

# CANIX UK ENTRY FORM



Entries close: see website, back of form or tel: 07711 818241

**Event: Delamere Forest Park, Cheshire**

**25 March 2007**

**Timetable** (subject to change): Registration: 8:30-10am. Race briefing: 9am. Race start 10am. Bibs/start times available at registration. Venue info/map and directions will be emailed prior to the event (please include a SAE if you would like them posted).

**Your details** NB Each runner must complete and sign a separate entry form

NAME .....	DOB .....	TEL (HOME) .....
ADDRESS .....	TEL (MOBILE) .....	EMAIL .....
EMERGENCY CONTACT NAME .....		EMERGENCY CONTACT TEL .....

Your dogtails	DOB (OR AGE AT EVENT)	BREED	SEX	CLASS
1 .....	.....	.....	.....	.....
2 .....	.....	.....	.....	.....
3 .....	.....	.....	.....	.....

Membership details NB non-members welcome		Membership number		
<b>Join</b> (see back for benefits):	<input type="checkbox"/> £10 single	<input type="checkbox"/> £25 family: 2 +4 (under 17), a form will be sent for other family members	£	
<b>Canix UK Handbook</b> – 36 colour pages on how to make the most out of cani-cross: £4 non-members (£2 members)	Qty:		£	
<b>'Running with dogs' T-shirt</b> – yellow haze, large back image: £15 non-members (£12 members)	Qty:	S M L XL	£	
<b>'Running with dogs' Vest</b> – yellow haze, large back image: £15 non-members (£12 members)	Qty:	S M L -N/A-	£	
<b>Postage &amp; Packaging</b>	<input type="checkbox"/> For each Handbook include 2x first class stamps	For each T-shirt/vest add £2	Qty:	£

**Class/es entered:**  XM  VM+  VM  M  JM  XF  VF+  VF  F  JF  J  H £

**Charity sponsorship/donation** We encourage competitors to run for their chosen charity and/or include a small donation to the charity Canix UK has chosen to support (detailed below). Donations do not have to be large (**we recommend no more than £1**) – as a group this will raise a significant amount of money. If you intend to get sponsorship for this event, please tell us which charity you are running for and download sponsorship forms from the website. After the event, please email us with how much you raised.

I will be running for the following charity: .....

Charity supported at this event: **HEARING DOGS** [www.hearing-dogs.co.uk](http://www.hearing-dogs.co.uk) To which I make the following donation: £

**Total enclosed** Cheques made payable to: **CANI-CROSS UK**

**Declaration** Please read the rules carefully (see over) before completing this entry form.

I hereby acknowledge that I have read, understood and agree to abide by the rules and guidelines detailed in the race briefing (and overleaf) and to be responsible for the conduct of my helpers and my dogs. Furthermore, I shall not hold Canix UK, Dog Sports Illustrated, race organisers, marshals or helpers liable for any injury or damage to myself or my dependents, dogs, helpers or equipment, or for loss or damage to my property. The details given on this form are correct to the best of my knowledge.

**SIGNATURE**  
(BY PARENT OR GUARDIAN IF ENTRANT IS UNDER 17 YEARS OF AGE)

**DATE**

TICK HERE IF YOU **DO NOT** WANT YOUR PICTURE USED IN THE HANDBOOK, WEBSITE, POSTERS OR PROMOTIONAL MATERIAL

**How did you hear about this event?**

<b>Classes and entry fees</b> (all fees are per class, 2 dog cani-cross counts as one class)	PAY-ON-THE-DAY: reg. 8:30-8:45 (see back) <b>£25</b>
<b>Entry fee for members:</b> ADULTS <b>£8</b> , UNDER 17s <b>£4</b>	Membership fee per year (see back for other benefits) SINGLE <b>£10</b> FAMILY <b>£25</b>

5km Cani-Cross	2.5km Cani-Cross
Class is determined by age on 31 May (at the end of the season) – see rules for more info	1 or 2 dogs (*)
MEN AGE 17+ (2 DOGS) .....XM £12	HAVE-A-GO: AGE 13-16 / 17+ .....H £6 / £12
MEN AGE 60+ (1 DOG) .....VM+ £12	AGE 11** to 12 (ONE DOG ONLY) .....**J £6
MEN AGE 40-59 (1 DOG) .....VM £12	* Under 17s: Run with parental/guardian consent. One dog only (no 2 dog class). An adult may accompany, with or without a dog.
MEN AGE 17-39 (1 DOG) .....M £12	** Under 11s whose 11th birthday falls on or before 31 May (at the end of the season) can enter J class – see rules for more info.
JUNIOR MEN AGE 13-16 (1 DOG) .....*JM £6	
WOMEN AGE 17+ (2 DOGS) .....XF £12	
WOMEN AGE 60+ (1 DOG) .....VF+ £12	
WOMEN AGE 40-59 (1 DOG) .....VF £12	
WOMEN AGE 17-39 (1 DOG) .....F £12	
JUNIOR WOMEN AGE 13-16 (1 DOG) .....*JF £6	

Please send entries to: Canix UK, 111 London Road, Cheltenham, GL52 6HL

If you have any queries please contact: Eileen@canix.co.uk 07711 818241

W W W . C A N I X . C O . U K

## VOLUNTEERS

These events would not be possible without the help of volunteers. If you or one of your party could offer their time at some stage during the day it would be most appreciated. You will not be asked to do anything you are not comfortable with or pressured into doing a job.

