

DOG POWERED SPORTS 101

#dogpower



Tone Coughlin - Endurance Kennels LLC

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About Us!

- Athlete first
- Started w/ retired dog
- Valor
- Racing - 6 Dog Sled
- Iron River, WI
- Normanna Township

30 Current Athletes
Rides and Tours

~ \$475/dog/year





Our Athletes

Adults

Toivo
Valor
Seppo
Narcissa
Snape
Raimo
Ollie
Ari
Jaana
Grace
Joan
Mindy
Chevelle
Jetson
Breve
Crema
Turbo
Oreo
Raven
Jett
Tarmac
Diamond
Domino

Yearlings

Sister
Skid
Tesla
Poison
Warrant
Winger



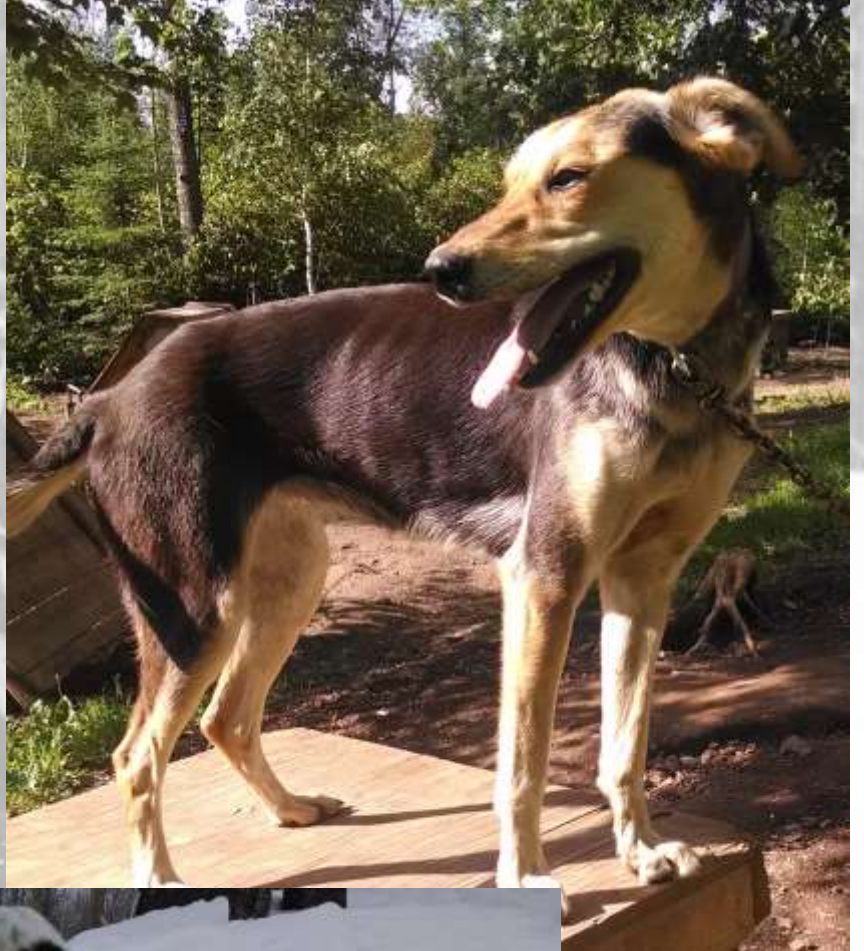
Breed - Eurohound

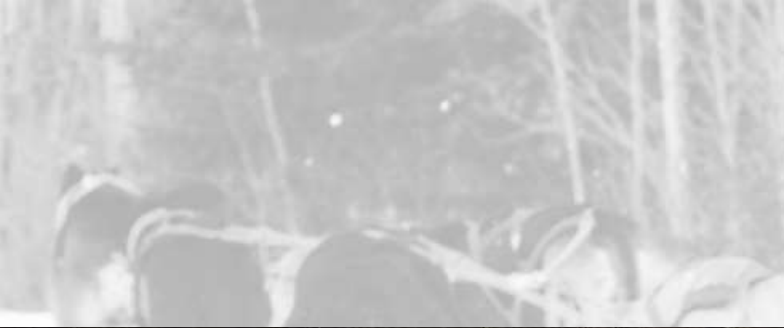
Mutts - GSP, ESP, Greyhound, and Alaskan Husky



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Sled Dogs

A black and white photograph of a team of sled dogs pulling a sled through a snowy forest. The dogs are harnessed together and are in motion, with their legs and tails visible. The background shows a dense forest of bare trees.

