Hïke!!

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Hike!

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The New Look *Hike!*

In line with the Hike policy of continuous improvement, we bring you this month what we hope will be the new *Hike!* format.

Speaking of changes to the format, this edition will see the last of the off-season format. Next month we move into race mode - with full race results and *Hike!* Point Score updates each month. This means that we'll need to loose some of the feature articles. But there will be regular race reports and other (hopefully) interesting articles.

We'll revert back to the off-season format in September

Peter Komidar

An Invitation to the Andirod!

Greetings from the Argentine Association of Sled Dog Racing.

We would love to host a team from your country this winter.

The Andirod is held in Patagonia and runs across the Andes Mountains in Chile. This year will see the 5th Andirod - but it will be the first time the trail has crossed the Andes.

Mushers on this 300 km trail will experience extremes in temperature and geography. The race is limited to 8 dog teams.

Another race being held in Argentina is a rig riace in Cordoba. This 2 heat 100 km race will circumnavigate a mountain in the centre of the courntry.

For more info , contact at Pablo Germann President of AASDRa

yaganes_siberian@smandes.com.ar

THOUGHT FOR THE MONTH

The average dog is a nicer person than the average person

Andrew Rooney

RACER PROFILE:

FINN JENSEN
ROYAL CANIN RACING TEAM

For those of you who may have missed the first edition of Hike!, Finn Jensen is the 1998 Australian 4-dog Sprint Champion. Ed.

How and when did you start Mushing?

I started mushing after a Siberian Husky Club of Vic. Funday in 1985. Using Wendy & Mick Newton's little white rig, my own two dogs, Tundra and Tara (a re-home from Steve Romer) and a borrowed dog , Nanook, from Bill Russell. Tara had already run in harness while with Steve. At the moment I have three bitches; Maxi (5), Pinja (7) and Pepsi (1/2).

What is your most memorable mushing incident?

The most memorable event was attending and competing in the pre Olympic race at the Canmore International Classic in 1988. I ran a 6 dog team of 4 Alaskan Huskies and 2 Siberians borrowed from Susan & Terry Quesnel of Atim Kennel in Canada.

Funniest Incident?

My funniest incident while mushing was watching Jozsef RUN up the SX Hill.

Stupidest Incident?

The most stupid incident was losing 4 dogs while running them on foot with a tyre at Narbethong. They were stopping to wait for me but just as I would catch sight of them they would turn around and see me and take off again. I did manage to catch them before we made it back to camp.

What are your personal goals in the sport?

My personal goal is to have a good-running, harmonic team.

Where would you like to see the sport go in the future?

My hope for the sport is for it to become more cohesive and for it to be taken more seriously in the media.

Training tips?

1 Be consistent.
2 Don't just train on weekends.
3 Train for the distance of the races you are entering.

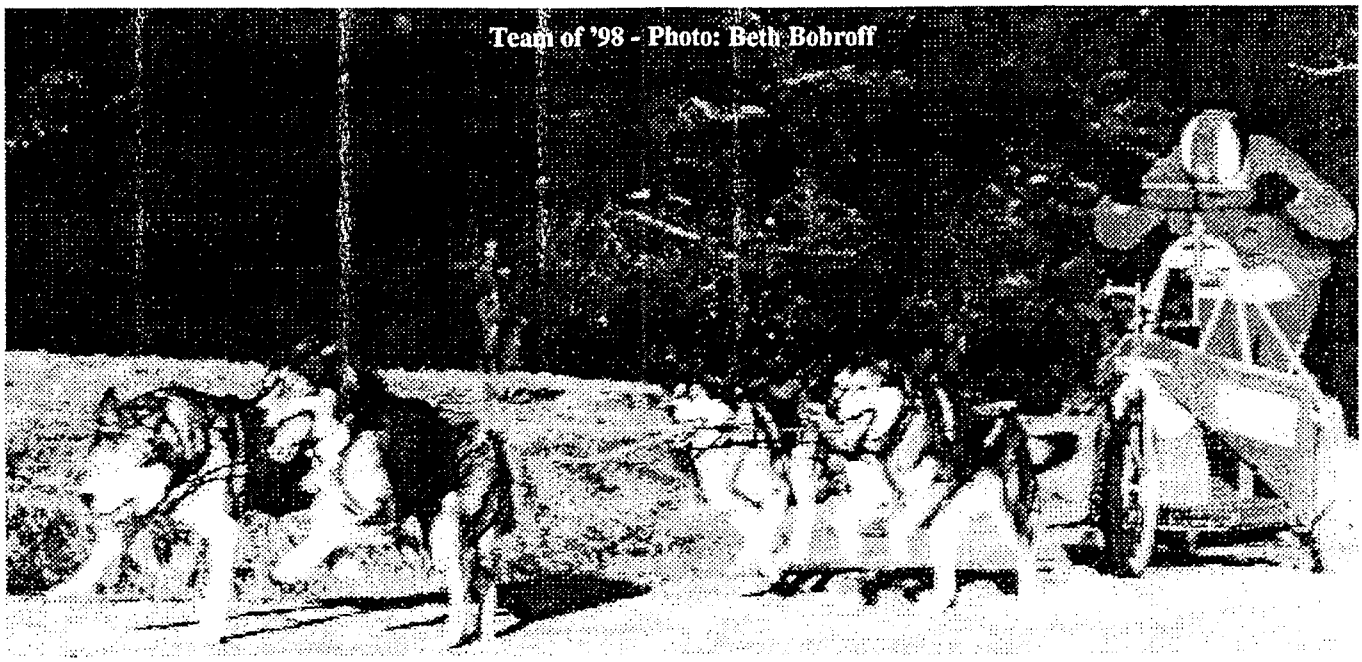
What turns you on about sled dog racing?

The best part of being involved in this sport is that you could travel anywhere around the world and meet and stay with great people.

Advice for the unwary?

"You don't have to win a race to have had a GOOD race!" and "Enjoy the dogs!".

Finn Jensen



Team of '98 - Photo: Beth Bobroff

Dog Bites

Veronica Bittendorfer

A recent article in 'Australian Doctor Weekly' outlined some alarming statistics on dog bites.

Each year, 100,000 people in Australia are forced to seek medical treatment due to dog bites. Children are most at risk of dog bites, understandably due to their size, causing the greatest trauma to the scalp and face. About 60% of children know the dog that bites them. More than 40% of incidents occur in the home, 29% in the home of a friend or relative who owns the dog.

Although we would like to think our dogs would never bite anybody, we really need to be on guard at all times, especially when children are around. Kids at races approaching staked out dogs with a fist full of food could be asking for trouble!

