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In

Memoriam

## *Libby Riddles: The 1st Woman to Win the Iditarod*

*This summer on a cruise of the Inside Passage, I had the privilege of hearing Libby Riddles speak about her perspective on the animal human partnership that is mushing. anne flynn*

Libby Riddles, the first woman to win the Iditarod, credits her victory in 1985 to the trust she had forged between herself and her dogs. Trust which had been developed through consistent training over thousands of miles. That same year she also won the Leonhard Seppala Humanitarian Award for most humane treatment of her dogs. Her win emphasized the essence of a successful partnership between people and animals: mutual trust and respect.

In reflecting on the history of the partnership between people and dogs, Libby said people who were able to form a partnership with the wild wolf dog for travel increased their survival. This was certainly true for the people in Nome in February of 1925 whose lives were saved by 20 teams of men and dog, running in relay, bringing them 300,000 units of life saving, diphtheria fighting serum across 674 miles of snow and ice covered, treacherous Alaskan wilderness in 127.5 hours, most of it run in the dark.

Libby didn't grow up mushing. She was 16 years old when she moved to Alaska from Minnesota to homestead and help build a log cabin. As an Alaskan homesteader she hunted moose and read about explorers. Initially she used her dogs to haul wood, but then she began mushing and entered a few races. That sparked her interest in training racing dogs and she soon realized that to train winning teams she had to start with pups.

As Libby began raising Alaskan Husky pups she appreciated their retention of the wolf behavior of traveling in a pack; she said in the Alaskan Husky that trait is magnified. She says it is the Alaskan Husky brain that gives them their spirit, mindset, and determination and is the key to the mushing experience. She said huskies have a primitive streak that gives them the ability to survive in the wilderness when lost.

Iditarod winners tend to be experienced mushers who have run the race before. This proved true for Libby. When running the race for the third time at the age of 28, she came in at the front of the pack, to win the 1985 Iditarod Trail Sled Dog Race. Her win was inspired by the trust between she and her dogs and by her belief that ordinary people can do extraordinary things when they set their minds to it. Part of Libby's mindset was her emphasis on consistent training; in foul weather or fair she was working with her dogs. In fact a key to her Iditarod victory was her use of Alaska's bad weather to storm train her dogs and her ultimate decision to trust the judgment of one of her seasoned racers.

To win the Iditarod, on the last day of the race, Libby left ahead of the other racers, driving her storm trained team into 100 below wind chill. She and her team were pulling through dense snow and Libby lost her sense of which way to go. She stopped, considering what to do. Then she changed her team's order, putting one of her seasoned Iditarod racers in the lead. As the dog pulled the team forward, Libby's trust in her new lead dog's direction was put to the test as her dog pulled the sled in a direction that seemed wrong. After a moment, she decided to follow her dog's lead. Her trust was affirmed; her dogs crossed the finish line first; Libby Riddles is the first woman to win the Iditarod.

*"Being able to run a team of dogs makes me one of the luckiest people in the world!"*

*Libby Riddles*

## Summer Running

By Susan Scofield

*Mutual Trust and Respect: Your dogs trust you to know and respect their limits.*

Recently, the Club had a run on the Snoqualmie Valley Trail. The trail offered plenty of shade, and there was water in the ditches. Ditch or trailside seasonal creeks are a favorite of WA dog scooterers; water being the primary ingredient needed for a comfortable run in warmer weather. In the spring, this is available, but come summer, the ditches are dry.

On this day, the temps reached 87, a degree at which I would normally NEVER run my dogs. I learned the hard way about overheating a scooter dog, and I hope to never make that mistake again. Attentiveness to the dog and the environment and a flexible attitude is necessary under all circumstances of running dogs, but especially in stressful conditions; high temperatures accompanied by humidity being one of the worst scenarios. Often times common sense tells us to stop, but if we have driven a long ways, and are aching to run dogs, and there is pressure from the group to run, we may fail to heed our intuition and head out on the trail when really the dogs and driver ought to turn around and go home. Or, we do not stop and rest, as we should, because we want to get back to the car.

Dogs cannot sweat as humans do; they cool themselves by moving air over their moist tongue and airways through panting.

