



Active with our Dogs around Edinburgh and The Lothians

www.canisportsedinburgh.co.uk

info@canisportsedinburgh.co.uk

Cani-Sports Edinburgh's Canicross Races and Fun Day

Sunday 15th November 2015, 8.30am – 2pm

Foxlake, Dunbar, East Lothian, EH42 1XF



Edinburgh's fun and friendly community based canicross races. Sorry there are NO entries on the day!

**ALL RACERS MUST READ THIS BRIEFING IN FULL AND WATCH THE BRIEFING VIDEO [here](#).
PLEASE PAY PARTICULAR ATTENTION TO THE RACE RULES AND ETIQUETTE.**

Any last minute information from the organisers will be posted on the Cani-Sports Edinburgh facebook page, please like and follow our page [here](#).

Any changes to your entry must be made by e-mailing us: info@canisportsedinburgh.co.uk. Please note race places are non-transferable to other runners.

All dogs **must** wear a canicross suitable harness (<http://www.k9trailtime.com/information/team-thomas-harnesses>); it is recommended that the person wears a belt connected to the dog with a bungeed line. The dogs breathing and movement should not be restricted by the harness. Dogs may not be allowed to run if they are not suitably kitted out.



This is Race 2 out of 4 for the Scottish Canicross Championship Series. For more information check out the series [here](#).



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START AND PARKING

The start and finish are about 100 meters apart, this is to prevent dogs having to run over sharp stones. The start and finish is in the middle of the site at Foxlake Dunbar, East Lothian, EH42 1XF. There is a 1 way system in place, please do not drive into Foxlake via the entry off the A199, rather drive past this, with it on your left and follow the directions at the roundabout. You will be directed to the event parking area. Those early enough will be able to park right next to the site, once this is full you will be directed to park in the over flow car park, which is a 5-10 minute walk from registration - You have been warned!

FOXLAKE ADVENTURES

Please respect the venue and abide by their rules. **ALL** dogs are to be on lead or line at all times. **No dogs** are allowed in the lakes. **No dogs** are allowed in any of the buildings. **No dogs** to be washed off in the toilets. **No dogs** on the boardwalk in the middle of the site. Basic camping with showers and toilets is available on site, please contact Foxlake directly to book this: 01620860657.

REGISTRATION

We will be on site from 7am. Registration will be open between 8.30am and 9.30am. Please simply find your number and help yourself. Registration will be in the middle of the site, you won't miss us. All racers will be issued with a number to be worn to the front. If you have hired kit, this is where you will pick it up.

CHARITY SUPPORT

This year we are supporting 2 dog charities, The Trusty Paws Clinic and an Edinburgh University outreach program, both these charities essentially provide care and assistance for dogs owned by the homeless. Please bring any clean good condition spare dog equipment you have from leads, harnesses, collars, jackets to dog toys and treats and everything else in between and hand them in at registration.

<http://www.thetrustypawsclinic.co.uk/>

<http://www.ed.ac.uk/alumni/services/news/news/animal-magic>

ARE YOU NEW TO CANICROSS? IS THIS YOUR FIRST RACE?

This is a first canicross race for many people, why not check out the beginners guide on our website [here](#). Rogue Dog the Cani-Sports Edinburgh mascot is a legend in his own right, check out his debut video, which has attracted over 4000 views! [ROGUE VIDEO](#). Equipment can be incredibly confusing when you first start, this is a great guide on dog harnesses, [EQUIPMENT LINK](#). We also have a FAQ section [here](#).

BRIEFING

The race briefing video is an essential watch for everyone. You can watch it here: <https://youtu.be/8h1aBFqcnqM>

There will still be a briefing at 9.30am, next to the registration desk. All those who have not raced a canicross race before **MUST** attend this briefing. Please listen out for Baha Men "Who let the Dogs Out" to signal the start of the briefing. New for this year - if you are an experienced canicross racer, you do not have to attend the 9.30am briefing, provided you have watched the video and read through this pack - the onus is on you.

RACE FORMAT

Please check the starting list and make a note of your estimated start time. Please be at the start for your start time, line up in numerical order, allowing enough space between yourself and your fellow competitors, bearing in mind dogs will be highly excited. All the races are seeded as best as possible, this means that the faster runners will be set off first in order to minimise over taking.



