

# Line Out

## Summer Scooter Training Days

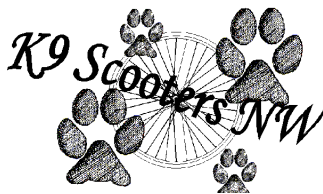
By Daphne Lewis

Hello scooterers and bikejorers, Eleven of us met at Susan Scofield's house for a summer day of training our dogs. Susan's house is way in the country between Mount Rainier and Olympia. She has a big oval of lawn circled by a gravel driveway. Perfect for training pulling dogs.

We started out with "on by" training. We made a large circle with our dogs at our sides. One of us then began going around the circle weaving in and out of the stationary dogs and people. When that handler and dog completed the circle, the next one started. We completed the circle several times. The next exercise was to have two lines of five across from each other. The lines marched towards each other dogs pulling against their harnesses. Seems to me that the dogs "on byed" pretty well.

We did some "on by" work on scooters going around the circular drive.

Next we tied the dogs to the legs of a giant trampoline. Becky had brought lining out training lines. Becky showed us how to work/train the dogs to stand facing away from the trampoline (scooter substitute) and hold the line tight. Pretty neat. Natalie's baby Caedmon sure looked good gazing at her with his line tight.



Daphne harnesses Brett while Tess looks for snacks.

## K9 Physical Therapy



Dina Lund came all the way from Cle Elum to participate with us. She brought Danielle Palacios and several young Alaskan huskies. Dina came to teach us how to massage our dogs. Dina works professionally as an athletic trainer and physical therapist with humans in her paying job and as a musher with dogs, isn't it the same endeavor? She takes what she learns back and forth between species. She explained that joints have 3 planes of motion. She said that usually knee problems go back to stiffness in the back and hip. She worked the backs and hips looser on a few dogs and sure enough their legs extended noticeably further and freer after work on the backs and hips. Seems dogs get stiff in the lower back, as do we. She massages her dogs after runs and when she hugs them. Stretching a dog's legs without a loose back and hips is stretching a muscle. You can do injury. Loosen the backs and hips...

Don't ever run

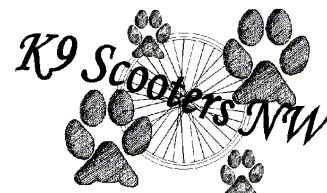
Hello K9ScootersNW,

In July, 2006 we have a lot of firsts. This is our first newsletter. We had our first workshop at Susan Scofield's lovely property. I am president of our first board of directors. And now my first message prompted by newsletter editor Susan Scofield.

I will never get used to the power of belonging a group of dedicated people. We needed a logo. Jim Mallick produced two of them. We want bright hunter orange clothing with our logo. Becky Loveless of Alpine Outfitters is sourcing great hats, vests, raincoats, and T shirts. You name it. She'll source it. We needed a web site. Donna Morton secured the URL and put up the first web site. Then she passed the job of web master on to Jim. We want more new trails. Donna began compiling the information from our history of fun runs and exploring trails to add to the collection. Send Donna LikeSalt@aol.com the description of your own usual trail. To others that old trail of yours will be new and different. Trail information will go up on the web site. We needed to be incorporated as a non-profit corporation. Jeannine Takaki took on that onerous task. Soon we will be an official non-profit corporation. We want scooter and bike races. Donna and Susan are reporting back to us about the races put on by the Northwest Sled Dog Club and other clubs. We need a bank account and money in and money out. My eyes glaze over. Natalie Head volunteered to be treasurer. She collects membership money, manages membership lists, and keeps finances square. How to do these tasks is mysterious to me but they get done by the power of the group.

I am grateful and uplifted by all that has happened. And now I would like to see our membership grow. It looks to me that we are on our way.

I look forward to seeing you (and your head lamp in the drippy dark) August 13 at the Snoqualmie Tunnel Run. Let Treasurer Natalie Head or newsletter co-editor Susan Scofield know you are coming and join them for a campout the night before. Natalie will be performing another first. Her Caedmon will be the first puppy to ride through the tunnel in a trailer pulled by a bicycle. Go Natalie go. Ride Natalie ride.



### *K9 ScootersNW Board*

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Newsletter Co-Editors:	Susan Scofield	barnstormer@ywave.com
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### *From Caedmon's Castle*

Saturday, the K9ScootersNW club had a scooter training/practice day at Sue's house. If you missed it, you missed out on a great time. A few people camped all weekend. I win the trophy for the most bug bites a person can get in a 24-hour period :)

We started the morning working on on-by in a circle. Caedmon and I joined in the fun and he did very well paying attention to me and NOT the dog going past him. We did the circle a couple times. While the others practiced on-by's and passing across the field, we hung back and took photos. Then we worked on lining out by attaching dogs to the legs of the trampoline. This would have made a great picture with all the dogs lined out. Hopefully someone got one. Then people got their bikes, scooters, and sulkies out and practiced passing while on the move. This seemed to go well...no major tangles or crashes.



Natalie and Caedmon

Caedmon seemed to enjoy his first camping outing. he did great with all the people and various dogs. He loved jumping on the trampoline with Becky's granddaughter and snuggling in Sue's lap.

It got really cold last night and he was crying in his crate, so he got to sleep in the sleeping bag with me. We were both warm and toasty! Even though he is now dead-tired, I don't think he wanted to come home. He'll have more trips to look forward to this summer.

Dina had a wonderful presentation about joint health in dogs. very informative. Becky talked about foot health. Caed slept through both these topics, so I hope his mom was listening.



Your dog's feet are like the tires on your vehicle. If they are not cared for you will not get far.

Let your dog used to having their feet handled. Picking up the feet, spreading the toes and looking in between. Check toenail length, keeping them clipped back is essential. If your dog has dew claws keep them short as well.