One to two hours before the run give the dog a couple cups of baited water. Baiting means to add something to the water that will encourage the dog to drink, i.e. canned cat food, tuna, or a nutritional supplement. A well hydrated dog is necessary for peak performance and for helping the dog stay cool as its metabolism rises during exertion in warm weather. Carry additional water for the dog and driver. Offer small amounts while on the trail. If possible immerse your dog in a pool or pond prior/and or during run. As they move, air will pass over their moistened body, allowing for evaporation.

Schedule the run in a shady area

Frequent stops are Mandatory

Watch for excessive panting. Watch for swelling tongue, indicating that the dog is unable to meet its cooling needs. Tongue hanging out with heavy breathing is past the need for rest. STOP and rest until breathing is normal.

Heat stroke can occur if a dog's temperature goes above 104 degrees. The increased temperature causes a metabolic disturbance that triggers the release of chemicals that ultimately causes cell destruction. In heat stroke, the blood thickens causing stress on the heart as it attempts to pump the heavy blood through the system. Blood stagnates and eventually clots, causing tissue death. The brain, liver, and intestine are most prone to the effects of such cell destruction.

Ear flaps may be reddened.

Tongue may swell and darken

Heavy panting

Dog begins huffing and puffing or gasping for air

Dog begins to weave when it walks because of dizziness

Dog lays down or collapses and can't get up

Dog becomes unconscious

If you determine your dog has heat stroke, it is imperative to cool the dog down! The best way is to run water over the dog, so there is always fresh water in contact. When you immerse a dog in a tub, the water trapped in the hair coat will get warm next to the dog, and act as an insulator against the cool water and cooling stops. If you can run water over the dog and place it in front of a fan that is the best. Misting the dog with water will only help if you are in a dry environment or in front of a fan.

Wet the ears, base of neck, belly, groin, under arms, under legs, base of tail and underneath the tail.

You can always put your dog in the car and turn on the air conditioner.

You can offer your dogs tiny amounts of water to wet the mouth, but the dog will probably not drink...and water in the stomach does not cool the dog. When heavily panting, the dog will take in large amounts of air and this could possibly cause a condition called bloat, a serious medical condition. Misting the dog with water will only help if you also have a fan. Getting the dog wet is not enough, it needs to be cool water, and it needs to evaporate, as this is the dog's cooling mechanism. Ice is also less effective than cool water, because it causes constriction of the blood vessels, and thus does not promote the most efficient exchange of heat. Emergency ice packs (the kind you shake to activate) are best applied to the inner thighs, under the arm, under the tail, and under the ear flaps.

Check the dog's temp and if it is starting to drop, then you stop the cool water. This would be at 103. If you do not have a thermometer, do not stress over this, stop pouring the water over the dog, and observe it closely. Is the panting slowing, are the ears coming back up, is there less of a dazed look, is the swelling of the tongue going down, is elasticity returning to the skin? Is the dog more alert? You must stop cooling the dog BEFORE the temperature drops to normal, as it will continue dropping, and then you will enter into a hypothermic situation. Glyco-charge, Peidalyte, Gatorade, can all be given to the dog to help restore electrolytes. If your dog has come close to death in an over heating situation, please take it to your vet as soon as possible. The effects of heat exhaustion may take several days to show themselves, as tissue death of vital organs may have occurred. I can testify to the fact that once a dog has overheated, it will remain heat sensitive for life.

A completely soaked dog should not be enclosed in a plastic crate or small space without good airflow. Again, you would be putting the dog in a situation where the process of evaporation cannot effectively take place. Airflow must occur over the damp dog for cooling to take place.

Here in Washington, with my Siberian Huskies, I have a guideline for running my dogs. If I am wearing a tee shirt only, it is too warm to run my dogs. Of course, I watch the temp, feel the humidity, and observe my dogs. Attentiveness to your dogs, knowing your dog, watching their body language is the BEST way to avoid over heating. You must be AWARE that you are the one that must recognize when to stop. The dog will run itself into a dangerous situation. Know if you have a high risk dog: Examples would be young dogs, sick dogs, overweight dogs, out of shape dogs, dogs on certain meds, short muzzled dogs such as the bully breeds, dogs with respiratory or heart conditions.

Overheating can happen any time a dog is moving. Pay attention, know your dog, and trust your wisdom, and have fun on the trails.