Apart from the risk of dog bites to children, how many people do you know that have been bitten breaking up dog fights? Therefore, we really should be prepared to treat the bite should the situation arise.....so read on.

Initial management of a bite is to irrigate the wound with copious amounts of normal saline, then cleanse the wound with chlorhexidine 5% or Betadine (povidone iodine).

Apply pressure to stem any blood flow. It is important to assess the size and depth of the puncture wounds. This information is important as it relates to the risk of infection. If the wounds are high risk, early antibiotic treatment will be necessary and tetanus coverage should be considered for all bite victims. It is therefore extremely important to seek medical advice from your General Practitioner or if the wounds are very bad, from a hospital, as soon as possible to ensure the best outcome.

So be prepared! Everyone should carry a first aid kit complete with normal saline (can be purchased from a chemist), Betadine, gauze pads and bandages.

Having said all that, lets hope you never have to use them!

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The Canadian Eskimo Dog

Jo Kelley

History

With a formidable past and sometimes, an uncertain future, this Canadian Kennel Club recognised breed has survived as one of Canada's only indigenous dog breeds for over 2000 years. Closely related to the Greenland dog, and deriving from the Thule Inuit Culture of the Canadian North and Greenland--the Canadian Eskimo Dog has been called by many names throughout history--Gronlandshund, Inuit Husky, and by the Inuit--Qimmiq...

A proud breed by any name, this breed has survived in some of the harshest terrain in the world, sharing the struggle, and later the accomplishments, of its human counterparts in survival and adventure. Eskimo dogs have served nearly all the famous names in Arctic and Antarctic exploration. Beautiful, proud, loyal and kind, the Canadian Eskimo Dog (CED) was historically a draft animal and all around worker. The breed was used for sledding and packing, and also as a hunting dog for the Inuit. In some parts of the Canadian North these dogs are still found sniffing out seal-breathing holes or holding the polar bear at bay during hunts. It would be hard to envision the ancient Inuit people coping with the polar conditions without these dogs.

Early expedition use of the Eskimo Dog brought him not only into demand and respect, but put him under the eyes of the scientific community during the 1800's and early 1900's. It is said that a Canadian Eskimo Dog can pull twice his weight and still cover up to 70 miles per day in some of the most rugged terrain in the world. It is sad that a dog with such a distinguished history and so perfectly suited to its purpose, would be so little known to dog fanciers. Even among dog racers the Eskimo Dog is rarely utilised.

Much of the Eskimo Dogs identity problem of today lies in the fact that their actual numbers remain so low. The plight of the Eskimo dog over the past few decades has been a sad one, as little effort was extended to introduce this proud breed to the general public and, therefore, the breed has become almost forgotten. In the fifties it is believed that 20,000 animals lived in the Canadian North, with still more found in the U.S. where they were being registered at the time. In 1959 the American Kennel Club dropped the dog from their recognised breed ranks due to lack of registration. With the introduction of Snow Machines to the Canadian North, the Eskimo Dog numbers steadily decreased. By 1963 only one Canadian Eskimo Dog was listed with the Canadian Kennel Club Registry. No more were registered thereafter and the breed was deemed extinct as far as official recognition. At this time on the Northern front, less than 200 pure animals still existed in the North.

In 1972 a project was created to try to save the Canadian Eskimo Dog. Bill Carpenter and John McGrath, with the assistance of the Canadian Kennel Club (CKC) and the Canadian Government, began the Canadian Eskimo Dog Research Foundation (CEDRF) in Yellowknife, NWT. The resurrect began, and in 1986 the first dogs from this project were registered with the CKC. With this initial addition to the gene pool, the foundation stock of the registered breed we know today was established.

Now in the 90's it is believed that there are still less than 500 registered animals left in existence, making the Canadian Eskimo Dog one of the rarest breeds in the world. These dogs are one of Canada's only true indigenous breeds and have been commemorated over the years with a stamp (1988) and recently, a fifty-cent piece (1997.)

General Description

A sturdy spitz-type dog, weighing from 65 to 85 pounds for males and 40-65 pounds for females. The average height at the shoulder extends from a low of 20 inches for females to as high as 28 inches for large males. The animal on the whole, has a powerful physique with a thick neck, broad chest and strong, thickly muscled legs. The feet are densely furred and the thick double coat is completely weather proof. The colours and colour combinations often range through white, grey, brown, sable, black/white, red/buff, red/white and coloured patches on the head with a white body. Any dog colour is acceptable and random colouring is

desirable. With a zest for life and a gentle disposition. Canadian Eskimo Dogs make wonderful companions for the active or outdoors minded, and hard working sled dogs for the serious musher - or the recreational team. In spite of their ruggedness, strength and stamina, the breed as a whole is playful and submissive.

The Canadian Eskimo Dog is alert, curious and very intelligent. He is easy to train, and once commands have been mastered, he never forgets them. His memory is phenomenal. To hear the wolfish singing of an Eskimo Dog is to be irresistibly drawn to him for life. Not so stubborn as most northern breeds, nor prone to wander like others, the Eskimo Dog thrives in most climates.

Today the breed exists mostly as companions on small recreational teams and as traditional transportation for tourists in parts of the North. A small number of breeders also exhibit their dogs at CKC sanctioned dogs shows throughout Canada. Those who love this breed will continue to work hard in the maintenance of its numbers, its genetic diversity - and, most importantly, its working integrity.

To those true admirers there is an undeniable appeal in the timelessness of this breed... in the confidence a dog which has dutifully served its human counterparts for centuries...through famine and prosperity, adventure and survival. For those few, the Canadian Eskimo Dog is truly one of Canada's "Best Friends."

For more info

Canadian Eskimo Dog Association of Canada
Laura Pitblado-Kelly, 76 Reach St., Uxbridge, Ontario, Canada
Phone: 905-852-6960
Fax: 902-925-2143
E-mail: sled.dogs@north.nsis.com
Canadian Eskimo Dog Association promotes and educates about this aboriginal working dog. "Qimmiq" newsletter is published six times per year and available to members.

1999 Sled Dog Shield - Additional Info

Included in this months *Hike!* is the Siberian Husky Club of NSW entry form for the Sydney Sled Dog Shield. The following important info should also be noted!

In the afternoon of Friday 23 July from approximately 4:00pm onwards, Leigh and Susan Gilchrist will be holding a Sled Dog Talk covering a number of topics that are going to be of interest to us all. So if you can get to the race site early you will not miss out. It will cost you a whole $5.00 for entry into the Marquee for what should be a most informative seminar.

