

The CaniX factor

Promoting a healthy lifestyle
for you and your dog

BY RICHARD COOK

Where to find
CaniX UK
Hall 3
Stand 89

Don't miss...

Please see the advert on
page xxx.

Bracknell Forest

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Whether you are a supersonic fell runner or a muddy meanderer, all our runners have the CaniX® factor. CaniX (Canine Cross Country) means running with your dog.

The 2007/08 CaniX UK season will see over 1500 teams compete at 16 events in 14 counties throughout the UK – a threefold increase in entries on the previous season and an equal male/female split across all age groups.

CANI X UK AIMS

- Promote a healthy lifestyle for you and your dog and responsible pet ownership
- Inform, advise and motivate people of all ages and abilities via the handbook, website and events to achieve their personal health and fitness goals
- Make people aware of the benefits for both human and dog

FUN ON THE RUN

No special training or equipment is needed. CaniX UK caters for all shapes and sizes, any breed or cross and all fitness levels – canine and human. Humans from the age of ten to 110 can enter. Dogs need to be age one or over on the day of the race. There is no handicap for the size or breed of dog as most can run faster than their human team mate.

Runners start individually at timed intervals in their age class, following a marked 5km (3 mile), or 2.5km (1.5 mile) trail with marshals at key points. All courses are traffic free over cross-country multi terrain which range from flat to easy to hilly or difficult. Venues include café or toilet

Ashton Court



FURTHER INFORMATION

For advice on starting out or the best gear for you/ your dog and to join the CaniX mailing list for future events, visit www.canix.co.uk, or call 07711 818 241.

Alternatively please visit the Stand.





Haldon Forest



Ashton Court



Haldon Forest

"Canix has changed our way of having dogs in a very positive way, we take them out more and are more fussy about their diet and quality of life." KG

facilities and some visitor centres include other activities that make a day out for the whole family.

Points are collected at each event. At the end of the season the holder of the most points in each class wins the Canix UK Championship and a year's supply of Burns dog food.

Canix attracts all levels of runner from ultra-distance athletes, marathon and fell runners who achieve sub six minute mile times to first time runners who just enjoy getting as dirty as their dog. No matter what level of runner, all enjoy the camaraderie of the events and nobody goes home without a doggy bag, smile on their face, and a happy dog asleep in the car.

HAPPY CHAPPIES

Many of the dogs that compete in Canix are from a rescue background – dogs that were once labelled as destructive, aggressive and with behavioural problems. Several of these issues can be traced back to lack of exercise and socialisation resulting in an unhappy and bored dog.

Canix UK believe a happy and healthy dog is a well exercised dog and its events coupled with regular training runs are excellent for socialisation. If you are thinking about getting a dog as a running partner, the rescue centres are a good starting point. Choose a dog, which is over a year old and you can begin training with your new partner immediately. The smile on a dog's face after a winter run is priceless.

WIN-WIN

Obesity worldwide is on the increase with shocking forecasts for future generations. A not so widely publicised fact is the trend mirrored in our pets with the same health risks; diabetes, heart disease, arthritis and skin problems.

For humans, exercise for health benefits should be 30 minutes three times a week where your heart rate is increased. Running is

recognised as the quickest way to burn calories. The standard distance of a Canix race is 5km (3 miles), which should take around 30 minutes to run. The ideal distance to achieve your personal health goal and exercise your dog at the same time – a win-win situation.

Canix is a versatile sport that can be practiced anywhere and enjoyed by all ages, male and female. Women running alone also benefit from the security of running with a dog.

The bond between you and your dog will also grow – doing what dogs were born to do – 'run' and working as a pack. Canix is a great way for you and your dog to have a lot of fun and enjoy better health.

FLYING THE FLAG

Canix UK will be taking a team to Decin, Czech Republic in October 2008 to represent the UK at the European Canix Championship.

CHARITY

Canix events have collected over £6,500.00 for charity to date. Canix UK has chosen to support The Blue Cross for the 2007/08 season.

THANK YOU

Canix UK would like to thank for their support; The Kennel Club and The NEC; Forestry Commission on whose land the majority of its events are held; Cheltenham Racecourse who host the Canix UK Championship; Crown Estates; Active Swindon, Swindon PCT/Borough Council; Bristol City Council; MDS Shows; Wiltshire Wildlife Trust.

Canix would also like to thank its principle sponsor www.Burns-Pet-Nutrition.co.uk for its support and sponsorship since 2003, together with www.PetMeds.co.uk ■

CANIX TIPS

Dos

- 🐾 Always carry water or plan stops near streams on your run
- 🐾 Watch your dog after a run until breathing has returned to normal
- 🐾 Feed correctly and at the right time before/after a run
- 🐾 Check with your GP and vet that you and your dog are fit and healthy if new to running

Don'ts...

- 🐾 Run your dog if under a year old (large breeds may require longer)
- 🐾 Underestimate the heat
- 🐾 Run with a choke collar/muzzle
- 🐾 Shout at your dog (mistakes are human error)

Lydiard Park



Cheltenham Racecourse



Ashton Court



PHOTO: MATT TIMBERS

CANIX EVENTS

The Canix season runs throughout the winter from September to May, with a break for the summer

The events for the 2008/09 season will be published on www.canix.co.uk this summer. The remaining events in the 2007/08 season are:

16 March	Grizedale, Cumbria
6 April	Cardinham, Cornwall
20 April	Cannock, Staffordshire
4 May	Neolithic, Wiltshire
18 May	Cheltenham Racecourse