## Events

The scooter runs are open to all levels. Please RSVP to the host if you are planning on coming. We can provide an extra scooter, line and/or harness. For more information contact Sue Scofield: [barnstormer@fairpoint.net](mailto:barnstormer@fairpoint.net); 360-446-0255

August 8 - 10

Sixth Annual Snoqualmie Tunnel Run & Camp Out at Lake Easton State Park sponsored by K9scootersNW and Northwest Sled Dog Association. There will be events over the weekend but the tunnel run itself will be on Saturday at 10AM. Make your reservations now at Lake Easton State Park as it fills up. <http://www.parks.wa.gov/reserve.asp> Contact Susan Scofield: [barnstormer@fairpoint.net](mailto:barnstormer@fairpoint.net)

August 23

K9scootersNW Pull Training Clinic at Tenino City Park

\$100 for all day clinic teaching your dog the basic scooter commands and how to pull a bike or scooter. Harness fitting, trail equipment, dog and people care, first aid will be covered. Lunch will be provided and a membership to K9scootersNW is included. Sign up with Susan Scofield:

[barnstormer@fairpoint.net](mailto:barnstormer@fairpoint.net)" [barnstormer@fairpoint.net](mailto:barnstormer@fairpoint.net)

August 30

Wynoochee Run- Test out all those new skills on our Wynoochee campout. Contact Susan Scofield: [barnstormer@fairpoint.net](mailto:barnstormer@fairpoint.net) for more info.

September 13

Come celebrate your President's 55th birthday at Flaming Geyser State Park. Plenty of places to run around with the dogs and enjoy a nice Indian Summer Picnic and Barbecue.

September 27 & 28

Annual Campout Goose Creek Campground sponsored by Carole and Jeff Parsons: [malamute77@aol.com](mailto:malamute77@aol.com)"

October 4 & 5

Pinewood Scooter run in eastern British Columbia, Canada sponsored by Alpine Outfitters: [alpinehsky@aol.com](mailto:alpinehsky@aol.com)

November 1 & 2

Dryland Races in Spokane

November 8-11

There will still be a "Central Oregon" Mushing Weekend, I'm just not sure of the location yet. Many of us arrive at the location on Friday afternoon, so as to be ready to go in the morning. So, all of you who are willing to drive a long way for a fantastically fun and educational mushing get-together, pencil in Veteran's Day weekend, which will be November 8-11th (Saturday through Tuesday). The official event will be Saturday through Monday, for those who need a driving time buffer, but folks are welcome to attend any part of that... and more, for those who like to turn it into a weeklong vacation!

I will be looking into other locations with amenities similar to the La Pine State Park..... Who knows, we may end up basing it from the "Millican Road Dog Ranch Resort".... Otherwise known as my place.

Karen Yeagain

Tumnatki Siberians

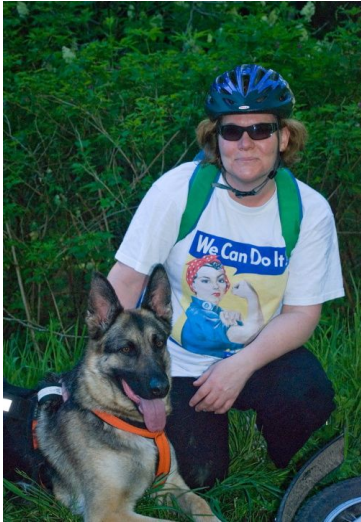
Prineville, OR

"<http://www.tumnatkisiberians.com>" [www.tumnatkisiberians.com](http://www.tumnatkisiberians.com)

Nov 8,9

Dogs Across America annual relay across America.

Contact Daphne Lewis: [daphne@dogscooter.com](mailto:daphne@dogscooter.com)" [daphne@dogscooter.co](mailto:daphne@dogscooter.co)



“Hold on tight, have fun, and try not to look like an idiot!” Those were the thoughts I had before starting my first ‘official’ dog scooter fun run on May 18th. I arrived at the meeting place on Iron Horse Trail a bit nervous but a lot excited. What led me to Iron Horse Trail to begin with? Two years ago, I adopted my dog Thrace from German Shepherd Rescue. Since then, I have spend countless hours trying to find something we could do together which would meet two basic requirements- one, I had to like it, and two, it had to wear my dog out!

Having tried dog obedience, dog parks, Frisbee, and jogging, I was eventually directed (thank you Google!) to the website k9scootersnw.com. My first thought after viewing the images of happy people biking and/or scootering with their dogs was that it looked like a lot of fun, but who really did such things? After Saturday’s fun run, I have the answer- people like me!