Saturday afternoon around lunchtime you can enter **The Sled Dog Match** to be judged by Susan Gilchrist, enter on the day for a fee of $3.00 per entry (all proceeds will be donated to the Guide Dog Association of NSW).

Don't forget our Saturday evening Charity race the **Dash in the Dark**, year by year this night time race has gained popularity, its good fun for the maybe not so quick or not so young dogs and good experience for the youngsters. This year we will have even better prizes for the eventual winners, with your help the biggest winner will be the Guide Dog Association. Note: 1 and 2 dog class only, teams will be mixed and run the same distance.

Drivers Delegate Report.
Musher Awarness.

Michael Herbst.
Drivers Delegate.
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Lewiston,S.A. 5501
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Mbl:0418818816.

FOOD-WHAT'S AVAILABLE ?

Thank god!, that we don't have as many products available or advertised to us as our friends in the states. Such things as Zinpro, Glucosamine, Ester-C, Aminoacids, Prozyme, Probiotic Power Packs, Coenzyme Q-10,Peak Condition and more, and this is all on top of the Premium Dog Foods which they also have a large range to choose from.

I will mainly cover the Premium Dog Food brands that we have available to us and just mention some of the other ways of feeding dogs and the additives that you may choose to use preferably with the guidance of your vet.

Over the past five years or so we have been lucky enough to have had a big influx of high quality dog foods or premium dog foods made available to us. Along with this has come the marketing of these products and the valuable support that has been given to the clubs, races and most importantly; us the drivers and our teams. I will mainly focus on the companies that support our local mushers and club activities and the products that are easily purchased from your local vet or pet food store.

An important ingredient to look for in a high quality dry kibble is a minimum 27% protein and 17% fat. These are the main ingredients our dogs need for good health and most importantly **energy!** Some dogs can metabolize fat more efficiently than carbohydrates. The fat is where the calories come from to be burnt up while running. But remember calories not burnt off means possible weight gain, so monitor your dogs weight weekly and adjust feed amounts to keep your dogs at optimum racing weight. Some thing to watch for is the base ingredient , if it is a meat , a meat by product or only a cereal base, meat is definitely the best option.

Pedigree PAL Professional Formula.

*Easily available from most vets or pet food stores.
*Supports local and interstate mushers and races.
*Crude Protein 30%, Crude Fat17%
*Has an additive called Nutrifibre-The Probiotic Fibre, which claims to maintain a healthy gut and promotes better stool quality.
*Superior palatability.
*Designed by Walthams, the worlds leading authority on pet care and nutrition.
*Available in kibble and a less concentrated canned food.
*Made in Australia-therefore should be fresher.

Supercoat Eureka.

*Easily available from most pet food stores.
*Support local and interstate mushers.
*Crude protein 28%, Crude fat 19%.
*Has an additive called Natural Yucca Extracts to help reduce unpleasant odour and firm stools.
*Tastier palatability.
*Available in kibble only.
*Australian made.

Eukanuba.

*Becoming less easier to purchase.
*Has recently withdrawn all support from mushers and races.
*Crude protein 30%,Crude fat 20%.
*Has an additive called Omega COAT Nutritional Science ensures healthy skin and coat.
*Available in kibble.
*Made and imported from U.S.A.

Hills Science Diet.

*Available from vets and pet stores.
*Supports a few local and interstate mushers and one race.
*Crude protein 21.5%,Crude fat 13%, Maintance Deit.
*Available in kibble.
*Made and imported from U.S.A.

Pro Plan.

*Not easily avalaible.
*I believe they support a few mushers interstate.
*Available in kibble.
*Made and imported from U.S.A.

Royal Canin.

*Not readily available in S.A. as of yet, but suspect it will appear here soon.
*Support interstate mushers and race.
*Unable to find ingredient info due to lack of supply.
*Available in kibble.
*Imported from France.

As far as any other brands I wouldn't waste your money because our breeds of dogs that have the demands of racing put on them deserve to be fed a Premium Dog Food to be able to perform to their maximum.For those of you who cook up your own mixture of meat, veggies and rice or pasta and then try and work out your vitamin supplements, consider this; the companies who produce high quality dog foods spend millions of dollars on research to develop the correct balance and maximum output for our canine friends. We are not scientists so lets leave it to them! Most good vets will recommend a Premium dog food.

Something else to consider is a discussion that I had with Steve Carrick last year, Australia's only Iditorod musher last year. We came to the conclusion that the imported kibbles have a higher fat content, but they have been designed and tested in sub-zero climates and not our warmer climate. Maybe the Australian made kibbles are better suited?

There are many articles on vitamin supplements but none are really conclusive, consult your vet before playing around with these and don't forget that our dogs only run short sprint races and not Iditorods.

I have found an animal sports drink called ***Recharge*** to be of benefit during training and racing. It is an electrolyte replacement drink. Once again there is no conclusive research to show that it really works,

Continued next page.....

FOOD, WHAT'S AVAILABLE
Continued

but I drink sports drinks so why not my dogs?

In conclusion, know what is in the product you choose, feed it correctly, monitor your dogs' weight so not to over feed when it is not needed. My dogs eat up to three times the amount during the race season than during the summer. To control weight I feed my dogs a larger meal the two nights leading up to a race weekend and smaller meals the other nights. I also split their meals into two meals a day, most of us will train at night after work so the morning meal is the one that they will use for energy to run.

Soaking kibble in warm water will make it more digestible and aid in hydration. What ever type of food you use, it should be highly palatable and digestible. A food does a dog no good if they refuse to eat it. Also watch that the stools are firm. Remember to change the food over slowly, give it approx 7-10 days.
The best of diets will not be effective if your dog has bad eating habits. If you travel or just race local, train your dogs to eat immediately. If a dog that normally eats well, suddenly is not eating leading up to a race, there is a good chance that it is not well and should be checked out by your vet or the race vet. What ever you do with your racing dogs, don't scrimp on nutrition.

Just a reminder that I am your Drivers Delegate and if you have anything you want to talk about fell free to contact me or catch me at the race track

KEWL RUNNING!

Kontroversy Korner
Glittering Prizes
Marty Karow

In the March edition of Hike! reference was made to prize money and its allocation among classes (Kontroversy Korner March 99). I wish to clarify to everyone the Siberian Express Sled Dog Club's policy on prize money, as the SXSDC does indeed allocate larger prize purses to the larger sled dog classes (note: prize money will be advertised on the 1999 SXSDC race entry form).

It's true, the SXSDC is encouraging the bigger sled dog classes by offering them larger amounts of prize money. However, the number one reason for this is because we appreciate & understand the higher costs associated with entering large teams in the Sydney Sled Dog Sprint. Would mushers agree, it takes more money, time & effort to train, equip, feed, transport & maintain larger teams? Therefore, the SXSDC offer those bigger teams more prize money.