It does not matter if the dog is standing or lying down. I find it easier for the first time after a run they are tired and easier to handle.

Create a habit of checking each foot after each run. Looking for pad wear, tears on the pad. Look inside the underside of the foot for splits.

Practice putting on booties BEFORE you need them.

Familiarize yourself with the anatomy of your dog's feet. This will help you understand why these things occur and how to heal injuries and perhaps prevent them.

Keep it fun; you and your dog will be pros in no time.



Bending over, a reoccurring posture for scooter and sled runners, Becky shows how to put booties on your dog.



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We all watched and listened as Becky explained and demonstrated techniques and materials for dog foot care.



Daphne's report: cont. from page 1

Becky Loveless brought out a huge crate FULL of gear for caring for dogs' feet. Becky demonstrated toe nail clipping and how to stop the bleeding if you clip the quick. She showed how to put on booties and when to use them, i.e., preventively and to cover wounds or protect medicine applied to the feet. She showed us salves such as zinc oxide and antiseptic ointments with iodine. She had a LARGE medicine chest which included a thermometer. We should know our dogs' normal resting temperatures. Becky even had a device for stapling wounds shut - and she has used it.



Logo gear available: 14" x 16" carryall bags in red; zip front cotton jackets in washed out orange.

## *Hosting the Perfect group Fun Run is Simple if You follow a few easy steps*

1. Know the route. Scout it out at least once beforehand and check back if some time has elapsed since you first ran the trail. Conditions can and do change. Be aware of the weather conditions. Be prepared to cancel if too hot or if there are other unexpected factors that would negatively impact the health of the dogs and/or handlers.
2. Make sure you have the necessary permits. We are ambassadors of dog-powered sports. Pay attention to the regulations of the route you are running and respect the rights of others utilizing the trail.
3. Plan mileage accordingly to the skill of participants, the weather, and the terrain. Offering a couple of turn around points along the way is a good way of dealing with different skill levels.
4. Offer a variety of terrain. Post ahead of time whether this trail is geared to a beginner or to more advanced riders. The trail should not be too steep or narrow. Shade needs to be available and the trail should not be too muddy in winter.
5. Have the meeting time and place posted, with directions and a contact number available.
6. At the meeting place, there needs to be ample space for parking, off the busy roads with plenty of room for cars to tie out their dogs.
7. Maps of the route are handy to have but not always available
8. There needs to be someone designated as point person and as tail dragger. Keep the group between these folks. If someone turns around early, make sure the tail dragger knows this.
9. At crossroads, have clear signs pointing the direction or have a spotter posted there. This can be passed on as people arrive at the turn, and then wait for the next person to arrive.
10. Because scooterers often become separated, we have found that wearing hunter orange facilitates keeping an eye on each other. Off in the distance you can spot the orange.
11. Encourage folks to carry enough water for their dogs, wear a helmet, and ask if anyone needs help or any kind of equipment.
12. Have extra water available. Avoid dehydration.
13. Debriefing after the run is always good, generally at a restaurant. Talk about the run, what worked and what could have been done differently.
14. Take photos. Others like to read trip reports and look at the photos.
15. You are not responsible for the dog and their handler...you are providing the opportunity for them to work with their dog.

## Welcome to the K9 Scooters Northwest Club!

Our mission is to promote dog powered sports for small teams. We are a group of people who love our dogs. We love to hop on our scooters (or bikes or sulkies or carts or...) and head to the hills pulled by our eager dogs. Some of us love to go fast and far. Others like to trot along and smell the flowers. Our club sponsors events such as our once a month fun runs where we meet on a weekend morning and scooter (or bike) with our dogs from 3 to 10 miles. We sponsor races for fun and races for points towards international championships with the International Federation of Sleddog Sports. We give training workshops and plan on holding scooter title events where dogs earn novice, intermediate and advanced scooter titles. Sometimes we go away for an entire weekend of exploration, games, fireside chats and dog training. Our goal is to have small clubs like ours all over the country and eventually become part of a national organization. Check out our website at [www.K9scootersNW.com](http://www.K9scootersNW.com)  
Membership: \$25.00 a year  
Contact Natalie [gmat\\_head@yahoo.com](mailto:gmat_head@yahoo.com)

## Events

For some of these events check [www.dogscooter.com](http://www.dogscooter.com) and [www.sleddogcentral.com](http://www.sleddogcentral.com) for more info. Otherwise contact Susan Scofield

**August 13** 5th Annual Snoqualmie Tunnel Run 10 am Natalie will host along with Sue Scofield and Donna Morton

**Sept 23 (?)** Jeannine Takaki hosts a Fun Run at Lord Hill Park near Snohomish

**October 7** Becky Loveless hosts a Fun Run in British Columbia at her training grounds.

**October 14, 15** the Northwest Sled Dog Association is hosting a dog powered sport promotional event in Roslyn. K9ScootersNW is participating in this event. Donna Morton and Susan Scofield are the contact people. There will be a scooter and bikejor race in the cool before the event starts at 10. It is a fund raiser from 10 until 3 pm for NWSDA. K9 will be offering scooter rides to the public. Hook your pet dog up in harness and see how he does. A small fee will be charged.

**October 21, 22** NWSDA club races at Roslyn.

**October 28, 29** Pacific Northwest Championships in Roslyn.

**November 4,5** Spokane Dirt Rony

**November 11, 12** California "Dirt Dogs" Sleddog Dryland Races Chico-Gridley Butte County, CA

**Nov 4** Dogs Across America in Alaska and Canada

**Dec 9** - Dogs Across America in the northern states.

*We will have a renewed web site in two weeks with Jim Mallick as new web master. <http://www.k9scootersnw.com>*