Several people were at Iron Horse Trail that morning; all of them seasoned veterans and either on scooters or bikes. I had no idea that the area had so many scooter enthusiasts! The group started out at 8:30 sharp, after a reminder to take things slow in the already hot weather. My German shepherd, Thrace, took off like a rocket even though I tried to hold her back. I thought for sure that I was going to fall off the scooter that had been generously loaned to me. Thankfully, though, I was able to keep going and made it through unscathed. What a blast! So much beautiful scenery flew by as I was silently reminding myself that I have health insurance. My dog was the happiest I’ve seen her since adopting her from German Shepherd Rescue two years ago. She even got along well with the other dogs, a minor miracle considering that she has been known to have ‘doggy attitude’ at times. I had so much fun talking with the other people and just enjoying being outside with my happy girl that before I knew it the fun run was over.

Everyone was very encouraging and supportive, with lots of great tips and extra patience for a beginner’s endless questions. I’m really looking forward to the next time I can go out and scooter, and as for my dog? She actually **slept** on the ride home!

***Membership is normally due on April 1 of each year. For this year, membership renewal has been extended to August 1, 2008. Renew now and receive your first edition K9scootersNW club patch and cap. With membership, you also receive LineOut, free admission to K9 events, and a reduced rate on Titling certification.***



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## *Trail Etiquette*



Scootering, biking or carting on bicycle trails and other multi use trails requires that good K9 etiquette be practiced. Keeping together as a group is one of the first rules to follow. Consider yourself as part of a larger team and keep an eye on each other. There are plenty of opportunities to run as fast as possible, whether you are on your own or with another person. Enjoy the camaraderie of the group run. This encourages the dogs to be social yet disciplined when on the trail. It also allows for interaction, i.e. learning, to take place between the novices and the more practiced. It can aid in an emergency. The back of the pack driver knows that someone is up there in front aware of his or her position. All kinds of things can and do go wrong when out running dogs. Scootering or micro mushing is often done in an urban or public environment and requires attentiveness to the surroundings, including all other people in the vicinity. With several people, their dogs, and their vehicles, major obstacles can be created along the trail. We are ambassadors of our sport and it behooves us to pay attention to others on the trails.

Cyclists do not want to have to stop for a dog in the trail, and they are also concerned that the dog might dart out in front of their bicycle. Stop, pull over, and maintain control of your dog. This is reassuring to the cyclist, and creates good energy down the road between these two groups.

Good trail etiquette dictates that all members of the group stay to the same side of the trail, and, when stopped, pull their vehicles off on to the shoulder, along with the dogs, maintaining group cohesiveness. This not only looks good, but also creates the opportunity for talking with people, and demonstrates courtesy and good control of the dogs. Several stops along the way may be necessary to keep the group together. As many of us often run our dogs by ourselves, we are not accustomed to waiting for others, but take this opportunity to run as a team. Keep a good distance between the next musher and be respectful of space. Tandem running works better on a crowded bike trail but side by side running is fun and works fine in a more open environment.

Pet dogs are another obstacle that the micro musher often encounters along the trail. Again, be proactive and take the initiative to stop and get your dog under control. At least our dogs look good, if that pet dog comes over and starts a ruckus. One can always ask the pedestrian to please leash their dog or to keep their dog back as your dog is working. Expect conflict and be prepared for it.

If you choose to have your dogs be social and do the sniffing around thing, at least keep good control so there are no tangles with the scooter. Allow yourself plenty of room when parked so that your dogs are not drifting around interacting with another driver's belongings. Scooter dogs know that treats come out of the pack and will be looking at other dog's resources. Be aware of eye contact between dogs. This is often the beginning of aggressive behavior.

Sharing the trail with horses is common, at least here in WA. Again, pull your dogs off on the shoulder, and keep a firm grip until the horse has passed. Let the rider know that you will let them pass, or, if you need to pass the horse and rider, call out ahead and walk, not ride, as you on by the animal.

Meeting up with others and running dogs together can be great fun, but does require some forethought and vigilance along the trail. Give some thought to sponsoring a run. Send your info to: [barnstormer@fairpoint.net](mailto:barnstormer@fairpoint.net), and post to [dogsloveterun@yahoo.com](mailto:dogsloveterun@yahoo.com) and [K9scootersNW@yahoo.com](mailto:K9scootersNW@yahoo.com)

If you have a favorite ride, please send the details to [daphne@dogscooter.com](mailto:daphne@dogscooter.com). Daphne is our new Vice President and she has kindly adopted the task of creating our trail library. Hopefully, one of these days we will be able to publish our own K9scootersNW Trail Guide.