For a 1 dog driver to beat 70 other 1 dog teams is very impressive. But realistically, exactly how many of those 70 teams are real competition for the winner? While there are several very good drivers who run very good dogs, the majority of drivers in the 1 dog class are either novices or experienced social runners.

If you are restricted to the amount of dogs you are allowed to own because of geography, that's unfortunate. I too, am one of those "old bunnies" that lives in the suburbs with only 2 dogs. I no longer choose to run in the 1 & 2 dog classes and feel my options are to either combine my two dogs with other dogs to form a larger team, or handle them for a new musher in the 2 dog class. If I were inclined to continue running in the smaller classes, I would then have to accept the fact that the 1 & 2 dog classes are not the premier events of a sled dog race and can't be recognized as such.

Don't get me wrong, the SXSDC applaud the 1 & 2 dog mushers. We will always welcome the 1 & 2 dog teams at the Sydney Sled Dog Sprint with open arms. However, we recognize the extra efforts of running a larger team and we will acknowledge those efforts accordingly.

All Clubs will have different policies regarding various issues in sled dog racing. If every race was the same it would be very monotonous and create a repetitious sled dog season.

You have a set of race entry forms in front of you. You study them and depending on your particular circumstances with regard to location, date, type of race, particular rules, race distance or prize money, you either:

- enter the race, or
- you don't.....the choice is yours.

Would mushers still enter the race if we DIDN'T offer prize money?. Just consider whatever prize money you do get is a bonus to what is, hopefully, a great weekend with your dogs anyway.

Altitude 5000 1999

Rob Stevens

With the unusually mild summer and the cool weather quickly descending on us Altitude 5000 is confident these are promising signs of a bumper snow season this year. Already in the cool morning hours some of A5000's members have experienced a number of short (dirt) training runs along our local airstrip accompanied by thoughts of a long white winter.

This year Pedigree PAL is again our main sponsor together with Holeproof, the Mount Hotham Lift Company, Dinner Plain Hotel, High Plains Lodge and the Paint Factory. Also the Alpine Shire and Dinner Plain village itself together with various other businesses of which we shall provide details later.

We are nearing format completion of our 1999 entry forms and flyers. These should be printed and available by late May. To obtain an entry form please either contact Rob Stevens, Sue Simmons or Susan Hodgkinson on 0354 283 285 from around mid May. If no answer please speak clearly leaving your name, address, and phone number and intended race class on the answering machine and we will then forward an entry form to you. Alternatively email your details to **sleddogs@ssc.net.au** This is the same process as last year and proved an excellent means of tracking race data. Once again entries are numbered and only available by post.

Also remember, to qualify for an entry you must be a "race experienced" musher. Altitude's race is conducted on snow at high speed up and down steep hills accompanied by some very tight corners and a trail system which winds very close between trees, helmets are not compulsory however highly recommended whilst racing.

We remind everyone that we no longer cater for the single dog class however last years introduction of a six-dog class proved popular and provided quite a spectacle for spectators to see especially on the steep twisting downhill section of trail beside the toboggan run.

A review and change to the 6 dog race class rules will come into effect this year thus allowing a minimum of 5 dogs to compete in the 6 dog class. If anyone has any further suggestions for improving the snow race or any other race rule changes or conditions we should or could adopt please do not hesitate to speak with A5000SDG. We are always open to constructive feedback and ideas.

Once again the race will be run in two heats with the 6 and 4 dog teams going out first followed by a 1-hour break then the 3 and 2 dog teams. Race starting time both days is 9am sharp!

Mushers will need to organise their own sled or arrange to borrow one. Each team will also need to organise handlers and ensure they have enough people to assist them to get to the starting chute in time for the race as well as enough strength to hold back those excited athletes at the starting line.

The 1999 race is being run under changed permit conditions but basically the same dog requirements as last year. Briefly they are no cars or trailers with dogs can be parked outside lodges. Vehicles and trailers housing dogs must therefore be parked in the designated car park.

We can only accept 70 entries actually staying at Dinner Plain. (because of the limited parking)

The main race permit changes imposed upon us effect the musher. The Alpine Shire considers VSDRA the State Government recognised controlling body for Sleddog Racing in the state of Victoria. The Shire has asked and been advised that the A5000 event is a sanctioned VSDRA race therefore in our permit the Alpine Shire has requested that all competitors must be members of VSDRA to compete at Dinner Plain. The same rules also apply to the Mountain Cattlemen races at Dinner Plain; all riders must be members of the sports controlling body.

Some may find this an issue but in the past this issue has been raised and VSDRA has already explored the option of all competitors competing in sanctioned events must be financial VSDRA members. This plan however has been kept on the backburner until the timing was right. It just so happens the Alpine Shire got in first. Therefore the precedent has now been set so this could be the start, next year you may find the remaining VSDRA races could also require all competitors to be VSDRA members?

In terms of the changed permit conditions I have had lengthy discussions with VSDRA's President (Helen Pettifer) and the Alpine Shire and there is very little we can do to change this apart from not have a race.

The positive side of the changes is that there is now definitely no grey area in terms of competitor insurance. VSDRA's insurance along with A5000's is more than enough coverage.

As Terry Hinesly said at one of his drivers meetings the Altitude 5000 race along with snow racing in Australia is an endangered species! We all need to look after what we have and abide by the rules. Besides, cross-referencing with the VSDRA membership list there was not more than 10 non-VSDRA members competing last year. I really don't see the permit changes as an impediment but see it as positive phase in local and state government identifying the rapidly developing sport of Sleddog Racing.

Please note that Altitude 5000 race permit covers the race weekend only. The weekend being from dawn Friday 6 August to sunset Monday 9 August. Mushers wishing to stay at Dinner Plain the week prior to the race, the week after or to go up and train on weekends must obtain their own individual permit. Outside of race times the same parking rules and bylaws still apply. Clubs can obtain one permit however remember that if one person makes a mistake, the permit can be cancelled which will effect all people on that permit. Individual permits are $50.00 and can be obtained by contacting the Alpine Shire.

Accommodation can be booked through Dinner Plain Central Reservations or alternatively if you wish to stay at Omeo contact the RACV or the Omeo information office. The Hilltop Hotel in Omeo has rooms for around $25.00 a head and I think this includes breakfast try giving them a call.

We strongly recommend to those mushers not staying at Dinner Plain that they stay in Omeo rather than Harrietville given that access is much easier and quicker. If road conditions are particularly icy vehicles with trailers coming from Harrietville may be refused access over Mount Hotham.

