



Scootering to Skijoring

by Kim Tinker, President Cascade Sled Dog Club

Inside

Page 5

Titling
Rules

Page 10
Events
Schedule

Page 11
Pacific NW
Racing

Page 12
DAA
Results

Last weekend was probably one of my last scooter runs for the season. About 2 inches of snow was covering the road. It made for an exciting, slippery run but the time has come to dust the skis off.

Jumping from scootering to skijoring will be an easy transition for your dog as everything pretty much stays the same. Your dog is still in harness and working about 10ft in front of you and all the commands transfer over.

For you, depending on your past skiing experience, there is definitely a learning curve. First you have to decide on whether you are going to use classic or skate skis (no metal edges please, they can cut your dog). Classic skiing is the more traditional form of cross-country skiing. Your legs are moving forward and backward with a gliding motion (much like what a Nordic track does). The skis have a textured base to give you more traction and stability on the snow. They come in both waxless and waxable bases.

Skate skis take a little more time to master. The motion is more like roller blading. The skis are more narrow and have smooth bases like a down hill ski. Bye bye traction, but hello speed. Without a textured base, your dog has a much easier time pulling you. Skates skiing also allows you to work more with your dog. When I switched to skate skis, my dog kept looking back to make sure I was actually there because there is so much less resistance.

Skate skis require waxing for a smooth ride. I also recommend buying a ski that has a little stiffness to it. High end skate skis were meant for racing (without dogs) and tend to be soft flexing skis. With the power that a dog adds, a little stiffer flexing ski holds up better to the forces that can be applied.

Once you have made the choice, I highly recommend taking some lessons. It's really important to have the basics of classic or skate skiing down before you add

Winter Links

All the information you need to know and now you know where to ask.

<http://i90.atmos.washington.edu/roadview>

<http://www.wsdot.wa.gov/traffic/pass>

<http://www.parks.wa.gov/winter/>



Whatever method of skiing you've decided on, getting moving with your dog goes back to some basics. This is where that "line out and wait" training is critical. It can be very difficult to click into your skis, get your gloves on, etc., if your dog keeps pulling you over. Skijoring doesn't have the benefit of snow hooks or snub lines so practice having your dog stand with the towrope tight and waiting until you give the command to move forward. As you get ready to have the dog move, keep your feet shoulder width apart, knees slightly bent and have a slight flexion at the waist. If the towline is tight between you and the dog there will be less of a jerk at your waist as the dog takes off. If the towrope is slack, the jerk can be hard enough to pull you over and you will be doing a face plant in the snow.

Once you're moving, you and your dog will be working as a team. Depending on your dog's speed, you will need to adjust your speed so the towrope stays tight between you. If the towrope is slack, it is easy to ski over it and get tangled. You also don't want to be running into the back of your dog with your skis.

It can be helpful to skijor with other teams who are more seasoned as your dog will learn by example.

With time and practice, you and your dog will become a fine working machine and you will enjoy many miles on the trail.

Resources:

XC skating (technique and exercises) 30min video Produced by Nordic Equipment. Inc. Park City, Utah

Skijor with your dog: Mari Hoe-Raitto and Carol Kaynor; OK Publishing, Fairbanks , Alaska.

Volunteers Needed for the Cascade Quest

I am in charge of the dog handling volunteers for the Cascade Quest, which is an Iditarod qualifying race sponsored by Northwest Sled Dog Association and is held at Fish Lake the first weekend of February. The teams start on the airstrip so there is great viewing. If you have some basic dog handling skills, I could use your help on Friday, Saturday or Sunday. Folks are needed to help run the teams up to the line, to help check them in, to act as spotters on the trail, and for anything else the musher might need help with in getting their team to the line.

Contact Susan: "mailto:barnstormer@fairpoint.net" barnstormer@fairpoint.net 360-446-0255

Dryland Racing

by Sue Scofield

Northwest Sled Dog Association sponsors two dryland races every fall. The Pacific Northwest Dryland Championship race, held the last weekend of October, is one of five races in the PNC circuit. The other four races are on snow. The scooter/bikejor classes at the race this year were full of both novice and experienced mushers. This race brings several Northwest Clubs together and it is obvious that racing a small team has become



CAEDMON'S CORNER



"SEASON'S GREETINGS FROM THE KING"

The average mileage is around two miles and this takes place over two days. The competition is fun for the mushers and the dogs. The dog needs to have some skills in passing and in being around other dogs in a race (stress) situation. On the first weekend of November, some of the NWSDA members journeyed to Spokane for the Dirt Rondy. This dryland race is put on by Inland Empire Sled Dog Association and is really fun. The scooter/bike trail winds through the woods for a two mile loop. Give dryland racing a try next year.

