



Guidance for Canicross competitors on Goldrush Trail 2024

Dogs must wear a suitable harness and be attached to their handler by a line containing some bungee to act as a shock absorber.

A waist belt is strongly recommended for handlers.

No head collars, choke chains or flexi leads are permitted.

Muzzles may be used but they must be the open, basket type, through which dogs can drink and take treats.

Whilst race organisers will make every effort to provide water on site (water available at water station for dogs as well as runners). Canicrossers are ultimately responsible for providing water for their dogs at all times.

In 2024 we will have a **SWEEP canicross runner** to stay with the last placed canicross competitor

Racing

- Only experienced canicrossers will be permitted to race with two dogs. Racing with more than two dogs is not permitted.
- Canicrossers must do their utmost to ensure that their dogs do not interfere with other runners or dogs.
- If a Race Marshal determines that a handler's conduct at any time in the race area or on the trail is detrimental to the sport/race, that runner shall be disqualified. This includes prior to, during, and after the event.
- If a dog becomes unfit or refuses to advance for any reason, the competitor is not permitted to finish the race. They must remain where they are and wait to be picked up by the event sweeper and advise a marshal as soon as possible if the dog is in need of urgent attention.
- It is deemed acceptable for your dog to be behind on downhill or on technical sections of a route.
- When overtaking, the advancing canicrosser must shout 'Runner behind coming through' to warn the runner in front of their intentions.
- A canicrosser who is being overtaken must assume responsibility to ensure that their dogs are to one side of the track and do not interfere with the runner going past.
- It is recommended that canicrossers who have dogs who are worried by other canines should allow plenty of space for their dogs, especially at the start of the race, to alleviate any undue stress.

- At the Goldrush events a vet may be available on site, but if not you will be directed to the on call vet at the local practice in Dolgellau. Details giving emergency phone number, address, postcode and directions from the race to the vets will be displayed in a prominent position for the duration of the event. Competitors should familiarise themselves with this information on arrival at the event.
- All canicrossers should show their fellow competitors and their dogs respect at all times and should not use the misfortune of another to unfairly gain an advantage. Additionally, if a runner or a dog is in distress, ALL competitors have a duty to assist if reasonably and safely able to do so.
- The use of personal stereos, MP3 players or any electronic device with headphones etc that impairs the ability to hear marshals or other runners is strictly forbidden. Anyone using such a device will be asked to refrain immediately or be disqualified.