

Canicross

Canicross is the sport of trail running with your dog. It is a very popular sport in Europe and it is slowly being introduced to sledding clubs around Australia. The sport requires very little equipment and almost anyone can participate. The equipment required is a harness for your dog, a canicross belt, a bungy lead and a pair of running shoes (as you can see, pink makes me run faster).



I started running canicross at the end of the last sledding season to keep myself and my dogs fit over the summer. I had never been a runner before but found running with my dogs easier as they gave me a tow.

This year I participated in canicross at the ASSA National Titles held in South Australia. The race was 2 heats of 2.9km each starting with a mass start for each heat. It was a challenging course which included a hill, slippery mud and a few unavoidable puddles, I managed to put my dislike for getting dirty aside and I was the first female runner to finish.



I like running canicross because it gives me a sense of achievement, a stronger bond with my dog and it also puts into perspective what I am asking them to do for me running with the scooter.

My tips for canicross:

1. Make sure you have a good canicross belt so you are not putting pressure on your back or hips.
2. Remember to have water available for yourself and your dog after your run.
3. Build up the distance of your run, yes your dog will be able to run further than you but it won't take long for your fitness to improve.
4. Be aware of other people and dogs or possible distractions to your dog so you don't end up in the bushes.
5. Enjoy your run, it doesn't matter where you finish, you finished and you and your dog did it together!!

