

ISDRA

Dryland Racing

Resources

On the web:

- <http://www.isdra-dryland-racing.info>
- <http://www.skiornow.com>
- <http://www.nooksackracing.com>
- <http://www.blackicedogsledding.com>
- <http://www.adanac.com>
- <http://www.mtnridge.com>
- <http://www.risdonrigs.com>
- <http://www.mushing.com>
- <http://www.isdra.org>

Or call: (218) 765-4297

Canicross

by Mike Callahan

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The term **canicross** is of European origin. Cross means to move cross country. Canicross is cross country with your dog.

Canicross is the sport of running or walking your dog in harness with equipment similar or the same used for skijoring. Canicross is not simply walking the dog. Running with a dog on a leash is not canicross. In canicross the dog pulls you, just like in skijoring. Your hands are free because your dog is attached at the belt. You need a belt, a line with an integrated shock cord and a harness for the dog. When training, using ski poles will keep your poling muscles in shape in the off season. You can double pole or stride with poles, mimicking skate skiing and classic.

Competitions

Canicross competitions may be divided into Men's and Women's groups, Pro or Novice and Adult or Juniors. Competitors may be started individually, in multiples or groups. Distances run may range from 1 to 3 miles and run over fairly level terrain on grass, dirt, gravel, sand or similar surfaces. Asphalt and concrete are avoided.

Events are usually 2 or 3 days in length and a competitor's final time will be based upon the accumulated time from each heat.

Competitors must use the same dog in all heats of the event and the length of the line between the competitor and the dog is regulated, generally between 7 and 12 feet.

Ambient temperatures exceeding certain limits may be cause for cancellation of events as the safety of dogs and humans is of paramount concern.

Rules and Regulations

Competitions are governed by local race giving organizations and the International Sled Dog Racing Association.



Safety and Health of the Dogs

The welfare of the dogs is always paramount in a sled dog race. The International Sled Dog Racing Association gives the highest priority to the welfare of the canine athletes that are our partners in the wonderful world of sled dog sports. To underscore that commitment, each sanctioned event is provided with our Animal Welfare policy as an important component of their sanctioning materials.

The Animal Welfare Policy is available at:
http://www.isdra.org/PDFfiles/Policies/animal_welfare_policy.pdf