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The 5k race will commence at 10:00am. Please listen out for Elvis Presley's "You Ain't nothing but a hound dog" to signal the count down to the start of the races.

THE RACE ROUTES

This is maybe a good time to tell you that the 5k route is actually 5.5k ☺ but it is a GREAT FUN ROUTE!

PLEASE GIVE WAY TO MEMBERS OF THE PUBLIC AND STOP AND WAIT FOR THEM IF NEED BE!!!

A rough map of the race route can be seen here: <http://www.scribblemaps.com/maps/view/CSERace15/CSERace15>

The long route is depicted in red and the short route is depicted in blue. The numbers are the marshal points.

We are not going to tell you much about the route, it is soft and great terrain for dogs. It is twisty in some parts, straight in other parts. The infamous bridge only needs to be crossed once this year!!!! PHEW! We are delighted with this route and we think you will be too! That is all you need to know. By all means go and have a look at it. We think and hope that you will love it!

STALLS

We have been spoilt with an array of stalls! Predominantly dog and fitness related stalls, there is something for everyone, so bring lots of pennies and spoil yourself and your pooch.

CANCELLATION OR COMPLAINTS

If the event is cancelled refunds will be issued unless it is cancelled due to circumstances beyond the organiser's control.

Please note if you withdraw from the race with less than a month's notice a refund will not be issued.

Any complaints in relation to the event are to be in writing and sent along with a self-addressed and stamped envelope to the organisers. This must be within 1 month of the event.

Complaints will be considered by the Race Committee.

PRIZES

There are prizes for podium places and spot prizes (only available to those attending prize giving). We will commence prize giving in the afternoon as soon as all the results are ready. Please listen out for "How much is that Doggie in the window" to signal the start of prize giving. Prizes are NOT forwarded on, if you are not there to claim your prize it may be donated to a dog charity or used as a spot prize.

The categories are as follows: male 16-39, female 16-39, male 40+, female 40+, male 2 dogs 18+, female 18+, adult short course male, adult short course female, kids 7-10 mixed genders, male junior 11-15, female junior 11-15.

RESULTS AND PHOTOS

The results will be posted online as soon as possible, please be patient. Photos will be uploaded as soon as possible, please see Bob Marshall Photography and Yellow Dog Photography who are your official race photographers. Please share any pics you take on our social media.



RACE ETIQUETTE AND RULES (Lengthy but an essential read)

******All dogs must be ATLEAST 1 year old to participate in the races******

Breaching the race rules could result in disqualification, which will be a decision made solely by the organisers at their own discretion.

This is a fun and friendly community based day out. All racers are responsible for making this a positive experience for all involved. Dogs of all temperaments are welcome and encouraged to attend, however if your dog is reactive please take appropriate measures to ensure the safety of all in attendance e.g. consider using yellow ribbons/jacket to indicate that your dog needs space and/or utilise a muzzle. NB muzzles should be basket style and allow full breathing, panting and drinking. Greyhound racing style muzzles are idea. Dogs cannot run if they cannot breathe!

Do not allow your dog to lunge at any other dog or runner, it is your responsible to pre-empt this and reel your dog in when necessary.

Overtaking – please allow faster racers over take you and if needed reel your dog in off the trail to allow them to pass you safely. If any runner purposefully blocks the way of a runner behind they risk disqualification. If you wish to overtake please communicate clearly with the runner in front of you e.g. shout “on your left/right”. Similarly if you are over taking a runner ahead please ensure you have full control of your dog and reel them in if need be.

DO NOT allow your dog to encroach on the heels of the runner in front.

There will be other path users along the route, please give way to them, even if you need to pull in and let them by. This is essential for our continued use of this venue. Anyone seen to disregard this rule and disrespect other members of the public risk disqualification.

DO NOT drag your dog, be heavy handed with your dog or force it to do anything he does not want to do. All dogs participating should want to be doing so.

The race will be covered by event/public liability insurance. Everyone participates at their own risk and is solely responsible for themselves and their dog. Any incident involving a third party is the sole responsibility of the owner/runner. It is strongly recommended that participants have appropriate insurance to cover canicross.

All runners **MUST** follow the instructions of the organisers and marshals at all times, if you are advised to reel your dog in and walk, you **MUST** do so.

No headphones are permitted to be worn during the race.