Daphne Lewis posted a recap of the ISDRA sponsored Dryland Championships, East Meets West, on dogslovetorun@yahoo.com. Look in the archives for some interesting commentary on racing dryland style.

The results of the Roslyn races are posted at www.NWSDA.org



Becky's Corner

Inner Strength...

If you can start the day without caffeine,

If you can get going without pep pills,

If you can always be cheerful, ignoring aches and pains,

If you can resist complaining and boring people with your troubles,

If you can eat the same food every day and be grateful for it,

If you can understand when your loved ones are too busy to give you any time,

If you can take criticism and blame without resentment,

If you can ignore a friend's limited education and never correct him,

If you can resist treating a rich friend better than a poor friend,

If you can conquer tension without medical help,

If you can relax without liquor,

If you can sleep without the aid of drugs,

...Then You Are Probably ... The Family Dog



Credit goes to Lynn DeAngelo for submission

K9scootersNW is proud to present the first ever titling program for the Urban Traildog. There are four levels of expertise, each requiring that competence in a set of skills be demonstrated. K9 will hold its first testing event in the Spring. K9 is the sanctioning Club for this Titling program and reserves the right to award Certificates of Competence. Please take the time to review this material and forward your comments to Susan Scofield barnstormer@fairpoint.net. A great deal of thought and work has gone into this program and your feedback would be appreciated.

The purpose of dog titles in urban trails is to give teams of dog(s) and human a goal to strive for and achieve. The team that achieves the various titles will be safer and happier on the trail. They will also have a handsome document to hang on the wall. To earn a scooter title you must complete the mileage requirement, pass the field test and take a short written test. Teams are one human and one or two dogs. Vehicles can be any non-motorized vehicle. Dogs are being tested, not the human. You can take the test as a single dog or a brace.

Mileage is cumulative. For example to achieve the 100 miles for Open, count the 50 for Novice and add another 50 to achieve 100 miles for Open.

When you complete the required number of miles, you receive a rocker which says "50, 100, 200 or 500 miles depending on which is appropriate. When you have done all 4 mileage requirements you will have a total of 4 separate rockers. When you complete the Novice test, you will receive a scooter patch and a rocker that says novice. Should you complete novice, open, excellent, champion and each of the 4 sets of miles, you will have one urban trails patch, four downward facing rockers and four upwards facing rockers. These are intended for sewing onto a jacket or whatever clothing you prefer.

Mileage

Keep a mileage log with the following information: date, weather/temperature, name of trail, vehicle, daily miles, cumulative miles. You can add additional information to make the log more interesting and useful to you. Some additional categories are comments/notes, start/stop times, which dogs ran, speeds, number of rest stops, etc.

You can win mileage rockers with just the mileage log. To get the patch that anchors the rocker, you will need to pass the Novice Title Test.

Equipment check for all levels

Judges will inspect your equipment because your scooter, sulky, or cart must be safe: brakes in good order; tires inflated properly; handlebars tight. Harness must fit and be reasonably clean. Tugline must not be too worn.

Written test

Simple First Aid.....Overheating.....Sore feet

An essay on first aid, over heating and foot care will be created for the scooter dog test. It will be available on the DogScooter web site and k9scootersNW. The written test will consist of 3 questions that address these topics. The questions will be randomly selected for each level of testing.

NOVICE	OPEN	EXCELLENT	CHAMPION
50 miles	100 miles	200 miles	500 miles
Equipment check	Equipment check	Equipment check	Equipment check
Put on harness	Start: line out 30 sec.	Sociability Circle	2 races completed
Put on booties	Stop	Controlled Start/stop	Controlled start: 3 min.
Start/stop	Right/left	3 minute wait	3 min. line out on trail
Right/left	On by a distraction	Line out: 1 minute	Regional criteria
Complete test course	Wait: line out 30 sec.	Cross water	Steeple chase
	Slow down: intersection	Change Pace	Cross field
	Leave it	Go downhill control	Gee/haw over
	Wait 5 minutes	Change pace	On scooter recall

NOVICE

Mileage

50 miles total. There is no time limit to achieve this. Mileage log is on the honor system. You can take the test without having completed the 50 miles.