Daphne Lewis with Rosie; Brad Rasmussen with Jasper and Indy; Julie Cox with Brett and Thrace; Donna Morton with Ellie, and Holly

Daphne Lewis



## *I Love Tire Pulling*

Sometimes I have those days when I sit at my desk all day working like crazy and generating the feeling that I get nothing done. It takes me back to when I was a housewife with three kids. Thursday, I thought, "What did I do all day?!" All I could think of was I got the bed changed and the laundry done. This kind of day when I can't figure out what I accomplished, drives me crazy. So what works best to calm me after a frustrating day? Tire Pulling.



At the end of an office bound, email answering, customer problem sort of day, I need to move my body; I need to walk. My dogs do pull well. Scootering is a rush, but I am not moving my body much. Bikejoring? Well I peddle up hills; squeeze the brakes down hills and coast on the flats. Sulky driving? I walk up the hills...None of these activities gives me enough exercise to calm me down.

Tire pulling let's me walk. I throw dogs, bike tires, harnesses into the car and drive to Weyerhaeuser headquarters. The dogs start screaming with excitement as we pull into one of the parking lots. I put on their prong collars and harness them each to their own set of three bike tires bound together. I snap the brace lead to their collars. They walk as a pair, a brace. I snap my flexi-lead to the brace lead. Off we go. I walk behind the tires. The dogs walk in front.

I carry water and treats in my fanny pack. We walk over roads, grass and then into the woods. Sometimes we travel on gravel paths; sometimes on dirt roads. I like the tires because it slows the dogs down to a walk. Without the tires, I would spend my walk to get-over-the-frustrating day yelling at them: "Easy. EASY" and then "Walk and please walk!" With the tires I don't need to yell often. The tires make them walk.

We walk for about 20 minutes and come to the great south meadow. The sun is low in the west and lights up the grass heads, daisies and lupines. Lovely. The dogs walk through the grasses which are as high as their heads. The sun shines through their golden fur (they are Chinooks) making them glow. The scene is so beautiful. Golden dogs, golden and pink grasses, and golden sun. We emerge from the grass onto the helipad. The dogs are happy to be out of the grass. Then up the hill we go. We travel behind the Rhododendron Species Foundation Garden and go down towards our destination, a dirt road that parallels the I-5 freeway. We are about 40 minutes into the walk. Off come the tires. The dogs free run to the dead end of the road. Brett sniffs and pees and Rosy chases toys and checks for critters to chase.

On the way back, we go through manicured woods with giant ant mounds. We walk to the lake. If no one is in sight, the dogs get to splash in the lake and search the brush for rabbits. I pull the tires. Back in the public eye, the dogs pull the tires between the lake and the north meadow glowing with pink, blue and lavender lupines. The paths at Weyerhaeuser are perfect. Wide, comfortable and always something lovely to look at. After a 70-minute walk, we return to the car.

I feel that tire pulling is good for building the dogs' strength. They also practice walking steadily way out in front of me. Tire pulling is good for me because I need to exercise without getting angry at the dogs for running when I want them to walk.

Does your dog pull too hard? Add another tire. We started with one bike tire. Rosy had a tiny bike tire. At the present the three bike tires for each dog works great. Maybe we will move to four tires later as their strength increases.

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*Practicalities  
and  
Waxing Philosophic*

Megan Capon

PLEASE FOLKS tread carefully with summer time running! Some dogs can take more heat than others; some will be more affected by humidity, some just don't have an 'off button'- and once they're heat borked they'll often never be the same again.

Summer for us is a time for dogs to swim, work on some miscellaneous commands, hang out together while I do some garden work, dogs trenching up the dog yard (and me eventually filling holes back in), and flopping on the floor in front of the AC. This year it's probably only going to be a 4 month break. Honestly, I think some time off mushing does us all some good mentally... and heaven knows that with my 2yo, husband, full time work, big experimental veg garden, and endurance cycling goals I will NOT have time to get bored before I discover I'm behind on getting my fall dog gear together!!!