The maximum time you will be required is 1-2 hours. Volunteers not entered in the event will get to see parts of the course not accessible to spectators and feel part of the event.

## CANIX UK MEMBERSHIP

On joining Canix UK you will receive a membership card, membership number and a username and password to gain access to the members pages on the website.

Membership runs from season to season (beginning in September). If you join between April-August your membership will cover you until August the following year.

### Membership entitles you to the following benefits:

**1. Saving on Canix UK race entry fees** Adult £8 (non-member £12), under 17 £4 (non-member under 17 £6). We plan to hold between 6 to 10 events each season. This would represent a saving of between £24 to £40 if you entered every event. We may have evening events during the summer.

**2. Details on training groups** Access to our nationwide network of training groups and local organisers who arrange FREE training sessions which you and your dog can join. This will get your dog used to running alongside, chasing and passing other dogs. It will also give you the chance to have-a-go before entering your first race.

**3. Discussion forum** Covering all areas of cani-cross. Here you can post problems that other members may be able to help you overcome and share your experiences.

**4. Handbook** Members price £2 (non-members £4)

Produced annually in September. The Handbook will have editorial about getting started, gear and training tips; write ups, photos and results from last season; as well as articles from people and organisations involved. It is designed to be used throughout the season and kept as a record with fields for runners to enter their times and results as the season progresses.

**5. Discount on Canix UK merchandise**

**6. Skijor.co.uk gift voucher worth £5 on cani-cross gear** On orders of £40 or more. Cannot be used with any other offer.

**7. Discounts at partner stores** Canix UK are negotiating with stores to gain discounts for our members. The stores currently involved with the programme are:

COOK Associates 10%, Cotswold Outdoor 10%, EzyDog 15%, Kuranda Dog Beds 10%, Leisure Quest (Jack Wolfskin) 10%, Nectarous Wines 10%, Sibercards 10%, Skijor.co.uk (cani-cross gear) 10%, Surrey Pet Supplies 10%, Waterland Outdoor Pursuits – annual membership £35.

**8. Combined buying power** As membership grows, it is hoped that we can use the combined buying power to obtain deals for members on everyday items like food/biscuits/treats.

## CANIX UK RULES AND GUIDELINES

### No. 1: Have fun with your dog!

There are more hints and tips in the Canix UK Handbook and on [www.canix.co.uk](http://www.canix.co.uk).

### Age groups and distances (human)

We follow UK Athletics guidelines for distances and age groups. As our race season runs from 1 Sep to 31 May, the class you compete in for the whole season is determined by your age at 31 May (at the end of the season). For example, the classes you can enter, if on 31 May you are:

AGE	CLASS	DISTANCE RESTRICTION
Age 11(*)	J	up to 3.5km
Age 13	JM / JF / H	up to 6km
Age 17	M / F / XM / XF / H	up to 10km (age 17-19), any distance (age 20+)
Age 40	VM / VF / XM / XF / H	any distance
Age 60	VM+ / VF+ / XM / XF / H	any distance

(\*) Entrants as young as 10yrs 3mths can enter 'J' class. Some events will have short courses for those too young to enter.

### Age groups and distances (dogs)

Dogs must be at least one year old on the day of the race. Dogs under one year old are not able to compete. The following distance restrictions apply:

Age 1 to 2	up to 6km
Age 2 and over	(**) any distance

(\*\*) For distances over 6km we advise you build both you and your dogs strength up over several weeks/months prior to the race. During extended training runs some breeds (ie those with short muzzles) will have difficulty in cooling themselves and may not be suitable for this type of exercise. If in doubt about your dogs ability, please consult your vet.

- Always carry water with you – there are camel packs (designed for running) that hold up to 3 litres and folding dog bowls for this purpose.
- Do not train for long distances during hot weather (over 16c). If your dog is unfit or not used to exercise, it may suffer from heat exhaustion in lower temperatures.
- Familiarise yourself with your dog's normal behaviour while running. If at any time sh/e shows any signs they are struggling (excessive foaming at the mouth, shaking the head or pulling to the side), immediately find a shaded place to stop (preferably with a cool breeze) and give them some water.
- Watch your dogs behaviour for half an hour after your run – this is the most critical time when sh/e is likely to overheat.

