



## **Introduction to Cani-Cross**

Cani x or cani-cross in short means cross-country running with your dog. You can take part no matter what your age, size or fitness level. Cani cross is a great way for you and your dog to keep fit whilst enjoying the great outdoors together.

You can run with your dog just for fun or there are organisations you can run with competitively if you feel you are up to it, these organisations cater for all levels of fitness so don't be put off if you are just a beginner.

Like with all activities you can take part in with your dog you need to be sensible and consider the temperature, never run with your dog when it's hot, your dog will never complain but heat exhaustion can kill and will kill your dog before it kills you. Always make sure you carry water with you or make sure you know where you can access fresh water, over all be safe, know yours and your dog's limits and enjoy.

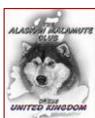
Links to organisation's that can tell you more about running with your dog.

<http://cani-cross.co.uk>

<http://www.canicross.org.uk/>

## **Getting Started**

To start running with your dog you don't really need any special equipment other than yourself and your dog, so you can just pop on your trainers clip on the lead and off you go but if you find you really enjoying running with your dog its recommended to purchase a harness for your dog, a waist belt and a line to attach your dog to the waist belt, setting out like this will enable you to run more freely and if your dog is already used to running in harness they will be out in front pulling, if your dog has not been in harness before the links bellow will give you great advice on how to get your dog used to pulling in front.



*Alaskan Malamute Rescue is run by the Alaskan Malamute Club of the UK*



For a more detailed guide on equipment and getting started visit

[http://www.canicross.org.uk/beginners\\_guide.html](http://www.canicross.org.uk/beginners_guide.html)

[http://cani-cross.co.uk/cc\\_whatish.shtml](http://cani-cross.co.uk/cc_whatish.shtml)

### Equipment

Equipment really is a personal choice there is no right or wrong but if you chose to run your dog in a harness you **must** make sure the harness is one that fits correctly and comfortably, there are two main types of harness an X back and a shoulder/walking harness. Either type is fine and again depends on your preference. An ill fitting harness is like you going out running wearing poor fitting trainers, please take the time to get the correct size harness! The other thing you will need is a waist belt this will fit comfortably around your waist with the dog attached so you can keep your hands free. Last of all you will need a line to attach your dog to the belt, it is advised that the line is no longer than 2m and should have an element of bungee/elastic in it to absorb any shock from the jerking motion.

There are many different suppliers of kit here are a few

[The Snowpaw Store](#)

<http://www.kisi.co.uk/>

<http://www.culpeppers.co.uk/>



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