

Running with your dog

TOP TIPS FROM DOGFIT...



1.

Use the right kit.

By running in properly designed kit, you and your dog will be more comfortable and run in better balance, making the whole experience a fun and rewarding activity.

A complete kit, which gives you everything you need can be found [here](#).

2.

Do your prep.

As well as the overall race distance, check out the route, terrain and the likely number of participants (you may prefer a smaller race if your dog gets overwhelmed). In the summer choose a course with plenty of shade and you should consider carrying a hydration pack with a collapsible bowl for your dog. Do give consideration to the time of year and start time of the event and whether your dog will be comfortable, e.g. is it potentially too hot to trot? The humidity is a key factor for your dog and they will overheat far quicker than you will.

3.

Plan your ETA.

Make sure you arrive at the event with plenty of time, to warm up and to give your dog a chance to relieve himself. Not rushing around will also help keep your dog calm (well, hopefully!) before the race starts.

However, don't arrive at the event too early if you have a high energised/excitable dog as too much hanging around may get them all agitated. Every dog is different of course – just be mindful of the environment that your dog is comfortable being in and don't put them under any unnecessary stress.

4.

Be considerate to other runners.

When you overtake other runners, especially dog-less runners, be mindful that they may not be aware that there is a dog coming up behind them or they may not be too keen on dogs.

Communication and a friendly approach is key here. Just call out that a dog is coming past on their left or right, keep a good distance as you overtake (ideally keeping the line short while you do) and thank them when they move to one side for you. Politeness and consideration goes a long way and ensures dogs are welcomed at future events.

5.

Keep it clean.

Always carry poo bags and be prepared to stop during a race if your dog does feel the need to poop!

6.

Carry provisions.

If you are doing a particularly long race, e.g. half/full/ultra marathon, then it's worth thinking about hydration and nutrition and also running with a small rucksack with emergency supplies, such as water, collapsible drinking bowl, food, spare clothing and basic first aid kit. Some events will insist on this anyway so do check their rules.

7.

Incorporate commands in your running.

Practising and perfecting some handy commands will make a big difference to your overall race experience, whilst also building a great bond with your dog. Favourites such as 'left' and 'right' for technical courses and 'with me/behind' for those challenging downhill sections will help you race much more efficiently.

8.

After the race provisions.

After the race it's worth having a few provisions back in the car depending on the conditions.

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