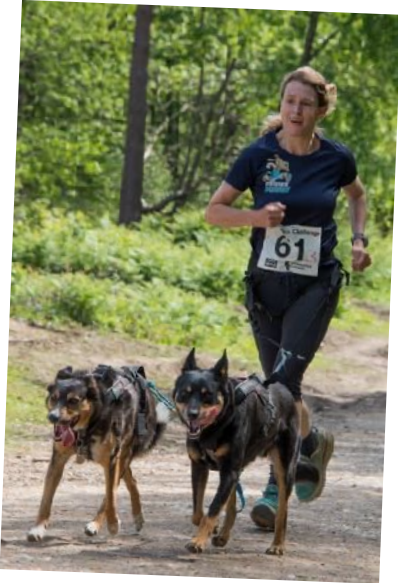


# JOGGY DOGGY

## Summer Scrapbook 2017



### Race Report - Team Joggy Doggy lead from the front

In May we raced at the inaugural Bedgebury Canicross Challenge. It was well attended so we were delighted to come home with first, second and fifth female and a big bottle of fizz! More importantly a massive well done to personal training client Sarah who stormed into third place.



### Canicross demonstrations at Paws in the Park and The Kent Show

We have been busy showcasing the sport of Canicross this summer. Paws in the Park at Ardingly with Joggy Doggy Rye gave me my first taste of commentating and coordinating a display team. It went well thanks to the expertise of the teams from Kent Canicross, Canicross Trailrunners and Canicross Sussex.

In July we were at The Kent Show in Detling with Kent Canicross. It was rather hot so Gilby sensibly befriended the ice cream man!



#### Paws for thought

Canicross was the obvious choice for the feature because it's sporty and fun. The UK's leading running magazine, *Runner's World*, has a section on canicross and your best friend will be right there with you. It's a great way to get fit and have fun at the same time. Canicross is a mix of running and dog training. It's a great way to get fit and have fun at the same time. Canicross is a mix of running and dog training. It's a great way to get fit and have fun at the same time. Canicross is a mix of running and dog training. It's a great way to get fit and have fun at the same time.



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### Joggy Doggy in the Press

We were thrilled to be invited to work on an article with the UK's leading running magazine, *Runner's World*. The final piece in the October edition was six pages covering Canicross and Trail running with dogs. A real boost to our sport and Gilby got to be a cartoon!

In May Joggy Doggy Rye featured in *Kudos*, the Kent based lifestyle magazine. Always good to feature in a glossy publication!



Running is great for a dog's musculoskeletal health and cardiovascular fitness, and it stimulates their brain!



## Away Day to The Hub, Quarry Farm

We were kindly invited to use the 200 acre Quarry Farm for the Away Day this Summer. With direct access to the Sussex Border Path and an extensive network of riverside footpaths we knew the dogs would have a wonderful time. It is always such a pleasure to see the dogs enjoying running as a big, sprawling, tumbling pack. We combined Joggy Doggy Rye, Cranbrook and Hawkhurst to reignite some canine friendships and allow new ones to blossom.



## Launch of Home Boarding service in Sussex and Flintshire

Clare at Joggy Doggy Rye has been busy over the summer looking after eight different doggy clients while their owners enjoy a summer holiday. Coming home to a fit and relaxed dog that has been out running every day is wonderful. One less waistline to worry about!

Clare has also been working with Lisa who runs our Buckley branch in Wales, advising her about Council licensing and regulations. Here is Monty making himself at home after his daily holiday run:



## Fitness Classes

September marks the start of our Canicross Fitness classes. I recently had the privilege of working with Jelena Biorac from Serbia whose expertise lies in sports psychology combined with a circuits and pilates based approach to fitness. Her input on the programme will add a new dimension to the classes and allow clients to challenge themselves and their abdominal muscles in new ways! In addition to the Tuesday class in Hawkhurst Joggy Doggy Rye will be offering a Wednesday class at The Hub in Bodiam and a Friday class at Rye Harbour Nature Reserve. The Active Walking Fitness class will also take place on Friday at Bedgebury.

Our next race is the K9 Challenge on Sunday 10th September at 11am. A 5km race through Stanmer Park in Brighton. Each dog receives a dog tag and treat bag at the finish. To sign up visit [www.k9challenge.co.uk](http://www.k9challenge.co.uk).

