

HOW TO RUN SAFELY WITH YOUR DOG



We are so pleased you have entered the Canicross section at Run The Seasons. Below is an explanation of all the Canicross kit you will need to make your run as safe & enjoyable as possible.

There will be a kit bag available at the event for you to borrow equipment if necessary. However this is on a first come first served basis so we advise you to come prepared.

We sell everything you need on our website however if you need any advice or help in getting your kit together then just WhatsApp us on 07870 989156 or email sales@sportypaws.co.uk

Oh and don't forget your exclusive 20% discount code (RTS20) for Run the Seasons entries only!



[SPORTYPAWS.CO.UK](https://sportypaws.co.uk)

CANICROSS HARNESSES

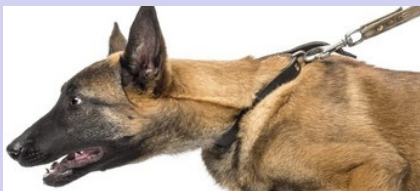
It's really important that your dog has a properly fitted Canicross specific harness to run in. A Canicross harness should sit comfortably and not obstruct their airways, restrict movement, or rub whilst running. There are different styles of harness depending on their size, power and running style. Just like a bad pair of shoes can ruin even the nicest of adventures for us humans, an inappropriate or badly fitting Canicross harness has the same effect for our dogs. – Wearing an incorrect harness long term for running can cause your dog discomfort but also injury and/or postural problems and in worst case scenarios, some dogs may not want to come running with you at all due the negative association from a badly fitting harness.

The Correct Running Harness



A correct running harness allows for freedom of movement, does not restrict the shoulders, has no restriction on the throat and airways and avoids any chaffing and rubbing.

Collar



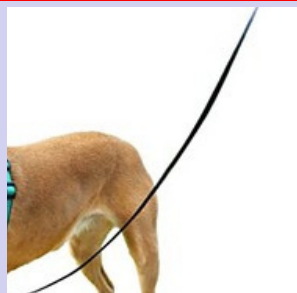
Running on a collar will restrict breathing, cause damage to the trachea and could cause injury to the neck.

Head Collar



Running on a Halti can result in your dog running off centre which could cause postural and neck injury.

Front Clip Harness



Running in a front clip harness will change your dogs gait and pull them to one side when running which can cause postural problems.

Front Strap Harness



Running in a harness where the strap goes all the way around the front of the dog restricts range of joint motion and can result in injury.

CANICROSS BELTS

The Canicross waist belt is for the human to wear for hands-free running. These technical Canicross waistbelts are designed to allow the pull of your dog to come through your core (the strongest part of your body) giving ultimate control and balance whilst taking any strain away from your back, minimising injury and discomfort and allowing for safe and efficient running together.



One of the most common injuries we see in newbies who have taken up running with their dogs before seeking out advice are lower back injuries and discomfort from having an incorrect waistbelt for running their dog in. The one strap belt systems available in many high street retailers sold as running belts are inefficient for pulling dogs such as those who take part in Canicross as they end up sitting in the small of your back which is a very weak area to take the pulling force through. For this reason, we always recommend to invest in a Canicross specific waistbelt.

BUNGEE LINES

A bungee line is what attaches you to your dog whilst running together. The bungee line is important as it absorbs any shock and sudden jerks for you and your dog whilst running together, making for a smooth and comfortable run as well as acting as another safety feature to minimise any impact on both you and your dog's back/joints. As you can imagine, some dogs really go for it whilst out on the trails, others, the sheer weight behind them means you need a line you can be 100% confident in as the last thing you want is a line breaking resulting in an escapee dog or a clasp hitting you in the face! So ensuring they have been made with pulling in mind is a good place to start!



For this event we recommend a 1m to 2m line.