If entering a race with a distance over 6km, you must convince Canix UK that your dog is fit enough to run.

Canix UK reserve the right to refuse a dog on the start line if deemed unfit.

### What equipment do I need?

If you already run with your dog, you are already doing cani-cross. No special equipment is needed, but for you and your dogs comfort and if you get serious – the following items are recommended:

- Waist belt (for human).
- Running harness (for dog).
- Canix-cross line.
- Built-in shock absorption (bungee line) is advised for waist belt and cani-cross line.
- Eye protection.
- Booties (in case your dog cuts or injures a pad).

The following items are not allowed:

- Studded boots.
- Halties, choke chains or any collar that constricts your dog's throat.
- Muzzles (other than racing greyhound type muzzle).
- Non-locking flexi leads.

Your line (whether a cani-cross line or a lead) together with waist belt (if worn) should be no longer than 2-2.5meters (6-8 feet).

All equipment will be checked by the organisers before running.

### Control

An element of control of your dog is desirable!

The only brakes you have are your feet which can be precarious on loose gravel trails, wet grass or other surfaces where traction is not ideal. Remember that your footing will not be as solid when a dog is pulling you on downward slopes.

### Closing date and Pay-on-the-day

Canix UK may close the entry prior to the advertised closing date if entry capacity is reached. If capacity is not reached, postal entries will remain open until the Wednesday before the event, after which you will be able to pay-on-the-day (£25 – no members concession) during registration (8:30-8:45am) at organisers discretion.

### Timetable/classes/cancellation/refunds/credit

If entries/conditions/temperatures dictate the race may begin early. Classes may be combined if entries in a particular class are low (this will not effect championship points). In extreme cases the event may be cancelled – all competitors will be notified by email (or tel if you do not have an email). Due to the amount of admin and organisation that goes into each event, if an event is cancelled we are unable to offer a refund. Likewise, if an individual is unable to attend for whatever reason we do not offer refunds or credit towards future events.

### General

In all cases the safety and health of you/your dog are paramount. If you/your dog are not active, it is advised that you/your dog should be checked out by a doctor/veterinarian before running. The organisers are not held responsible for any accident or injury sustained during the race. If in doubt, do not run.

Whilst a runner may run more than once with different dogs, a dog may only run the course once per day.

All entrants should attend the pre race briefing/safety talk.

Qualified First Aiders will be available on the day.

Everyone must enjoy themselves and spread the word how great cani-cross is!

### Your responsibilities

To help ensure the continued acceptance of the sport and the availability of trails that will accommodate dogs:

- always pick up after your dog.
- leave the trail in a good condition.
- pick up small items left behind by others (i.e. sweet wrappers, general waste).
- try and get your dog to do its business before the start.
- move off the trail if your dog needs to relieve itself.
- if your dog relieves itself whole heartedly in the middle of the trail – pick it up – no one wants to be running and sliding into your dog's excrement!
- carry poop bags with you at all times (failure to pick up will result in disqualification).
- remember not everyone loves canines like we do, keep yours under control and on a lead at all times.
- if you have an aggressive type dog, don't provide the opportunity for it to be out of control.
- maintain a good rapport with walkers that you may see on the trail – a smile or good morning greeting never goes amiss.
- do whatever it takes to make other trail users feel comfortable and not intimidated, inconvenienced or threatened.
- keep your dog close if you are being overtaken.
- although facilities will be available, we recommend that you bring water for your dog.
- no dogs must be left unattended in cars.
- no physical or verbal abuse of your dog is allowed and will result in disqualification and possible ban from future events.

### The race

- Runners start at intervals and the winner will be the one to complete the course in the fastest time.
- Dogs should be attached to the runner at all times unless being attached becomes a danger to either runner or dog.
- Runners should not go ahead of their dog at any stage except in cases of danger to dog or runner.
- Runners must not pull, drag or force their dog to go forwards by any means except in cases of danger to dog or runner. Dogs are allowed to run at heel.
- When passing other runners, each party should ensure this is done safely, allowing plenty of space for each runner and ensuring dogs do not become tangled up.

### The course

Markers will be placed at regular intervals to indicate the direction of the course.

Marshals will be positioned along the course with water.

Please contact marshals if you/your dog experience difficulties.

### Camping (selected venues only)

Camping is at your own risk. You are responsible for the health, welfare and actions of your party and your dog. Picking up after your dog is essential to ensure we are invited back.

Neither land owners or Canix UK accept responsibility for damages or loss including accident or injury resulting from the use of the camping facilities to either human or canine.

Anybody whose behaviour is considered unacceptable will be asked to leave.