Head

- leaders
 - drive
 - attitude
 - intelligence
- team athletes
- good eaters

Physical Attributes

- energetic
- tough feet
- good coat
- long legs
- long rounded back
- long neck
- good conformation

Breeding your own produces consistency in the team and the litter

Feeding

Raw Meat

- beaver
- beef
- chicken
- turkey
- venison
- beef liver



Kibble

Supplements

- bone meal
- molasses
- yeast
- zinc



Timing and Hydration

A group of horses pulling a sled in a snowy field. The horses are harnessed together and are pulling a sled. The background is a snowy field with some trees in the distance.

- Baited water 2-3 hrs prior to training
 - light soup

Feeding

- 1 X per day
- 1 hour after training
- empty stomach

Plain water immediately after training

Not too much, may cause vomiting or bloat

Optional treat

Canine Health

Proper Athletic Weight

2-3 ribs

Hip bones

Vaccinations

Deworming

Lymes

Injuries and Prevention



Sprint vs Distance Dogs



Hound Cross

- eager to please
- easier to train
- fast recovery
- more muscle mass
- different angulation
- short coat - heat resistant
- can train all year
- higher metabolism
- weaker feet
- multi purpose

Alaskan Husky

independent
harder to train
built for long slow distance
longer coat
slower metabolism
stronger feet
hard to keep cool on hot days



Training and Conditioning the Dogs

- Summer Free Running (May - September)
 - cool early morning temps and wet grass
 - small groups 6-9 dogs
 - chasing and pacing with the ATV
12-18 mph
every other day
swimming, hunting, playing, just being dogs!



Training and Conditioning the Dogs

- Fall Training (September - Late December)
 - harness training with the ATV or Truck
 - large teams 10-18 dogs
 - 13-16 mph every other day
 - strength training phase
 - leader training

Temperature!

- < 53F and 62% H
- 115 formula



Training and Conditioning the Dogs

- Sled Training - Racing (January-March)
 - harness training with the sled
 - small teams to start 6-8 dogs
 - large teams for speed and distance 10-16 dogs
 - 15-21 mph
 - speed training phase



Training and Conditioning the Dogs

**Commands – Be Consistent!
Don't confuse your athlete(s)**

No means No – stay positive
They Trust You

moving forward is a reward

Don't speak unless you have to dogs will tune out to
chatter

Basic Phonetic Commands

- ready
- alright
- straight or tight
- easy, whoa

- on by
- gee
- haw
- good dog

Training and Conditioning the Dogs

A group of sled dogs pulling a sled on a snowy trail. The dogs are wearing harnesses and pulling ropes. The background is a snowy, wooded area.

Distractions

- other dogs
- wildlife
- human obstacles

Train with Others if Possible

“Setting them up for failure”

Reading Human Emotions

Trail Variety and Surfaces

Mixing it up

Every Day Is Different!

Training Frequency

- every other day

Training Intensity

Strength

Speed

Endurance

Open Attitude

- anything can happen
- patience and consistency

Must be FUN!!