Now is the time to build those sleds, get training and become superfit for the race given that running in altitude (5200feet ASL where there is approx 10% less oxygen) and on snow is very different and much more difficult than a dirt track.

For the up and coming 99 season A5000SDG wish you tight tugs and snowy trails

VETSEARCH TIPS

FEED ALLERGIES AND DIARRHOEA

John Kohnke BVSc RDA

Personally I find this article particularly interesting. Even though I only own 4 dogs (so far!) 2 are allergic to milk (diarrhoea) and 3 are allergic to wheat products (diarrhoea). On top of that 1 dog who is allergic to both milk and wheat is also allergic to something in stagnant pools such as dams(skin allergy)! So the idea of dogs having food and other allergies comes as no surprise to the Siberpunks! Ed.

Occasionally, a dog may experience episodes of low-grade diarrhoea that fail to respond to normal management such as treatment for worms and minor dietary changes. Frequently, the last consideration in many cases is to check each dietary ingredient. Over the years there have been a number of cases of red meat allergy reported in dogs which are not able to fully digest red meat, leading to persistent low-grade diarrhoea.

The German Shepherd breed in particular, seems to be most prone to red meat allergy, but I have also seen it in certain bloodlines of show dogs from a particular stud dog.

Feed allergies are relatively common in dogs. A recent survey in over 100 dogs in an American University clinic showed that 17% were allergic to cows milk, 13% to fish, 22% to corn based products in dry foods and 15% to beef. However, almost 80% of the dogs allergic to certain foods were considered to have other non-specific allergies as well. Most food allergies are related to skin conditions, but the allergy to red meat was often associated with chronic low-grade diarrhoea. Other red meats, such as kangaroo, horse and buffalo may also cause allergies in some dogs.

The least allergic type meats have been found to be mutton and chicken, although chicken, as noted above can cause skin allergies in some dogs. Diets containing a combination of mutton flaps and rice were found to be less likely to cause digestive upset and skin allergy in problem dogs.

If you believe your dog could be suffering from a low-grade allergy to red meat, it is best to change to a mixture of equal weight of mutton and rice, to replace the red meat portion. Mutton flaps are reasonably cheap, however excess fat should be trimmed off in dogs that are not exercised on a regular basis. After about a week or so, the mutton can be phased out if it is hard to obtain, and chicken meat substituted for the mutton.

Once the dog becomes accustomed to the meat, the amount of meat can be increased to a mixture of 75% minced chicken meat and 25% boiled rice or mashed potatoes, as well as the normal amount of dry food. Generally, over a period of 7-10 days, the symptoms will subside, and the dog will lead a much happier lifestyle.

Always check the constituents of the dry food as well, particularly if the diarrhoea started after a new brand was purchased. Some baked dry foods containing soyabean may cause loose bowels if suddenly introduced to the diet. Always phase in new foods in a step-wise manner over a period of 4-7 days to avoid these problems. Various low allergy canned foods are available from veterinary surgeons for dogs who do not respond to the above changes in diet.

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National Mid Distance Circuit Grows to 4 Races!

In the last edition of *Hike!* I advised that I was waiting on word from Ridge Runners on whether they would like to be participants in the sprint or mid-distance national point scores.

Well word has come through and the Mid-Distance circuit now has its fourth race!

Mid-distance racing has really taken off with a bang. From the dawn of time until 1997 there were no distance races in Australia! Then in 1998 Australia witnessed its first mid-distance race in the form of the Southern Highlands Freight Run. Now in 1999 we have 4 races and a national point score. Who knows where it will go from here.

With 4 races its just about worth training solely for mid distance races.

The Ridge Runners race - to be held in Queensland on the Queen's Birthday long weekend - has the following classes and distances:

- 1-dog - 5km - 3 heats - 15km
- 2-dog - 8km - 3 heats - 24km
- 4-dog - 14km - 3 heats - 42km

Peter Komidar

Beth Bobroff with Cash and Quick

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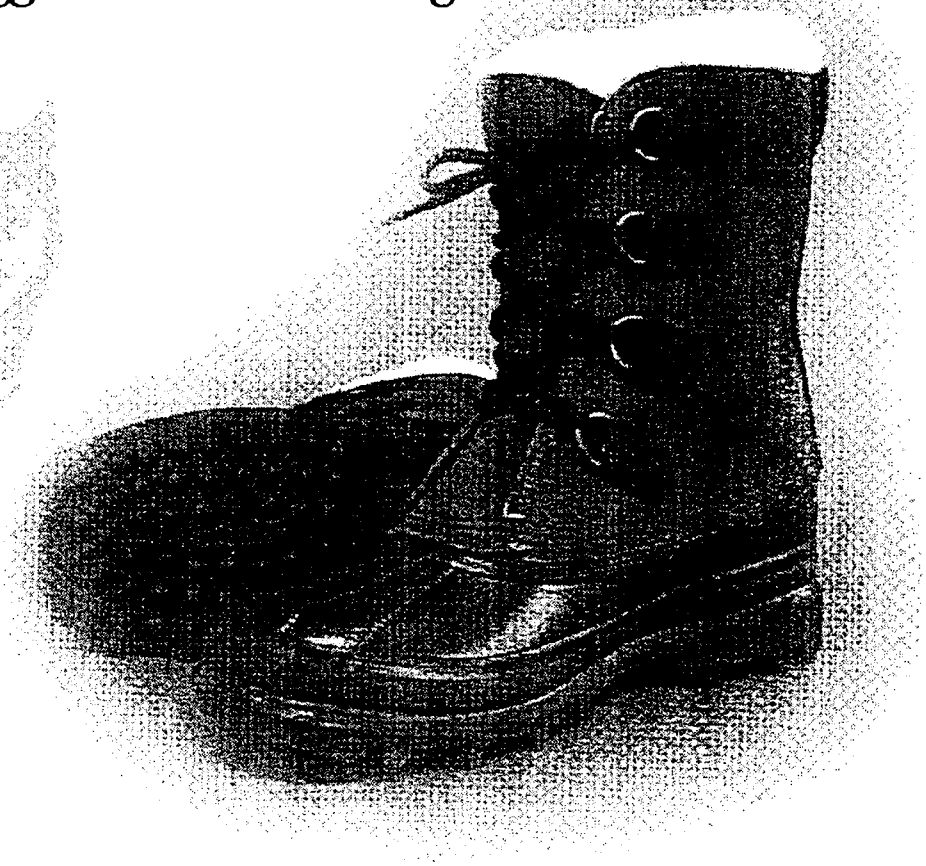

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MUSHER FITNESS

By Geoff Carter

Now We Should be Fit Enough to Start Training

Ok, so by now we should have very sweaty jock straps and sports bras. If that's the case, I've got one piece of advice; wash them! I wash my jock strap every two weeks, even if it doesn't need it.

