

NEWSLETTER



MARCH 2026 - ISSUE 1



Hi!

I just wanted to say a genuine thank you for joining the Canicross Norfolk community.

The response over the past few days has honestly blown me away.

What started as a simple idea - bringing together local people who enjoy running with their dogs - has already grown into something really exciting.

We now have people joining from across Norfolk who want to:

- run with their dogs
- learn how to do it safely
- meet other dog runners
- explore new trails together

And this is only the beginning.

Canicross is an incredibly rewarding activity - not just for fitness, but for the bond it builds between dog and owner. What's been particularly encouraging already is

the range of people joining the community. Some of you are experienced runners who want to try canicross properly.

Some are complete beginners hoping to build up to a 5K with your dog.

Others simply enjoy being outdoors and want to meet like-minded dog owners. That mix is exactly what makes a strong community.

**WELCOME TO THE
FIRST
CANICROSS NORFOLK
PACK**

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A QUICK INTRODUCTION

For those who don't know me yet, I'm Meredith - founder of Canicross Norfolk.

Running with my dogs over the years has completely changed the way I train, explore the outdoors and connect with them.

It actually began with my late dog Deefa, who first introduced me to canicross and opened my eyes to what running with a dog could really be. After Deefa came Kyler, who continued that journey with me. And now Stanley, who many of you will see out exploring Norfolk trails with me as I map routes for future Canicross Norfolk runs.



Each dog has been part of the story, and each of them has shaped my love for the sport in their own way.

My goal now is to help other people experience that same connection with their own dogs.

Everything we build here will focus on:

- safe training for dogs and owners
- proper equipment and technique
- support for beginners
- a friendly and welcoming community

Whether you're already running with your dog or just thinking about starting - you're very welcome here.

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COMMUNITY PARTNER ANNOUNCEMENT

CANICROSS NORFOLK SUPPORTED BY K9 TRAIL TIME

One of the most common questions I'm asked is:

"What kit do I need to start canicross safely?"

Getting the right equipment

makes a huge difference - both for your comfort and for your dog's movement and safety.

I'm really excited to share that Canicross Norfolk is now supported by K9 Trail Time, one of the UK's most respected specialist suppliers of dog sport equipment.

K9 Trail Time is run by Emily Thomas and a team deeply involved in the sport themselves. They specialise in properly fitted harnesses, canicross belts, and bungee lines designed specifically for running with dogs,



along with expert advice to help people choose the right kit for their individual dog.

Their approach is very much aligned with the philosophy here at Canicross Norfolk: dog welfare first, good equipment, and helping people start the sport properly.

EXCLUSIVE COMMUNITY DISCOUNT

Emily has kindly offered a **special discount for Canicross Norfolk** subscribers so that anyone starting the sport can access good quality kit more easily.

Community Discount Code:

 MEREDITHCOACHK9

You can use this code when purchasing equipment through K9 Trail Time. Supporting knowledgeable small businesses within the canicross community is incredibly important, and I'm very grateful for their support as the Canicross Norfolk community gets underway.

 [**Browse K9 Trail Time Kit**](#)

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THE PEOPLE BEHIND THE PACK



I'd also like to say a huge thank you to a few groups of people who have already been incredibly supportive as Canicross Norfolk begins to grow.

Firstly, to those who have emailed offering to help organise runs, marshal routes and support the community - that generosity has honestly meant a lot.

Communities like this only work when people are willing to step forward and help, and it's been amazing to see that happen so early.

Behind every safe and enjoyable run there are always people helping guide routes, welcome newcomers and make sure everyone feels comfortable joining in. Volunteers and marshals are often the

people who keep things running smoothly and create the supportive atmosphere that makes running communities special.

So to those who have already offered their help - thank you. You know who you are, and I'm incredibly grateful.

I'd also like to acknowledge Rich and Hilton, who have both been part of the small team behind the scenes supporting and encouraging me as this community begins to take shape.

Over the coming weeks I'll start introducing more of the wider Canicross Norfolk team who will be helping support runs and community events as the pack continues to grow.

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DOG & RUNNER WELFARE

Secondly, thank you to everyone who has emailed asking for help with harness fitting and equipment advice.

It's been so encouraging to see how much people genuinely care about their dogs' comfort, safety and wellbeing when running. That mindset is exactly what responsible canicross is all about. But a small reminder as well...

While we're making sure our dogs are comfortable and correctly fitted in their harnesses, please don't forget about yourselves too.

Make sure you're also thinking about:

- your hip belt fit
- your running posture
- your comfort when your dog is pulling

Because happy, safe dogs also need happy, healthy runners on the other end of the line.

*Don't forget about our **special discount for Canicross Norfolk** subscribers so where you can access good quality kit easily.*

Community Discount Code:

 MEREDITHCOACHK9

You can use this code when purchasing equipment through K9 Trail Time.

 [**Browse K9 Trail Time Kit**](#)

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HELP SHAPE THE FIRST RUNS

The Founding Pack

I'm currently planning the very first Canicross Norfolk community runs for this spring.

Before finalising locations and formats, I'd love a little help from the people already here.

If you'd like to be part of the Founding Pack, simply reply to this email and tell me:

- where you usually run with your dog
- whether you're beginner / intermediate / experienced
- what you'd most like help with

Everyone who replies will get early access to the first community runs when they launch.



TRAIL EXPLORATION WEEK



A huge thank you as well to everyone who has been engaging on the Facebook page and messaging me about trails, routes and running locations.

This has been incredibly helpful. Because of all your suggestions, Stan and I have a busy week ahead exploring some of the trails you've recommended.

I'm really looking forward to discovering even more of the fantastic running spots we have here in Norfolk.

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BEHIND THE SCENES

This weekend I'm heading down to London to spend the day with Melissa Power updating my Spin Instructor credentials and strengthening my coaching skills.

While Canicross Norfolk focuses on running with our dogs, I'm always committed to continuing to develop as a coach and helping people improve their overall health, fitness and wellbeing.

Everything I learn feeds back into creating better coaching, better training and a stronger community here in Norfolk.

We all cross - Train ... Dont We?



Over the coming weeks I'll also be sharing:

COMING SOON

- 🐕 Couch-to-5K Canicross training plans
- 🐾 local Norfolk trail locations
- 🐕 harness and equipment advice
- 🐾 details of our first community runs

We're also planning to exhibit at the **All About Dogs Show in August**, which will be a great opportunity to meet the community in person. We're already starting to plan some fun things for the stand, including activities, prizes and a few surprises along the way.

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Over the coming weeks you'll also start to see the Canicross Norfolk website evolve from a simple landing page into a full website, where I'll be sharing more about the coaching, training and opportunities available in the community.

SIGNING OFF FOR NOW...

Thanks again for being part of the very first Canicross Norfolk pack.

Meredith

Canicross Norfolk
Run together. Run safely. Run happy.

P.S...

P.S. I read every reply personally.

If you'd like to tell me about your dog, ask a question about canicross, or share your favourite trail - just hit reply.

I love hearing about the dogs behind the emails.

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