Put on harness

We are looking for a willing dog and a confident handler who puts on the harness with ease.



Put on booties

We do not expect your dog to wear booties at the test. We expect that you rarely if ever bootie your dog. However, there are times when you need to bootie your dog. The gravel might be sharp. He may have injured a paw. For this test we just need to see that you can bootie your dog and that he will tolerate them.

Start/stop

During the test the judge will ask you to start your dog pulling. Your dog should continue along the trail until the judge tells you to stop. You can use whatever command words you choose.

Right/left

The test will be set up with a trail that has turns. The judge will tell you which turn to take. You can use gee and haw or right and left or whatever command words you choose.

OPEN

Mileage

Use the 50 miles from the Novice title plus add 50 new miles for Open to amass a total of 100 miles. There is no time limit to achieve your mileage. Mileage log is on the honor system. Send in your log when you apply to take the test if you wish to receive both the mileage and the open rockers.

Start: lineout for 30 seconds

Your dog will be expected to be hitched to the tugline and then move to lineout position and stay there for 30 seconds. It does not matter whether he stands, sits or lies down.

Stop

Dog must stop when asked to stop. You can use brakes to keep the line tight as he stops.

Right/left

The test will be set up with a trail that has turns. The judge or a course map will tell you which turn to take. You can use gee and haw or right and left or whatever command words you choose.

On By a Distraction

The distraction will most likely be a person with a dog on leash. It could be something less familiar, however.



Sue Scofield and Joe and Becky Loveless make a smiling distraction for "on by".

Wait and line Out

Somewhere on the test course, you will be directed to wait for 30 seconds while your dog remains lined out in front of you. This mimics the real life situation of stopping to look at a map or to tie a shoe or ...

Slow down for intersection

This mimics the urban situation where you are coming to a roadway. You slow down to be able to check for oncoming cars.

Leave it

So often on a trail there are horse droppings or dead critters. "Leave it" is a useful command.

EXCELLENT

Mileage

100 miles from the Open title plus 100 new miles for Excellent for a total of 200 miles. No time limit to achieve this. Mileage log is on the honor system. Send in your log when you apply to take the test.

Sociability Circle

An excellent scooter dog is reliably friendly or indifferent to other dogs. The sociability circle has owner and handler walk with dog on leash in a large circle passing other owners and their dogs. To pass the circle test, the team must walk on by without the dog going over to say hello or show who is boss. The team must walk around the circle weaving among the standing owners and dogs without fuss or extreme effort on the part of the owner.

Controlled Start/Stop

Owner harnesses dog and attaches him to tugline. Dog waits calmly for command to start. Dog starts on command. Dog stops when asked to do so.

Three Minute Wait

Dog is tied to something that won't move. Dog is next to scooter. Owner tells dog to wait and walks out of sight. Dog waits calmly until owner returns after 3 minutes.

One Minute Line-Out

Dog is harnessed and attached to schooter. Dog is told to "line out". Dog remains in line-out position, waiting for command to go for one minute.

Cross Water

It may not be possible to test this at the test site. Some fun runs could be designated as tests for this. The dog must pull the scooter without hesitation across water such as a puddle on a road or trail.

Change Pace on Command

You will be asked to demonstrate your ability to have the dog speed up and slow down on command. How this is done depends on the testing grounds and the judge's design of the test. For some dogs, the speed change is from walk to trot and back to walk. For others it is from trot to lope and back to trot.

Go Downhill under Control

You will be asked as a team to go down a hill at a safe controlled speed.

CHAMPION

Mileage

200 miles from the Excellent title plus 300 new miles for Champion for a total of 500 miles. No time limit to achieve this. Mileage log is on the honor system. Send in your log when you apply to take the test.

Two Races Completed

A champion scooter dog needs to race. He does not need to win. Send proof of having crossed the finish line/completed two scooter races. Each race must occur on separate weekends.

Controlled Start/Stop

Owner harnesses dog and attaches him to tugline. Dog waits calmly for command to start. Dog starts on command 3 minutes after being attached to scooter. Dog stops when asked to do so.