Even for those who can run dogs through summer here and there, it's usually short and casual and highly weather dependent. THAT'S OK- in fact it's probably a GOOD thing. We humans live in an artificial 'always on' world these days, but Ma Nature doesn't work that way. I suspect maybe we weren't intended to either.

Think of it like breathing... you can't just suck air in or push air out, you've gotta do BOTH to live. The earth has a yearly 'breath' cycle. So do mushers. So do our dogs. Seasons Are Good.  
Megan Capon



King Caedmon's Castle  
Natalie Head

Summer months are here again. For many of us, that means finding other ways to occupy our dogs when the weather is not conducive to running. Some people take their dogs swimming; others try weight pull, agility, or obedience. I think these are all excellent ways to keep our canine friend's minds and bodies in condition for when we start running again in the cooler fall months.

Currently, Caedmon and I are not running much due to work, weather and a multitude of other reasons. We just can't seem to get ourselves out to the trail. However, we just finished a 6-week intermediate obedience class at the local dog training facility. It was amazing how tired Caedmon was after class! He was one of 3 dogs in the class and we worked exercises such as off-leash heeling, off-leash recall, long downs and stays where I had to leave the room. All of this will transfer over to scootering. How often have we had to look for a place to tie our dog while we walk a short distance back to the car for something we forgot? Or had to quickly get our dogs under control when other unruly, off-leash dogs interfere with our agenda? The class was certainly a mental workout for Caedmon. He would often come home and crash afterwards.

This week we started a beginning agility class along with my roommate, who also scooters with her dogs. I look forward to participating in this sport with Caedmon. It will help improve our teamwork, as well as his confidence. He took to it right away. After an hour of jumping jumps, going through tunnels and hoops, and a swim in the river on the way home, I had a very tired and happy dog!

Have a great summer. Get out and enjoy an activity with your canine companion!

## Training Aid - Spray Commander

By Brad Rasmussen (and Brielle - running dogs since 2005)

Jasper has the heart of a pulling dog. Running and pulling is his life mission. It is impressive to watch his ears go back, straighten his tail, and see him put everything into his work. But, he has been a tough one to steer. He used to run 18 mph, which was very fun; then suddenly stop to sniff and pee, which was not so fun for anyone, except him. With the bike and scooter unable to stop as quickly as he did, I nearly crashed several times, especially when he was the only dog pulling. When the trio was



working together with Angel on the point, (who behaves so much better to the “on-by” command,) there would be a sudden jerk on the line and then her heroine effort to pull him through this distraction. To her credit she has done this countless time after time, allowing us to continue in the sport. However, Angel (lead dog) really dislikes this, it takes the fun out of running for her. She would look at me in disgust as if to say, is this allowed? I could stop, dismount and go correct him or yell, but by that time he seemingly didn’t know what the correction was about and the tone of the run had gone amuck. Running is supposed to be fun for the dogs. I considered several ideas to establish instant correction but none were as straight forward as the Spray Commander. I was thinking prong collar to him, with a neckline to her harness, but I never did that idea, realizing the pounding some of these lines get in running conditions.

I found the Spray Commander a great tool for these situations. It is a collar device that sprays citronella under the dogs nose when the button on the wireless control is pressed. It cost about \$120. I have found battery refills at Radio Shack, and cans of Citronella at Petco. It only took about three runs for Jasper to figure out the desired “on-by” behavior. I made a wristband for the controller so I don’t drop it, and can correct him a split second after “on-by” if he is ignoring me, from the bike while rolling. When your moving along with only two or three dogs, it only takes a split second and the whole train must stop.

We have found the Spray Commander a key to additional freedom for our other better-behaved dogs. Angel can be reliably corrected to stay off other peoples lawns or away from neighbor cats, off leash as we walk, or in some occasions on low traffic trails. She did run through the correction once, as we came upon a deer (which she took mind to chase). So, on leash is still the best policy for safety. In the case of the deer story, the beep of the Spray Commander helped us locate her in the brush and she was back “on leash” with only a blackberry thorn in her front pad for her adventurous chase. The deer got away. But most times only the beep will bring her back to my side in an off leash walk, for which I give her praise and reward. The device can work to stop excessive barking, perfect the “on-by”, and address off leash “break and run” behavior. Jasper had “break and run” issues, but with the spray, is content to stay in the yard.