Equipment



Racing Sled

Training Sled

- snow hooks
- snub lines
- quick release

Gangline

- tug lines
- neck lines
- lead, team, wheel sections

Harnesses

- styles

Booties

Tools

Cell Phone

GPS

Clothing

- boots
- mitts
- long underwear
- parka

Headlamp

First Aid Kit

Kennel

Houses

a-frame style

shade in summer

no shoveling in winter

easy cleaning w/55 gal barrel



Transport

Our Dog Trailer

5' X 14' flatbed
10 boxes plus storage
holds 20 dogs

Hand Made

$\frac{3}{4}$ " and $\frac{1}{2}$ " plywood
stainless hardware
expanded metal

Compact Boxes

retain heat
dogs don't get bumped
around



Good Resources

Other Mushers

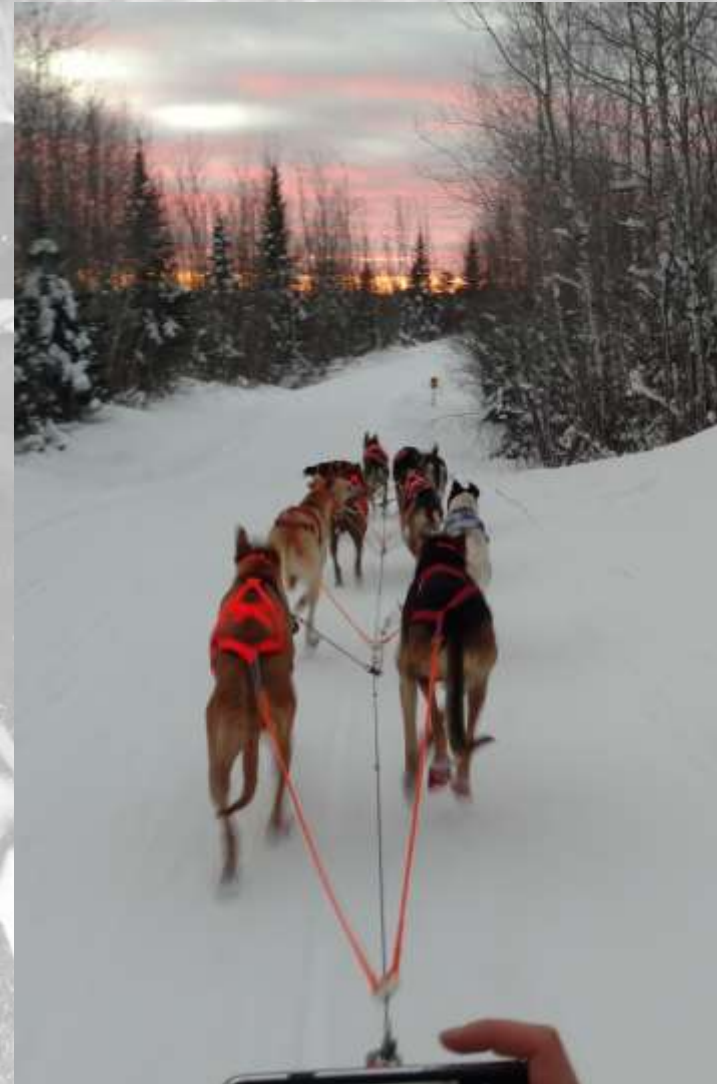
- everyone needs a mentor!

Facebook Groups

- mushers checkpoint
- mushing tips worldwide

Books

- Ski Spot Run
- Speed Mushing Manual
- The Universe of Sled Dogs



What is Sprint Racing?

short speed events on snow and dirt
average speeds from 17-20 mph
distances from 2-35 miles per day
world wide events on almost all continents
participants of all ages and abilities
Europe and North America are the majority





International Federation of Sleddog Sports



sleddogsport.net

National Federations

1. i.e. USFSS

National Championships

Continental Championships

World Championships



IFSS Dryland Classes

Classes and age in Dryland competition 2016 - 2017

Class	age		year of birth
	min	max	

DR4J	14	18	2003/1999
DR4	19	99	1998
DR6	19	99	1998
DR8	19	99	1998
DS1	19	99	1998
DS2	19	99	1998
DS1J	14	18	2003/1999
DCM	19	99	1998
DCW	19	99	1998
DR *)	14	99	2003

*) No Bike leg under 16 Years

Class	age		year of birth
	min	max	

DBM	19	99	1998
DBW	19	99	1998
DBMV	40	99	1977
DBWV	40	99	1977
DBMJ	16	18	2001/1999
DBWJ	16	18	2001/1999
DCMV	40	99	1977
DCWV	40	99	1977
DCMJ	14	18	2003/1999
DCWJ	14	18	2003/1999

IFSS Snow Classes

Classes and age in On-Snow competition for season 2016 - 2017

Class	age		year of birth
	min	max	

Sp2	14	99	2003
Sp4J	14	16	2003/2001
Sp4	16	99	2001
Sp4 MS	16	99	2001
Sp6	16	99	2001
Sp8	16	99	2001
SpU	18	99	1999
MD6	18	99	1999
MD12	18	99	1999
MDSM	18	99	1999
MDSW	18	99	1999
MDPM	18	99	1999
MDPW	18	99	1999
LD8	18	99	1999
LDU	18	99	1999

Class	age		year of birth
	min	max	

SM1J	17	20	2000/1997
SW1J	17	20	2000/1997
SM1	19	99	1998
SW1	19	99	1998
SW2	19	99	1998
CMJ	17	20	2000/1997
CWJ	17	20	2000/1997
CM	19	99	1998
CW	19	99	1998
PM1J	17	20	2000/1997
PW1J	17	20	2000/1997
PM1	19	99	1998
PW1	19	99	1998
PM4	19	99	1998
PW4	19	99	1998
SM1V	40	99	1977
SW1V	40	99	1977
SM2V	40	99	1977
SW2V	40	99	1977
RELAY	17	99	2000

In Closing

The relationship between you and your dog(s) is the most important thing!

Have fun!

Don't overdo it!

Less is More



Dog Sled Rides!

- Ride Options
 - 25 min - 2 hrs
 - 2-3 people per trip



Follow Us!

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endurancekennels.com

Social Media

Facebook - 21k likes!

YouTube

Instagram

Twitter

Google Plus

