnson

# Canicross USA Spring into Action Virtual Event Highlights! Apr. 13&14, 2019

Great photos of the 2<sup>nd</sup> virtual event! Check out the Canicross USA [website](#) and browse the fantastic photos below to see what you missed!





Thanks again  
to all those who  
contributed  
their fantastic  
event photos!



## Featured Members

### To Canicross USA:

I have Siberian huskies and a few years ago was researching about how to get into mushing. In my research, I ran across this thing called Urban Mushing and Canicross. As a recreational runner with dogs who LOVE to run, this just hit the spot for us. So I started reading everything I could get my hands on, watched countless videos, purchased some quality gear, and started working with my dogs (I have some great before and after videos of dogs that show what time and consistent training can do). Being located in rural northern Michigan though has proven very challenging to take this sport past the "just for fun" point as there are no

nearby canicross events. The majority of events we have in the state are ISDRA sanctioned, two-day dry land events, where you must participate both days in order to be able to compete. That just isn't doable for us at the moment, so we are patiently waiting for some one-day, solely canicross events to come our way. In the meantime, we have participated in the most recent virtual event put on by Canicross USA and had a blast! Thank you Canicross USA for helping grow this sport in the USA!

Kristi Schwartz  
Sunset Siberians



### Maria Pray and Elijah

Elijah on the Run and I got out this morning for a 4-mile run at Harbison State Forest for the Canicross USA Spring Into Action Virtual Run (Representing the Georgia Urban Mushing Group and the Canicross USA - Georgia chapter since they are the chapter closest to me. We don't have one in Columbia SC)! The weather was 70 degrees with 90% humidity but I was very thankful we had some nice cool breezes.



### Ixtla Lopez and Luna



On April 20, 2019, my Malinois "Luna" and I finished 3rd place in the Category group 40 - 49 at the Bark 5K in Kansas City. This was our first time racing together after 3 weeks of training.

# HEAT TIPS & TRICKS

## Is it too Hot to Run my Dog?

Start with the 120 rule (don't run if temperature in Fahrenheit + humidity => 120) then factor in:

### The trail and weather conditions

- Is the trail shaded; is it overcast; is there a breeze; are there puddles, dew or snow on the trail?
- Exercise caution on a sunny day with no breeze even if temp + humidity is less than 120.
- Exercise caution when humidity is high.
- If possible run in early morning or evening when temperature is coolest.

### Your Dog

- Your dog may overheat more easily if your dog is a hound (hounds run hotter than huskies), black, overweight, out-of-shape, or elderly.
- A female dog may have an elevated temperature if she is in heat, pregnant, or lactating.
- Your dog will do better if she has acclimated by being active at the current temperature.
- Once a dog has seriously overheated or had heatstroke it will overheat more easily again.

## How do I Know if my Dog Is Overheated?

**On the trail:** Look for changes in gait, elevated heads, deep and hard panting with wide open mouths. Stop and offer dogs water and rest. If a dog has trouble standing, it is in serious distress and cannot be asked to run further.

**After the run:** Temperature, respiration, and heart rate will be elevated—these should return to normal 10-15 minutes after running.

**If your dog shows the following symptoms, seek medical attention for your dog immediately:**

- Temp over 106F/42C
- Temp over 105F/41C after 20 minutes of rest
- Deep gasping instead of panting, respiratory rate remaining elevated
- Tachycardia (heart rate >120 bpm) / heart rate remaining elevated
- Dark urine, seizures, incoordination, bloody stools (dark, "tarry"), or weak femoral pulse

## KEEPING COOL!

### Pre-Run Cooling Tips:

- Make sure your dog is hydrated!
- Make sure your dog stays cool from kennel to trail.
- If it's warm, don't double box dogs.
- Park vehicle in the shade pre & post run.
- Wet down the dog's belly, armpits, and groin with cool, not cold, water.

### Post-Run Cooling Tips:

- Walk a little after running.
- Remove booties as soon as possible.
- Move overheated dog from other dogs—they will raise the area temp.
- Offer water.
- Do not use ice cold water on the dog, don't force water either!
- Wet down belly, inside of legs w/cool water. Don't douse w/cold water.
- Offer cool wet towels for dog to lie on or under.
- Let the dog choose - he may want to lie in cool dirt or wade in a pond.
- Do not attempt to rapidly cool an overheated dog!

## NORMAL PARAMETERS

### Normal Values for Dogs After Running:

Rectal temp: 105-107/41-42

Heart rate: up to 120 bpm

Respiratory rate: 40bpm

### Normal Resting Values for Pet Dog:

Rectal temp: 100.4-102/38-39

Heart rate: 70-100 bpm

Respiratory rate: <30 bpm

## May & June 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 is developed and managed by Bethany D. Lavins-Merillat, which consists of 1790 dog friendly events around the country. It is continuously updated so check back often!