The instructions state that the beep should be used as a reward association (like the clicker training). But I found the beep to be more effective as a “warning”, reminding the dog that the collar is there, and my voice is the praise/reward. They do know when it is on, though sometimes they forget. I found Indy our lab, who loves water; less responsive to the spray than the husky breeds, who would just as soon wade than swim. I think swimming with the unit would damage it. Jasper nearly jumped out of his skin in surprise the first correction he received (it was very effective). He quickly changed his attitude, from ...“I’ll do what I want, because you can’t touch me up there on the bike”...to embracing a role of “I’m your dog, what behavior do you want?”

LineOut is pleased to present a new column by our good friend Donna Morton, aka Salty  
*The Gear Shed\**



Donna's Bio: A few years ago, I was surfing the Internet looking for activities to do with my dogs and came across dogscooter.com. Now I have been addicted to this great dog powered sport. My name is Donna Morton (Salty) and live near Seattle, WA. Currently, I have 3 dogs and may add another one in a few months. Guess you can say I am a micro musher or an urban musher. My interests are dog scootering, bikejoring, and dog sledding. I've adventured out to try a dryland race and a dog sled race. What a joy to participate in a race and get to know other people interested in the same sport. Currently, I am involved with K9ScootersNW, NWSDA, and Dogs Across America to help promote the sport. I hope you enjoy running your dogs as much as I enjoy running mine.

I am writing a column featuring gear and gadgets related to dog scootering, bikejoring, canicross, or dog powered sports. I love gadgets and am always looking for something to help me while running my dogs. Do you ever go out in the woods alone? Have you ever gotten lost while running your dogs? There is a gadget that I carry when out running the dogs on my bike or scooter. It is a combination of 4 individual items collectively in one gadget. There is a whistle, a compass, a temperature gauge, and a magnifying glass. I keep this on my backpack in case I get hurt and need help. I could use the whistle to get someone's attention. This gadget costs less than \$10.00. It may not seem like much to have but may turn out to be useful when you least expect it. I found the gadget at REI and have seen it at other sporting goods store.



Until next time to share about another gadget or piece of gear.

*Salty*

### *Another Reminder about Summer Running*

The canine athlete regulates its body temperature somewhat differently than its human or equine counterpart. The human and horse utilize sweating capabilities. The dog has minimal sweating abilities. The only site on the dog's body that has anything similar to sweat glands is located around the pads of the paw. The dog must use other mechanisms to manage its body temperature. This is why a lot of the training techniques used by the human and equine athletes are not applicable to the canine athlete. An important consideration is that the normal body can acclimate itself to many of the conditions that can induce an increase in body temperature. A proper training and conditioning program combined with the correct nutritional plan can help to minimize most increases in body temperature that are related to exercise.