We should also be well over the aches and pains of newly discovered muscles and really getting a heap of enjoyment out of these physical workouts. If not, maybe you're doing a bit too much and either need to ease up a bit or take up chess. I'm sure we've all heard the old adage "No pain no gain". Tell that to a javelin thrower and see if he sticks his javelin in his foot. This adage actually means that you have to perform a little above normal pace, whatever the exercise, over a period of time to notice any improvement. Some will improve faster than others, some will get stronger and others will get faster.

See if he sticks his javelin in his foot.

Basically, you must improve your fitness, i.e. strength, speed and endurance at your own pace or face the prospect of injury. This will also mean no training for a while and going back a few weeks or even to the start again. Once you attain a level of fitness it's a bummer having all that work wasted.

The dogs should be starting to appreciate that little bit less weight and the extra help on the tough sections of the track by now too. The better you are able to keep some sort of pace with old "Fella" out the front there, the more you'll enjoy being out there with him.

People often ask me why I enjoy running so much. I don't! But I enjoy all the extra beer I can drink.

Week 5 Monday	a. Run 2km	a. Start working above that real comfortable level
	b. Run 6km with 3 500m bursts at 3/4 pace.	b. Warm up first km, warm down last km.
Wednesday	a Scooter 6km	a. Warm up first km, steady rest of way.
	b.Scooter 8km	b. Warm up first km, steady rest of way
Friday	a. Run 100metres at 3/4 pace, walk 300m (4 times)	a. Slow 500m warm up, 500m warm down.
	b. Run 300m at 3/4 pace, jog 400m (4 times)	b. Slow 500m warm up, 500m warm down.
Week 6 Monday	a. Jog 1.5km	a. The bod feels it at 6 weeks in so ease up time.
	b. Run 4km	b. Ease up the pace to avoid injuries.
Wednesday	a. Scooter 3km	a. Changing legs. (Noo! Not with someone else)
	b. Scooter 5km	b. Enjoy the scenery.
Friday	a. Jog 1.5km	a. Comfortable cruise.
	b. Run 4km	b. Not too much of a sweat.
Week 7 Monday	a. 1/2 hour aerobics workout.	a. Gym/video/whatever. Good 1/2 hour workout.
	b. 3/4 hour aerobics workout	b. Gym/video/qhatever. Good 3/4 hour workout.
Wednesday	a. Scooter 6km with 3 fast bursts of 400m	a. Don't forget warm up and down.
	b. Scooter 8km with 4 fast bursts of 500m	b. First km warm up, last km warm down.
Friday	a. Run 2km	a. Just up over the easy level.
	b. Run 5km	b. Cruising along with a LITTLE bit of pace.
Week 8 Monday	a. Run 2km	a. Pushing a bit quicker after a warm up.
	b. run 6km	b. Warm up then push along for the remainder.
Wednesday	a. Scooter 6km with 3 fast bursts of 400m	a. Quicker bursts than last week.
	b. Scooter 8km with 4 fast bursts of 500m	b. Concentrate on the fast sections.
Friday	a. 1/2 hour aerobic workout	a. Gym/video.
	b. 3/4 hour aerobic workout	b. Gym/video.

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For more info contact Craig & Melissa Turner
Ph/fax 02-42852457 mobile 0417 687360

1999 Sled Dog Events Forward Planner

May	Southern Cross Pro-Am (Vic)	22-23 May
June	Due South - Sugarloaf Mountain Marathon (ACT)	5-6 June
	Underra Sled Dog Dash (Vic)	12 - 14 June
	Ridge Runners No Frills Race (Qld)	12 - 14 June
	Siberian Express - Sydney Sled Dog Sprint (NSW)	26, 27 June
July	NEGRC - Northern Exposure (Qld)	2 - 4 July
	CHA - Great Grey Round (Vic)	10, 11 July
	Sthn Highlands Freight Run (NSW)	10, 11 July
	Wild Dog Derby (SA)	17, 18 July
	SHCNWS - Sydney Sled Dog Shield (NSW)	24, 25 July
	Belangalo 50 Stage Stop Race	24, 25 July
August	Bannockburn SDC - The Burn (Vic)	31/7-1/8
	Altitude 5000 - Pedigree Pal Sled Dog Derby (Vic)	7, 8 August
	CSDC - Canberra Sled Dog Classic (ACT)	21, 22 August

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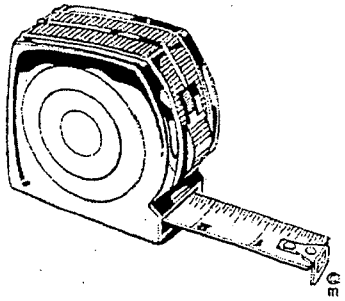

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AUSTRALIA

AMCNSW
Alaskan Malamute Club of New South Wales Inc.

The 1999 Southern Highlands Freight Run

Date: 10th & 11th July 1999
Venue: Wingello State Forest – Wingello
Race Marshall: Alf Babazogli

The Race

- Classes: 1, 2, 4, 6 dog, Junior & Pee Wee
- 2 Heats – Saturday & Sunday
- Race starts 7.00 am Saturday and Sunday
- Entries close June 7th 1999
- Entry fee $20 for members, $22 for non-members
- Late entry fee of $30.00
- Drivers Meeting Friday 9th July at 7.00 pm
- Bib draw Friday 9th July at 7.30 pm
- Prizes: Trophies, Sashes and Dog Food
- Special Awards for pure bred teams

Activites/Facilities

- 10 km from fuel, fresh water & phone
- Camping/Parking sites available with toilets
- Friday night Hospitality – Free tea and coffee
- Complimentary Musher's lunch Saturday
- Raffle and Auction Saturday Night

Entries

- Entries close June 7th 1999
- Entries to:
  Phil Jones
  Sub-committee Secretary
  35 Norman Ave Thornleigh 2120
  Phone: 02 9945 1321
- Details at www.tardis.com.au/amcnsw/
- Remittance in favour of: **The Alaskan Malamute Club of NSW Inc.**
- Please send self addressed envelope with entries for Rules and Race Pack
- Enquire about advertising in the Race Program – closes June 7th 1999

Merchandise

- 98 & 99 Race Patch & 99 Caps available – preorder and pay with entry form for discount. Limited number available only

Other Major Points

1. The first aid kit will contain at a minimum, antiseptic and 2 bandages.
2. Teams using rigs must have sled bags or adequate provision for safely carrying injured dogs.
3. Larger teams off first followed by smaller teams. There will be no break between classes.
4. The race will be run under VISDRA rules
5. All points subject to change due to weather conditions on the weekend

Class	Distance	Weight/Equipment
1 dog	7 km (both days)	min. 1 litre water, First Aid Kit, Knife/Cutters
2 dog	14km (both days)	min. 1 litre water, First Aid Kit, Knife/Cutters
4 dog	21km (both days)	min. 2 litres water, First Aid Kit, Knife/Cutters
6 dog	21km (both days)	min. 2 litres water, First Aid Kit, Knife/Cutters

AMCNSW
Alaskan Malamute Club of New South Wales Inc.