Event Name	Location	Date
Paws for Life, Inc. May Day 5k and 2 Mile Fun Dog Walk	Chesapeake City, MD	5/4/19
Muddy Puppy 4k	Gilford, NH	5/4/19
Spring Fling	Cle Elum, WA	5/5/19
Seven Springs Mutts on the Mountain	Seven Springs, PA	5/11/19
Metro Detroit Mutt Strut & 5K Run	Dearborn, MI	5/11/19
Psychodelic 5K Trail Run	Kansas City, KS	5/11/19
Don't Fence Me In Trail Run	Helena, MT	5/11/19
Sharlie Shuffle	McCall, ID	5/18/19
Spirit Challenge	Steamboat Springs, CO	5/18/19
5K9 Fun Trail Run/Walk	Brodheadsville, PA	5/18/19
Rock the Night Away Trail Run Half, 10K, 5K	Meriden, KS	5/18/19
Dirty Dog 15K Trail Run	Charleston, WV	5/18/19
Pineland Farms: Canicross 5K Trail Race	New Gloucester, ME	5/25/19
Dog Ventures: Hike On The Trail (Session 2)	Grove City, OH	5/26/19
Coureurs de bois Trail Run & Relay	Kenosha, WI	6/8/19
Summer Intro 2.8-mile Trail Run	Kansas City, KS	6/15/19
Dog Ventures: Hike On The Trail (Session 3)	Columbus, OH	6/15/19
Tails on the Trail - Milwaukee's Lake Front	Milwaukee, WI	6/22/19
Kenosha Civic Veterans Parade 2Mile Run	Kenosha, WI	6/30/19

Always consider the race course and conditions when choosing an event, and how it will impact your team mate. 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 [The Dog Race Database](#) or would like any changes/updates made to your event, email Bethany at [lavins.1@buckeyemail.osu.edu](mailto:lavins.1@buckeyemail.osu.edu).

# MEMBERSHIP

Over the past several months we have been busy developing a functioning organization. In order to fully develop, grow and maximize the benefits associated with this great recreational activity, we have created a membership program and now offer insurance for canicross events. Please review the following information and if you have any questions please email me.

My best,

Brian Thomas

[briant@kenosharunningcompany.com](mailto:briant@kenosharunningcompany.com)

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](http://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](#)



- **Members - if you chose, your name will be listed on our website.**
- **All Canicross USA chapters - will be listed and linked to the [Canicross USA Facebook Page](#).**
- **Dog related clubs and groups - can chose to have their name listed and linked to their respective Facebook Group page or website.**
- **Race directors - we will link the name of your event or race series, link to your designated site and will post your logo for an additional \$25.00 per year.**
- **Companies - we will link the name of your company and designated website and will post your logo for an additional \$25.00 per year.**

*Membership dues are based on the calendar year and will not be prorated.*

## Canicross USA - 2019 Canicross Event Guidelines for Insurance

**In order to use Canicross USA insurance, members will need to follow these guidelines...**

Our events are welcoming to all types of dogs and owners of all abilities and fitness levels. Walkers with dogs should be encouraged and welcome to our events as well. Locations: bike paths or unpaved trails (no roads). If it is necessary to cross a road at some point in the course, that section needs to be supervised.

All permits and approvals need to be obtained from those that govern the property in which you are to host the event.

You can include non-canicross entrants as well. Suggest two different starting times, those with dogs first and then those without a dog. Suggest 5-10 minutes difference in starting time.

Dogs need to be in good health.

Dogs aggressive towards other dogs or people will be asked to step away. The dog will be asked to leave the event if they display aggressive behavior again any point, even during the run/walk.

Dogs that attempt to bite another dog or person will need to immediately leave the public area and return to their car. The dog will not be allowed to run in the event or return to the public area.

Canicross USA is not responsible for the action of a dog at an event, specifically dog bites and attacks.

Owners are responsible for cleaning up after their dog in a proper way.

Dogs are not permitted in any enclosed buildings or shelters.

Dogs must be on a 3 foot or shorter leash prior to the start of the event except to warm up. Once done running or walking the event, the dog must be put on the short leash.

Water stations for the dogs should be adequately placed based upon the weather conditions and course. It is recommended that you have a dog water station about every 1.5 to 2 miles during warmer temperatures and every 2-3 miles during cooler temperatures. Water station should be available prior to the start of the race as well. Change water as frequently as possible.

No special gear is required to run or walk; however, all dogs must be on a running line or a non-retractable leash of 6ft or less that is in total control of the owner.



## Join the Canicross Virtual Training Club

A Virtual Training Club for Canicrossers. Use your STRAVA app to log your runs with your pup(s) and participate in weekly/monthly challenges.

All you need to participate is a dog and your feet.

STRAVA is a free app. There is no cost to record and share activities and all basic features are free.

Facebook for this group:

<https://www.facebook.com/groups/430615717696911/>



Supporting Member



### *Links/Resources*

[CanicrossUSA.org](http://CanicrossUSA.org)

[XC Thrilllogy Trail Events](#)

[Kenosha Running Company](#)

[Non-stop Dogwear](#)

ICF - [International Canicross Federation](#)

[RunRepeat – The Dog Race Database](#)

[Northeast K9 Conditioning](#)

[Get Fit and Active with Your Dog](#)

[Shadow Dog Photography](#)