### *Hyperthermia vs Heatstroke*

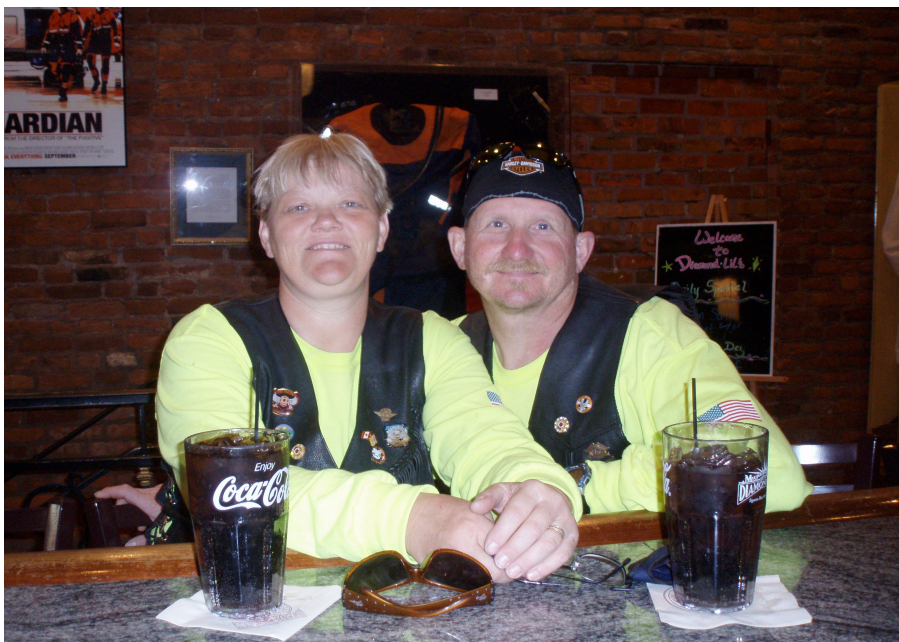
#### **Hyperthermia**

The average body temperature of the dog is 101.5°. The normal range is between 100° - 102°. Increased temperatures above 102 degrees are called hyperthermic. These are core temperature values and are based upon rectal thermometer readings. Temperatures can vary throughout the body, but the core temperature is used by the body to maintain homeostatis. While exercising, many athletic or working dogs will have an increase in body temperature to a level that would be hyperthermic (above 102). An increase in body temperature as a result of work is a normal event that is not detrimental to the conditioned dog. More often than not this increased temperature does not create a medical emergency.

#### **Heatstroke**

Heatstroke is a metabolic event that leads to a medical emergency. Clinical signs of heatstroke include rapid breathing and collapse. It is very common to have vomiting and diarrhea. Heatstroke occurs when the dog's body cannot handle or manage the increased metabolic temperature.

*It is important to distinguish the difference in these two conditions.*



information for this article came from an article by Robert L. Gillette, DVM, MSE first published in *The Athletic & Working Dog Newsletter* Vol. 1, Issue 1 Jan 2002

Becky and Joe Loveless, doing some "summer running" of their own, motorcycle style, take some cool down time for themselves.

## *sue's woo*

Greetings K9 people. Summer is upon us and now the season slows down our scootering. The Club has plenty of activities scheduled this summer, beginning with our summer get together on July 12. Our Dog Powered Urban Trail Dog Titling program is creating a lot of interest all over the country. I firmly believe that one day K9scootersNW will be a chapter of the K9scooters National organization. There are so many dogs and humans out there waiting to join together, harness up and hit the trails for fun, health, and a successful working relationship. I urge all of you to spread our club cards around, to post flyers at pet outlets, vets, events, parks, and all of the places people gather with their dogs. The working relationship between the human and the dog is built on layers of trust and practice. So get out there and run with your dog.

I would like to take this opportunity to welcome my new board and encourage all of you to share your ideas with me, to challenge my own ideas and for all of us to work together to promote this great sport of urban and not so urban mushing for the micro team

**Run Hard, Run Dogs**

**Susan Scofield, President**

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### Board Members K9scootersNW 2008-2009

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*Sue's pet grave yard at her home.*

I have found that creating a memorial for your lost pet is a great help in the mourning process. If you would like some suggestions on how to move through the grieving process and honor your friend, please feel free to contact me, Susan, at [barnstormer@fairpoint.net](mailto:barnstormer@fairpoint.net). It helps to share the story and mark their passing with some small ceremony.

### *In Memoriam*



*Sweet Skokomish*

05-20-08 / 06-25-08

•IN THE ARMS OF LOVE•



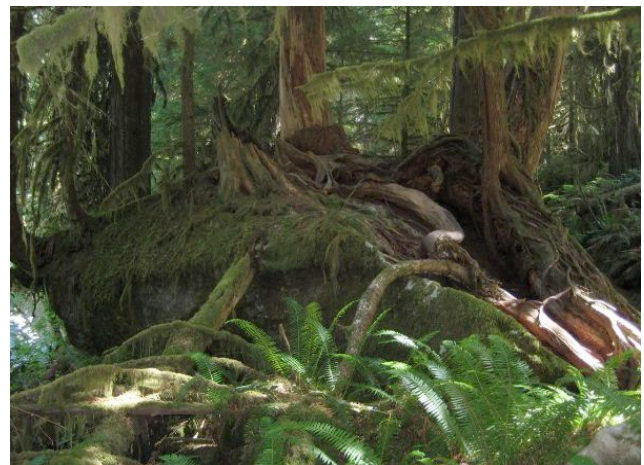
*North Fork of the Skokomish River.,*

*" Those we have held in our arms for a little while, we hold in our hearts forever"*

*Bonnie and Dave Lundberg  
Little Mountain Siberians  
Monticello, Minnesota*



*Inukshuk built for Skokomish at the North Fork of the Skokomish River.,*



### *Connectedness*

Let's talk about it. email to Susan, at [barnstormer@fairpoint.net](mailto:barnstormer@fairpoint.net).