The 1999 Southern Highlands Freight Run
Entry Form

Entries Close June 7th

Team Driver: _____

Owner's Name: _____

Driver's Address: _____

_____ Postcode: _____

Phone Number: Home: _____ Work: _____

If Child Driver, Age: _____ *(Children 8 yrs and under MUST be accompanied by an adult)*

Breed of Dog/s: (circle) *Alaskan Malamute* *Siberian Husky* *Mixed* *Other*

Registration No/s: # _____ # _____ # _____

(For pure breed awards) # _____ # _____ # _____

Driver/Dog Profile:

Occupation: _____ No. of Years Sledding: _____

Team Name: _____ Other Interests: _____

Comments: _____

_____

Entry Fees: $20.00 for Members of the Alaskan Malamute Club of NSW Inc.
$22.00 for non-members
Free entry for Pee Wee and Junior classes
$30.00 late entry fee

☑ Tick appropriate boxes – One driver per form – ENTRIES CLOSE JUNE 7th 1999

☐ 1 dog ☐ 2 dog ☐ 4 dog ☐ 6 dog $ _____

☐ Pee Wee (8 yrs and under) ☐ Junior (9-15 years) Free

Freight Run Merchandise

___ x 1998 Patches @ $9 ea $ _____

___ x 1999 Patches @ $9 ea $ _____

___ x 1999 Caps @ $19 ea $ _____

(Patches will be sold for $10 and caps for $20 at the race if stocks available)

Total Due: $ _____

Please make cheques payable to the Alaskan Malamute Club of NSW Inc.

I/we, the undersigned agree to run under the rules covering the race and shall abide by any official decision made at the race. I shall not hold sponsoring / organising bodies or individuals liable for any injury or accident that may occur during the race weekend. I agree to be responsible for my care and that of my helpers and my dogs.

Driver's Signature: _____

Owner's Signature: _____

Venue: BELANGLO HOUSE
BELANGLO STATE FOREST

Date: Sat 24th & Sun 25th July
Registration: Friday 23rd (2pm onwards)
Bib Draw - Friday 23rd July 8:30pm
"Dash in the Dark Bib Draw"- Sat 24th 4:00pm

Mushers Meet: 6:30am sharp both race days

Start 7:30am: 4 dog teams
Followed by 2 dog class
Followed by 1 dog class
Followed by Junior/PeeWee classes
Dash in the Dark 6pm start

- Guest Marshal - Leigh Gilchrist (CANADA)
- BBQ Lunch provided for mushers both days
- Camping available
- Entries close 2nd July - Late fees will be accepted at double the normal entry fee.
- Separate Charity night race - "Dash in the Dark" 1 & 2 dog class only - N.B. Lights MUST be worn! (all proceeds to Guide Dogs Assoc. of NSW)

TEAM DRIVER.....

OWNERS NAME.....

DRIVERS ADDRESS.....

.....POSTCODE.....

PHONE.....WORK.....

PEE WEE/JUNIOR DRIVER NAME.....AGE.....

PARENTS/GUARDIAN SIGNATURE.....

Limited 1 Dog Class	.....	$25.00 ◯
Limited 2 Dog Class	.....	$25.00 ◯
Limited 4 Dog Class	.....	$25.00 ◯
Pee Wee/Junior Class	.....	$5.00 ◯
Dash in the Dark	1or2 dog class only	$5.00 ◯

NOTE: Dash in dark 1&2 dog classes are combined

NOTE: ALL ENTRY FEES INCLUDE FOREST LEVY

TOTAL: .....

Please make all cheques payable to: The Siberian Husky Club of NSW Inc
Send entries & business size stamped self addressed envelope to:

David Forst
C/- The Siberian Husky Club of NSW Inc
18 Smyth Place, FIGTREE NSW 2525

- All Pee Wee/Junior drivers MUST be supervised by an adult
- Pee Wee drivers 7 - 10 yrs, Junior drivers 11 - 15 yrs
- I the undersigned agree to run under the rules governing the race and shall abide by any official decision made at the race. I shall not hold the sponsoring/organising bodies/individuals liable for injury or accident which may occur during the race. I agree to be responsible for my conduct and that of my helpers and dogs.

DRIVERS SIGNATURE.....OWNERS SIGNATURE.....

All enquiries to: Ivan Douglas Ph: 02 9824 7759 | Andrew Colvin Ph: 02 42844497 | David Forst Ph: 02 42259733

(SOAK UP SOME ATMOSPHERE)

Special thanks to: State Forests – Southern Region
Orienteering Federation of N.S.W.

The Siberian Husky Club Of NSW Inc

1999 SLED DOG SHIELD

24TH & 25TH JULY

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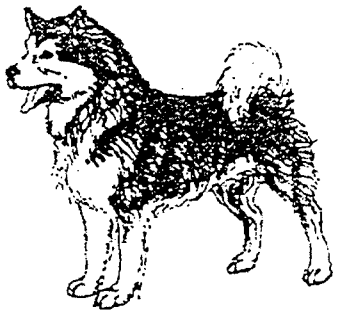