Children – runners 7-10 on the day of the race must be accompanied by an adult who is also attached to the dog during the run, whilst the adult is discouraged from interfering with the dog and is solely there for safety, it is appreciated that the adult may well have to intervene at times. Please note the adult is not required to enter the race. All children attending the event to run or spectate must be supervised by an adult at all times and instructed not to approach dogs they do not know.

It is presumed that you are running with your own dog. If you must borrow a dog to race with you should be familiar with each other and have trained together before the race. The runner should be aware of the dog's behaviour in a race environment and be responsible for his care throughout the event. You are not permitted to race with a dog that you are not familiar with.

ALL runners **MUST** follow the instructions of the organisers and marshals at all times, if you are advised to reel your dog in and walk, please do so.

Please pick up all dog waste where appropriate, this can be passed nicely to a marshal if needed.



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EQUIPMENT

All dogs must be run in and show a willingness to run in a canicross suitable harness.

If you do not have equipment please e-mail us to hire equipment. Equipment hire is £5. If there is a reason why your dog can not be run in a harness please contact us prior to racing.

Muzzles should be basket style and allow full breathing, panting and drinking Greyhound style muzzles are ideal. Dogs cannot run if they cannot breathe!

HEALTH AND SAFETY

Dogs should not be brought to the event if they are coughing or have recently been in contact with any infectious diseases. It is the owner's responsibility to ensure your dog is fit and healthy before racing. If in doubt consult with your vet.

There will be a vet present from Braid Vets to support the race. Whilst dogs will not be assessed prior to racing the organisers reserve the right to ask the vet to check any dog due to race. Any decision the vet makes in relation to the dogs suitability to race will be final.

No bitches in season are permitted to race, furthermore it is requested that they are kept clear of the race course.

Please watch the race briefing video in full and listen to all marshal instructions. If you have any concern about your dog or yourself during the race please approach the nearest marshal and advise them of this. If you have any concerns about yourself or your dog prior to racing or after racing, please find one of the organisers and advise them accordingly.

Remember to allow plenty of time between feeding your dog and racing. Furthermore, allow your dog to drink little and often as required, but do not allow your dog to gulp water during the run or straight after, please ensure they have a drink but little and often is key.

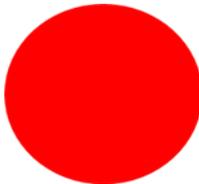


RACE SIGNS

The route is way marked; the signs are unique to dog sports. Please familiarise yourself with the signs below to ensure you know what the signs mean.



A reassuring sign – if you see this you know you are on the right track.



Turn coming up, if this sign is on the right side of the trail the turn is on the right, if it is on the left of the trail the turn is on the left.



This indicates a turn for the long course only!



This sign indicate it is straight ahead for short course only.

Where the long course turns right the short course continues ahead



HAZARD coming up. Take care and prepare to reel your dog in.



WRONG WAY! This sign stops you taking the wrong route.



ORGANISERS

The Cani-Sports Edinburgh Race committee is comprised of Ali Wyllie, Lan Pham, Craig Heaslip and Andy Kinnaird, with the assistance of the other Cani-Sports Edinburgh committee members: Jane Irvine, Alana Darling, Lisa Adamo and Gail Grant. Check us out [here](#)



ROGUE DOG will be your entertainer and VIP for the day ☺

If you need anything on the day itself, Rogue is happy to help, he would also like to be in as many selfies as possible!!!! Get your pic taken with Rogue Dog!

Talking of pictures, whilst the results are being sorted, why not use that time to get group shots with your friends and club.

SPONSORS

We are incredibly lucky to have such amazing sponsors and supporters! But first a HUGE thanks to [Foxlake Adventures](#) for letting us use their incredible venue.

[Big Bobble Hats](#) have provided their unique and popular hats as prizes and [Just Dogs Shop](#) have provided very generous gift vouchers to be spent in their fabulous shop.

[Braid Vets](#) have given up their time to attend the race and they will ensure all dogs are happy and healthy and provide any first aid assistance in the event of any incident or accident.

A big shout out to our other supporters who have provided spot prizes; [Yumove](#), [Kong](#), [Feelwells](#) and [Fish4Dogs](#).

Please engage with the sponsors social media, share pictures with them and message them thanking them for any prizes you may receive.