Three Minute Line Out on Trail

Somewhere on test course, Judge asks team to stop and wait. Dog remains in line out position for 3 minutes. Sitting or lying down is OK. (Becky and Sue, I added this. Is it OK?)

Regional Criteria

Each judge can pick a test that relates to their area. One judge might ask that dogs lie down and wait quietly while horses ride by. Another might ask that dogs sit at street corner while waiting for traffic light to change. Another might ask that the dogs pull the scooter to the car on command “go to the car”.

Steeple Chase

Judge and test givers will design a course that the team must navigate. It can include going through “tunnels”, weaving around parked cars, passing a pen full of chickens, going between bollards, opening and shutting a gate, crossing a bridge and so forth.

Cross Field with no Trail

The dog must pull the scooter straight across an open field such as a soccer field.

Gee/haw over

Team will be instructed to switch sides of trail when instructed by judge.

Wait for 5 Minutes

An urban scooterer will often tie the dog and scooter outside a store while doing errands. For the test, the owner goes out of sight for 5 minutes. The dog must wait without anxiety.

On Scooter Recall

The human while riding the scooter tells the dog to stop and then calls him to his side. This is instead of lining out. The real life situation might be a batch of loose dogs and people approaching and the best solution is to hold the dog’s collar while waiting for them to pass.

R
u
nS
w
i
f
tR
u
n
h
a
r
dR
u
nd
o
g
s

Dogs Loving To Run



NWSDA will be hosting events Dec 15, Dec 22, and Dec 29 at the Suncadia property in Roslyn. Sled rides will be offered along with a demo skijor race on the 22nd and a demo sprint race on the 29th. Come on out☺

K9 Calendar

On the third Saturday of the month, there is usually a sponsored run. Check the website or dogslovetorun@yahoo.com or dogscooter.com or contact a Board member for information.

Saturday, January 12.

sponsored by Natalie Head

Meet @ Crystal Springs Sno Park at 10:30 AM People will need to buy the \$8 parking pass. Email me at nhead@campberachah.org for more info.

I will post on dogslovetorun, k9scootersnw, and the skijor yahoo groups closer to the date.

Aug 7-9 Snoqualmie Tunnel run. This year K9 and NWSDA are combining with Lake Easton State Park to put on a dog powered extravaganza. Reserve your spot at Lake Easton State Park early, as the spots fill up quickly.



Donna Morton and her dog Holly remind us what is at the core of dog powered sports: the love, respect, and trust that binds a person to their dog partners.

PACIFIC NORTHWEST RACING

Race Dates: 2007-2008

**Jan. 5-6 Frog Lake I, Frog Lake Sno Park, OR
6M/Sprint,/SJ, PNC, CSDC Deb Walts 503-395-3661**

**Jan12-13 Siskiyou 135 Sled Dog Races, Mt. Shasta,
Weed, CA, Distance 135 miles/Sprint,/SJ, Pat
Campbell 530-467- 3009**

**Jan 17-20 Eagle Cap Sled Dog Races, Joseph, OR, 8M
&12M**

**Jan. 19-20 Chemult, Walt Haring Sno Park,
Chemult, OR , 6M/Sprint/SJ, Purse and Trophy,
John Bambe 541-365-2203 or Polly Riley 541-593-9884**

Jan. 26-27 Priest Lake, ID. Fun Race - Sprint & Mid

**Jan 25-27 Snow Dog Super Mush Concunully, WA,
6M & 12M, NWSDA Dave Ford 253-797-8484**

**Feb 1-3 Cascade Quest Sled Dog Race- 16 dog
Iditarod qualifier/6 dog stage/6 dog Purebred/2-6 dog
Sportsman, NWSDA, Tim McElravy, 509-763-0558**

**Feb. 2-3 Priest Lake, ID, 6M &Sprint/SJ/Freight,
Purse and Trophy ,PNC, IESDA, Vince and Brendia
Heintzelman 509-447-5744**

**Feb 9-10 Chester Sled Dog Races Chester, CA
6M/Sprint/SJ, PNC SNDD**

**Feb. 22-23 Frog Lake II, OR. 6M/Sprint/SJ, CSDC
Deb Walts 503-395-3661**

March 3-4 Shaver Lake, CA 6M, Sprint,/SJ



Dogs Across America

Page: 12

This event keeps on growing. Dogs and their drivers from all over the USA and Canada participated in promoting dog powered sports on the weekend of November 10-11. The Southern States will be doing their part on December 15-16.

