



A Word About Running

- Running is a high impact exercise and like us, can be hard on a dog's joints. If your dog is overweight even slightly, running might result in injury. If your dog is overweight, I'm happy to help you get his weight down in other ways before starting this form of exercise. I do not run severely overweight dogs.
- I do not run Brachycephalic breeds (English bulldog, French bulldog, Pug, Pekingese and Boston terrier), even if requested. Running these breeds can lead to severe respiratory distress. If your dog is one of these breeds and you'd like it to pick up the pace, we can discuss other options!
- A dog's growth plates are not fully closed until he is between 1 1/2-2 years old, so engaging in running, which is high impact, before this, might result in injury. Depending on the breed, eight months is about the earliest a dog should start running, and even then, at a relatively slow pace for just a mile or two. Large and giant breed puppies mature more slowly than smaller dogs. If you have a dog under 2 or a large or giant breed, I will not run him unless you have an OK from your vet.
- Vets agree that certain breeds are genetically susceptible to hip dysplasia. Their risk goes up if they are overly exercised (like running).
- Not only is his health important, but his demeanor when interacting with other dogs. Before your dog is run in a group, he will be evaluated on several solo runs. Then he will be introduced to one other dog for a run, then two, and so on.
- If your dog has never run in a group, I will be more than happy to work with him so he can enjoy running in a group. Most dogs love running in groups!
- A running group is limited to a maximum of 4 dogs.
- If your dog appears to be distressed during a run, and running turns into walking, your bill will be modified according to the service provided.

** Please know, this information was very thoughtfully put together. If it's implied I'm overly safety-cautious, it is because I am. I will never risk injury to your dog for the sake of vanity or fun. I have been a runner for years and love running with dogs. So if your dog is healthy and able, I can't wait to take yours out for a run!*