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Canberra contact: Fiona & Andrew Matthews
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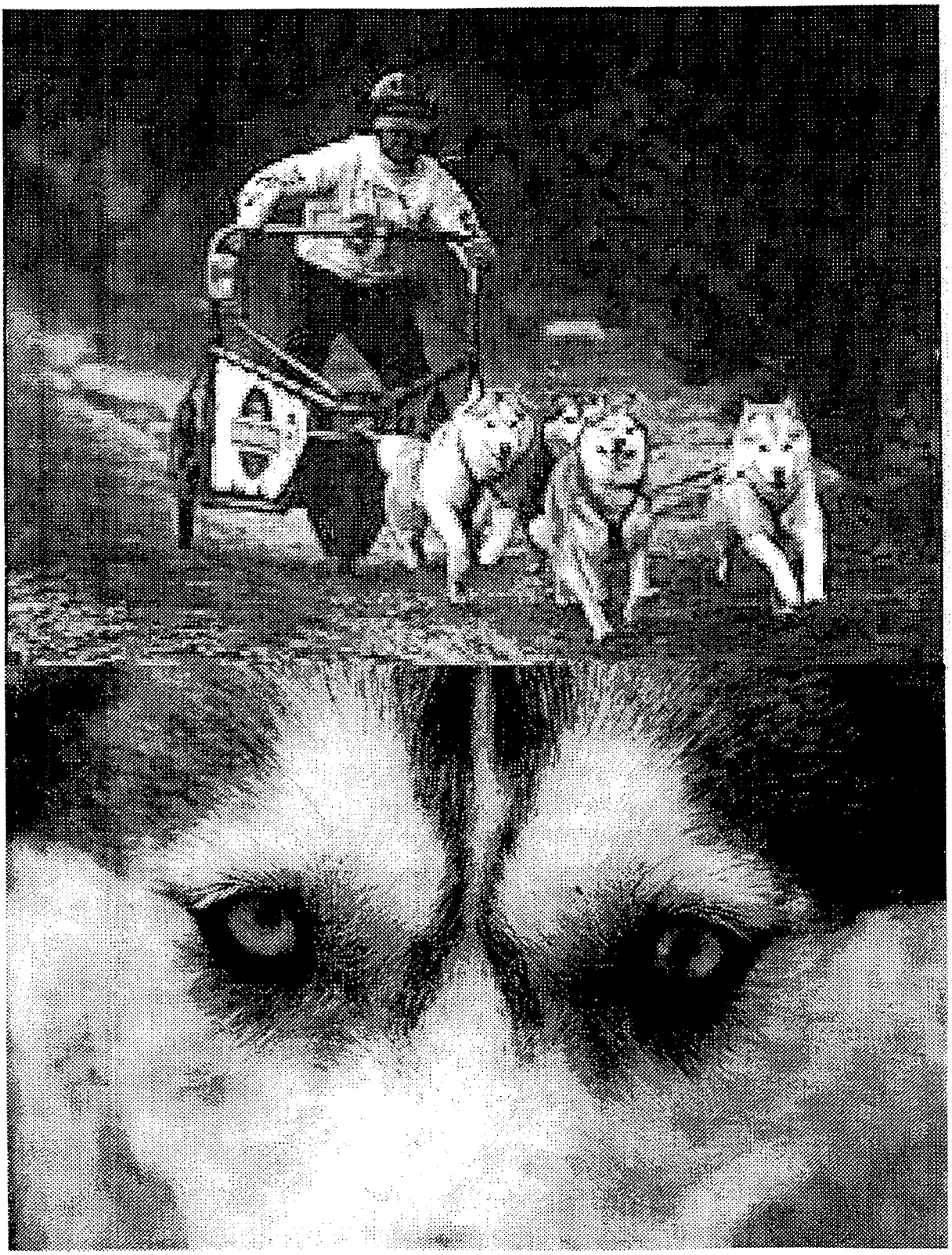
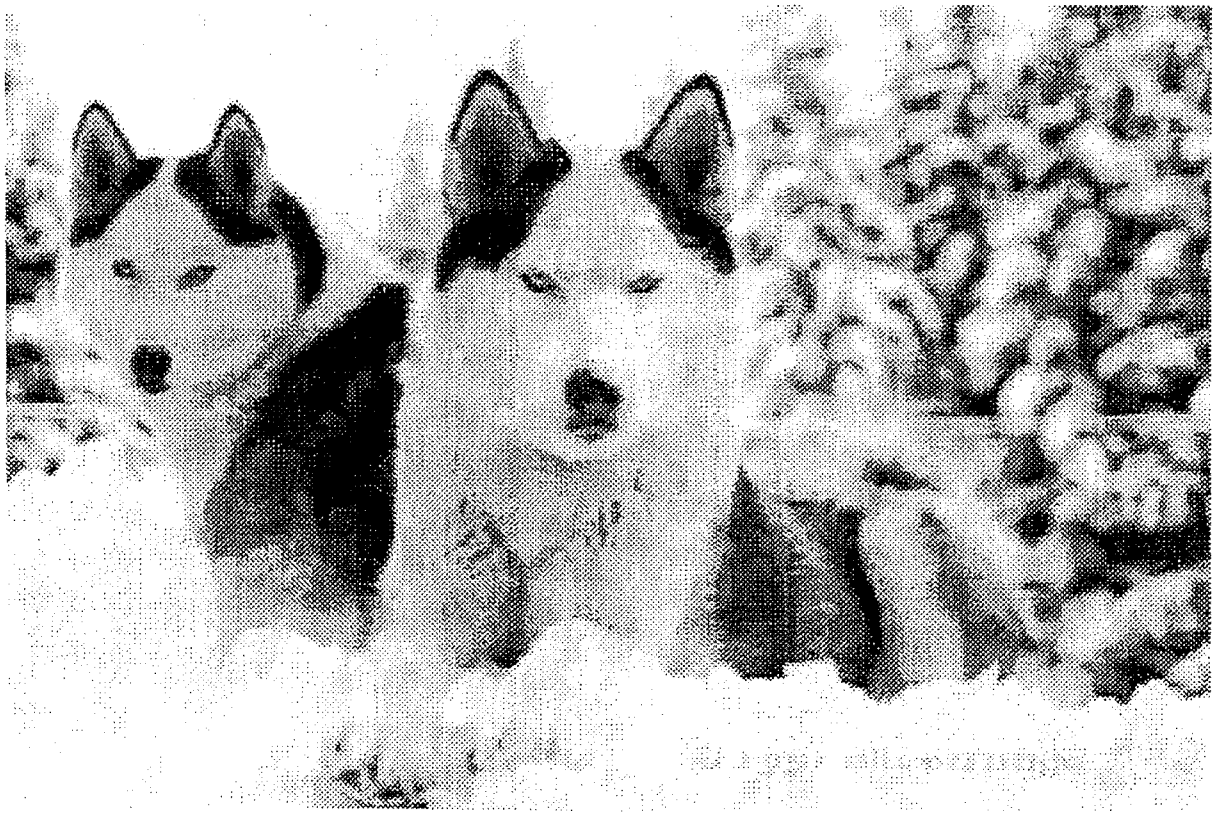
Members of the Canberra Sled Dog Club.

Hindsight

Welcome to what hopefully will become a regular feature of Hike! The last two pages will be devoted to photos submitted by readers. The photos for this edition come from Clem and Veronica Bittendorfer.