Washington 2007 Mileage TOTAL IS 270 miles!

In 2006 it was 176. In 2005 it was 84 miles.

Friday, Nov 9, 2007 (9.6 miles)

Icicle Creek

Carole Parsons - 6 malamutes - ATV - 9.6 miles

Saturday, Nov 10, 2007 (137.57 miles)

Orr Creek (Lewis Co; WA)

Von Martin - 1 Siberian Husky & 5 Alaskan Huskies - Gig Cart - 13 miles

Von Martin - 2 Siberian Huskies & 4 Alaskan Huskies - Gig Cart - 6 miles
19 miles

Alder Creek by Fish Lake (Eastern Washington)

Tim McElravy - 8 mals, 1 sibe, 1 alaskan - ATV - 16 miles

Janet Sweeney - 7 siberians Fritz Dyck cart - 13 miles
29 miles

San Juan Islands

Kim Bertrand - 2 Siberian huskies (?) - 6 miles

Satsop Truck Trails

Les Van Brunt - 4 Siberian huskies - 4 wheel cart - 3 miles

Rattlesnake Lake - Iron Horse Trail

Debbie Ireland - 4 huskies - 3 wheel cart - 10 miles

Port Angeles and beyond

Travis Scott - 1 Great Dane - scooter - 19.75 miles

Alder Creek by Fish Lake

Carole Parsons - 6 Malamutes - ATV - 8 miles 1st run

Carole Parsons - 5 Malamutes - ATV - 8 miles 2nd run
16 miles

Chehalis Western Trail

Joe Loveless - 1 Alaskan husky - scooter - 6 miles

Becky Loveless - 1 Alaskan husky - scooter - 6 miles

Sue Scofield - 2 Siberian huskies - scooter - 3 miles
15 miles

Vashon Island

Teresa Martino (Wolf Town!!) - 1 Alaskan, 3 Malamutes - ATV - 3.5 miles
Snoqualmie Valley Trail Fall City to Griffin Creek Natural Area
Matt & Tura Hamel - 2 Alaskan huskies - scooter - 9.52 miles
Natalie Head - 1 Labrador - bicycle - 4.76 miles
Daphne Lewis - 2 Chinooks - scooter - 4.76 miles
Donna Morton - 1 Alaskan husky; 1 Chinook - bicycle - 4.76 miles
Bill Bloxom - 1 Briard - bicycle - 9.52mile
33.32 miles

Sunday, Nov 11, 2007 (86.47 miles)

Orr Creek

Von Martin - 1 Siberian Siberian_Husky & 7 Alaskan Huskies - Gig Cart - 13 miles
Von Martin - 2 Siberian Huskies & 2 Alaskan Huskies - Gig Cart - 6 miles
19 miles

San Juan Islands

Kim Bertrand Siberians 4.5 miles

Carnation to the Tunnel - Snoqualmie Valley Trail + Iron Horse Trail

Debbie Ireland 4 huskies - 3 wheel cart - 20 miles

Snoqualmie Valley Trail Carnation to Duvall Park

Matt & Tura Hamel 2 Alaskan huskies - scooter - 7.21 miles
Natalie Head 1 Labrador - bicycle - 7.21 miles
Mark Johnson 1 chow mix - bicycle - 7.21 miles
Daphne Lewis 2 Chinooks - bicycle - 7.21 miles
Tina Nelson Fukumoto 1 lab/husky - bicycle - 7.21 miles
Donna Morton 2 Alaskan husky - bicycle - 7.21 miles
Brad Rasmussen 2 huskies, 1 lab - bicycle - 7.21 miles
50.47 miles

Alder Creek by Fish Lake

Carole Parsons 6 malamutes - ATV - 5 miles

Chehalis Western Trail

Sue Scofield 2 Siberian huskies - scooter - 3 miles

Vashon Island

Teresa Martino (Wolf Town!!) 1 Alaskan, 3 malamutes - ATV - 3.5 Miles

Links: http://rivercurrentnews.com/pdfs/vol_two/rcn_77.pdf or
check out www.dogsacrossamerica.org for information and results, which will be posted when all
the mileage is compiled.