

Beginners guide to...



THE KENNEL CLUB
Making a difference for dogs

Canicross

Vicky Stipetic/The Kennel Club ©

Is your dog high energy? Then Canicross is for you!

WHAT IS CANICROSS?

Canicross is a fun, energetic and exciting new discipline within the canine world. This activity brings together both dogs and their owners from all over the country to become not only fitter but also healthier. The human participant will wear a waist-belt which attaches via a 2 metre bungee line to the dog's harness. Both you and your dog will then run, with the dog taking the front spot from the start line to the finish.

Great for Fitness *with Your Dog!*

REASONS WHY YOU SHOULD TAKE UP CANICROSS

- If you love being outdoors with your dog - then you will love Canicross!
- Both you and your dog are able to become fitter and healthier.
- Develop a special bond with your dog.
- Make new friends for both you and your dog.
- You do not have to have experience in running to take part.
- Your dog does not need to be a pedigree - everyone is welcome to join in!

Suitable for both *Pedigree and Crossbreed Dogs*



ALL YOU NEED TO KNOW

- Your dog must be registered with the Kennel Club (on either the Breed Register or the Activity Register).
- Competitors taking part in any Kennel Club licensed event must familiarise themselves with the Kennel Club Rules and Regulations beforehand. The Canicross Regulations are available to download from the Kennel Club website.
- Dogs can start competing at 12 months of age.
- There is a range of categories to compete in depending upon your age and gender.
- No previous experience is necessary, so request a list of Canicross Clubs today!
- Make sure you buy a Canicross Record Book in which to record all your competition times.

Register your dog on the Activity Register by downloading and completing **form 5** from www.thekennelclub.org.uk/form5



HANDLING YOUR DOG

Attending your first Canicross competition may cause your dog to behave differently than it does in training. Young dogs in particular can be bothered by crowds and if this is the case you can move a little way from other competitors and officials. Just remember it is a new experience for you and your dog and should you have any concerns there are always Stewards/Officials available to speak to.

Get started today!

To find a list of clubs or training classes near you visit www.findadogclub.org.uk

Canicross

STARTING OUT IN CANICROSS

Training Classes

Your first step when competing in Canicross is to join a local training class. From there you will be able to make friends and do a number of trial runs before you decide to take part in a competition. A list of Canicross training classes can be found on the Kennel Club website.

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Participating

When taking part in a competition, competitors may only compete in any race with one dog, except that where approved by the competition organiser(s) and stated in the competition schedule, competitors aged 18 or over may race with a maximum of two dogs. Human competitors also need to be at least 8 years of age on the first day of the competition.

Class Categories

Canicross has a number of categories depending upon age and gender.

Competitors must be aged at least 8 years on the day of the competition to take part in a Canicross race.

Competitors below 14 years of age on the day of the competition are not eligible to enter races of more than 5km (3miles) in length, and must be accompanied throughout the race by a responsible adult (who may run or use a bicycle).

Competitors below 17 years of age on the day of the competition are not eligible to enter races of more than 8km (5 miles) in length.

Competitors below 18 years of age on the day of the competition are not eligible to enter races of more than 21km (13 miles) in length.

Competitors entering a race of more than 16km (10 miles) must have successfully completed at least one race of at least 10km (6 miles) with the same dog in the six months prior to the day of the race. Proof will be required.

ARE YOU READY FOR YOUR FIRST CANICROSS?

Visit www.thekennelclub.org.uk/canicross or email canicross@thekennelclub.org.uk to find all you need to know about taking part in Canicross!